



Assisted Living, Closer Care & Memory Care

Beaverdale Bulletin

5 festive spring activities for seniors

After being cooped up indoors all winter, it will feel great to get some fresh air and sunshine. Keep your older adult comfortable with plenty of layers, a hat, or a light scarf.

For older adults who aren't mobile, simply sitting in a room with windows open to the fresh air is a comfortable way to enjoy nature. Or, sit just outside the house to appreciate the trees and flowers. For some added fun, blow some bubbles

1. Get outside and enjoy nature.
2. Decorate with the lawn with fresh flowers
3. Celebrate spring with a family gathering
4. Create an indoor garden
5. Do some spring cleaning



Did you know that a \$200 deposit will secure an apartment of your choice today? **A Call Sam or Nathan today at 515-777-5105.**

SCHEDULE A TOUR Today!



Edencrest™

AT BEAVERDALE

3410 Beaver Ave | Des Moines, IA 50310 | 515-777-5105 | EdencrestLiving.com

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UPCOMING Events

Live2B Healthy every M,W,F at 10:45am

Catholic Communion every Tuesday at 10am

Music Speaks is schedule every week.

May 1st Piano with Amir Angil

May 4th Singing Grannies

May 7th Sweets & Deets at Holy Trinity School

May 9th Mother's Day Brunch

May 21st Gardening with Fred

May 23rd Trip to Prairie Meadows

May 29th Iowa Cubs Game Trip

May 31st Lunch Bunch (location of residents choice)

We host a minimum of 6 scheduled activities a day in our community. Families and friends are always welcome. Please come and join us. Look at the event calendar for more information and details.

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Music Therapy Services

By: Sam Patterson

What happens when you get so far gone cognitively where you can't speak anymore?

Music Speaks is a music therapy services company focusing on improvement. Whether that means improvement of individual abilities, improvement in quality of life, or improvement in healthcare services already provided, our aim at Music Speaks is to make positive changes.

The board certified music therapist you work with closely communicates with other members of the interdisciplinary team as well as family members, striving together to reach goals set out to be accomplished.

While working with your local Music Speaks music therapist, we at Music Speaks collaborate and learn from each other so the quality of care you receive is backed by expansive knowledge and years of experience.

We have scheduled for Music speaks to come in 4 to 6 times a month. Come join us during one of the sessions. It will change your life!

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Meet our Management Team



Sam Patterson
Manager



Karen Beck
Healthcare Coordinator



Nathan Deutmeyer
Community Relations
Coordinator



Nichole Mitchell
Culinary Coordinator



Sara Belbachir
Life Enrichment
Coordinator



Larry Cox
Maintenance
Coordinator

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