



Edencrest™

AT RIVERWOODS

May 2018 Newsletter

Happy Hour every Thursday starting at
3:30pm! Bring your friends and family!

Tom Anderson on 5/3

Jim Garnet on 5/10

Mike Lozono on 5/17

Aaron Shoemaker on 5/24

Mike Castell on 5/31

Community Coordinators

Lene Moore

Riverwoodsmanager@edencrestliving.com

Melissa Mcsparen

Riverwoodsnurse@edencrestliving.com

Leigh Heaverlow

Community Relations Coordinator

welcome@edencrestliving.com

Starla Sarver

Life Enrichment Coordinator

Riverwoodslec@edencrestliving.com

Wade Findley

Culinary Coordinator

Riverwoodsculinary@edencrestliving.com

Caregiving needs change as Alzheimer's disease progresses

A person living with Alzheimer's disease or another dementia will eventually need assistance with daily living. By using creativity and caregiving skills, you can adapt routines and activities as needs change. Our resources can help you navigate each stage of the disease.

Daily Care

A person with dementia will eventually need assistance with daily living. By using creativity and caregiving skills, you can adapt routines and activities as needs change. Use our resources to get ideas and connect with other caregivers.

Six in 10 people with dementia will wander. A person with Alzheimer's may not remember his or her name or address, and can become disoriented, even in familiar places. Wandering among people with dementia is dangerous.

Whole Roasted Stuffed Cauliflower

Ingredients

- 4 slices bacon
- Kosher salt
- 1 large head cauliflower
- 8 ounces kale, stems removed
- 2 large eggs, beaten to blend
- 4 scallions, thinly sliced
- 2 garlic cloves, finely grated
- 3/4 cup grated Muenster cheese
- 1/2 cup heavy cream
- 1/2 cup plus 2 tablespoons panko breadcrumbs
- 1/4 cup plus 2 tablespoons finely grated Parmesan

3 tablespoons chopped fresh oregano

1/3 cup (5 tablespoons plus 1 teaspoon) butter, melted

Directions

Special equipment: a large piping bag or 1-gallon resealable plastic freezer bag Position a rack in the center of the oven and preheat to 400 degrees F. Line a baking sheet with parchment. Arrange the bacon on the prepared baking sheet and roast until the bacon is browned and the fat has rendered, 15 minutes. When cool enough to handle, finely chop and transfer to a medium bowl. Reserve the baking sheet.

Meanwhile, bring a heavily salted pot of water to a boil over high heat (the water should be very salty, even more than the sea). Carefully remove as much of the cauliflower stem as you can without cutting any of the stalks of the florets. Remove any small inner leaves. (You want to be able to freely pipe filling into the nooks of the cauliflower.)

Boil the cauliflower until just beginning to get tender, 5 to 7 minutes. Do not overcook, or it will break apart as you stuff it. Carefully remove the head from the water and allow to drain and cool. Add the kale to the same pot and cook bright green, 2 to 3 minutes. Drain and squeeze dry. When cool enough to handle, finely chop and transfer to the bowl with the bacon.

Add the eggs, scallions, garlic, Muenster, cream, 1/2 cup panko, 1/4 cup Parmesan and 2 tablespoons oregano to the kale mixture and stir to combined. Transfer to a large piping bag (or 1-gallon freezer bag) and cut a 3/4-inch opening at the tip. Turn the cauliflower stem-side up, and start piping the filling in between the stalks of the florets until you've used about half of the filling. (The bottom of the head will start to expand, and you will see the filling start to push out from the top in between the florets. Turn the cauliflower right-side up and use your finger to push between the florets to separate them slightly and pipe filling in the gaps. Use all the filling, even if it looks like the cauliflower is going to explode -- it won't. It will just be full of flavor!

Mix together the butter with the remaining 2 tablespoons panko, 2 tablespoons Parmesan and 1 tablespoon oregano in a small bowl. Put the cauliflower right-side up in the center of the reserved baking sheet and smear with the butter mixture to coat the entire head. Bake until deep golden brown, 45 to 55 minutes. Let cool 10 minutes before cutting into wedges.

**Residents Birthdays will now be celebrated on
the
First Thursday of each month,
During Happy Hour
With Birthday Cake.**





THE DES MOINSE POLICE DEPARTMENT
WILL BE HERE THURSDAY MAY 3 AT 10:00 AM
FOR COFFEE AND DOUNUTS TO DISCUSS
PERSONAL SAFTY AND CREDIT CARD FRAUD
ALL RESIDENTS ARE ENCOURAGE TO ATTEND.

THE POLICE OFFICER WILL BE HERE
EVERY FIRST THURSDAY
OF THE MONTH.



Culinary Corner With Chef Wade

Meet your New
Culinary Coordinator:

My name is Wade Fridley, and am your new Culinary Coordinator. I come to you with 15 plus years of food experience, including

Restaurant Management. I have worked as a Chef for three year at other retirement centers as well as being the General Manager for several various restaurants in the Des Moines area.

My family consist of my girlfriend, Amber, and our seven (yes,7) beautiful children, 5 girls and 2 boys all under the age of 8 years.

I enjoy outdoor activities with my family, and watching my children in their sporting events. I am excited to bring new menu items to Riverwoods and plan to improve your overall dining experience. I hope you see these positive changes while enjoying your meals. This is your home, and we will do everything we can to accommodate your needs, all while running a successful culinary department within this fine facility. Stop in and say "Hello" I promise I will learn all your names eventually. Enjoy this beautiful weather that has finally arrived! I look forward to working with you all.

-Wade





Carolyn Hukle
Norma McKinney

Mary Ellen Meyer 5/7
Audry Scarr 5/23
Ruth Brown 5/26



We're rolling out the Red Carpet for you!!!



2210 E. Park Ave

Des Moines, IA 50320

(515) 288-4040

www.edencrestliving.com

