



**Edencrest™**  
AT THE LEGACY

*Assisted Living and Memory Care Excellence*

*Legacy Lately*

Celebrations at the Legacy! With the start of summer, June brought us plenty of reasons to party. Our dear friend Jo had a birthday, Ann & Jay celebrated their 64th wedding anniversary, and we had our Ribbon Cutting ceremony on the 19th! Spirits are high and smiles are wide around here. We also had a standout speaker come visit us.



We are now available to meet with you one-on-one to discuss **SCHEDULE A TOUR!** or loved more  
On June 20th we were joined by Nancy Mitchell from the Daughters of the American Revolution. They call her, "The Bag Lady." Why you ask? Nancy has been collecting bags for nearly two decades. She travels with her mobile museum of purses, educating people on the history of handbags. We saw everything from 150-year-old handcrafted bags of beads, silver, and leather, to modern purses made of records, vinyl, and denim.



**Hubbell**  
HUBBELL REALTY COMPANY



2901 Cedar Street | Norwalk, IA 50211 | 515-250-2806 | [EdencrestLiving.com](http://EdencrestLiving.com)

*Legacy Lately*

## Upcoming Events!

Please feel free to join us for the following activities:

- League of Wives—a presentation and short documentary on the wives of Vietnam POWs by Kristine Bartley, July 3rd at 2:00pm. Free and open to all.
- Bottle and Bottega— Come have a glass of wine and learn how to paint at this event! July 16th at 6:30pm. Free to residents, \$40 for outside guests.
- Country Music Concert—enjoy the classic country stylings of local musician Luke Farland. July 30th at 2:00pm.
- Live 2 B Healthy exercise classes are open to the public on Mondays, Wednesdays, and Fridays at 10:15am starting July 2nd.

## Amenities at The Legacy!

Come check out a few of our great amenities!

### LifeShare Technologies:

Stay up-to-date on what's happening in the community with LifeShare! Simply enter the code "2901" on the LifeShare mobile app to see what's happening in both the Assisted Living and Memory Care areas of the building. If you're interested in making a Family Manager account to stay in touch with your loved one, ask our Life Enrichment Coordinator, Michelle Johnson to get you set up! She can be reached at:

lifeenrichmentlg@edecrestliving.com

**LIFE SHARE** FAMILY MOBILE APP

**How to Access Community Information on the LifeShare Family Mobile App for**

**Edencrest™**  
AT THE LEGACY

1. Download the LifeShare Mobile App by searching "LifeShare Family" in the App Store. Click "Download" and then "Open" when the App has finished downloading.
2. Click the "I have a Community Access Pin" button.
3. Enter "2901" (Assisted Living) or "2901MC" (Memory Care) and click "Sign In."
4. Stay informed of the campus activities, menus, announcements, and pictures!

Edencrest at Legacy  
2901 Cedar St, Norwalk, IA 50211  
(515) 250-2806

## JOIN OUR E-MAIL LIST!

Keep apprised of all the latest updates by contacting us at **515-250-2806** or [welcomelg@edecrestliving.com](mailto:welcomelg@edecrestliving.com). We send out regular updates regarding the building, informational events and celebrations!

### SCHEDULE A TOUR!

To schedule a tour today, please call **515-250-2806!**

## Looking Ahead:

Tips for Living to 100!

We've got a lot of birthdays coming up here at the Legacy. This makes us wonder; what can we do to live longer? Here were some of the responses from centenarians surveyed all over our country:

- Wake up each day and just get busy.
- Don't dwell on the tough times.
- Bacon? You bet!
- Find a good doctor.
- Decide to be content.
- Serve others.
- Dance.
- There's just so much to do!
- Love each other and forgive.
- Learn from your challenges.
- Enjoy every day.
- You need a sense of humor.

The number one and number two responses? Live without regrets, and Forgive. Looks like we should all learn to let go a little more and just enjoy life!