



# Edencrest™

AT RIVERWOODS

## July 2018 Newsletter

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

**AARON SHOWMAKER 7/5**

**DAVID WINCHESTER 7/12**

**MIKE LOZANO 7/19**

**ANDREW HOYT 7/26**

### *Community Coordinators*

*Riverwoodsmanager@edencrestliving.com*

**Lene Moore**

*Riverwoodsnurse@edencrestliving.com*

**Melissa McSparen**

*Community Relations Coordinator*

**Leigh Heaverlo**

*welcome@edencrestliving.com*

**Starla Sarver**

*Life Enrichment Coordinator*

*Riverwoodslec@edencrestliving.com*

**Wade Fridley**

*Culinary Coordinator*

*Riverwoodsculinary@edencrestliving.com*

**IOWA CUBS GAME  
PLAYING  
NEW ORLEANS  
SUNDAY JULY 22  
AT 1:00 PM  
FOR THE  
GENTLEMEN  
WHO  
ARE GOING**



# Easy After Work BBQ Chicken

Yield: 4 servings

## Ingredients

- 1 (3 1/2-pound) chicken, cut into 8 pieces
- Salt and freshly ground black pepper
- 2 cups bottled sauce or Easy BBQ Sauce, recipe follows

## Easy BBQ Sauce:

- 3/4 cup ketchup
- 1/4 cup plus 2 tablespoons packed dark brown sugar
- 3 tablespoons white wine vinegar
- 2 tablespoons minced onion
- 2 tablespoons Dijon mustard
- 1/4 to 1 teaspoon hot sauce, (recommended: Tabasco)
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons chopped scallions (white and light green parts)
- 1 1/2 teaspoons freshly grated lime zest
- 1 1/2 teaspoons freshly squeezed lime juice

Lime wedges, for serving.

Prepare a medium-hot grill or preheat the broiler. If using the broiler, line a rimmed baking sheet with aluminum foil.

Season the chicken with salt and pepper, to taste. Put the chicken on the grill or, if broiling, put it on the prepared baking sheet. Grill or broil, 4 inches from the heat, turning once, for 10 minutes per side.

Put 1/2 of the BBQ sauce in a small bowl, for drizzling and serving. Reserve.

Baste the chicken with the remaining sauce and grill or broil for 5 minutes more. Transfer the chicken to a serving platter, drizzle with some of the reserved sauce, and serve with lime wedges and the remaining reserved sauce.

## Easy BBQ Sauce:

In a small bowl, whisk together the ketchup, brown sugar, vinegar, onion, mustard, hot sauce, and black pepper. Stir in the scallions, lime zest, and lime juice. Can be covered and refrigerated for up to 1 week.

Yield: 2 cups



VELMA AND DAUGHTER  
AT PROM



WALT AND WIFE



*EMILY AND HER  
GRANDSON*

*AT PROM*

*2018*

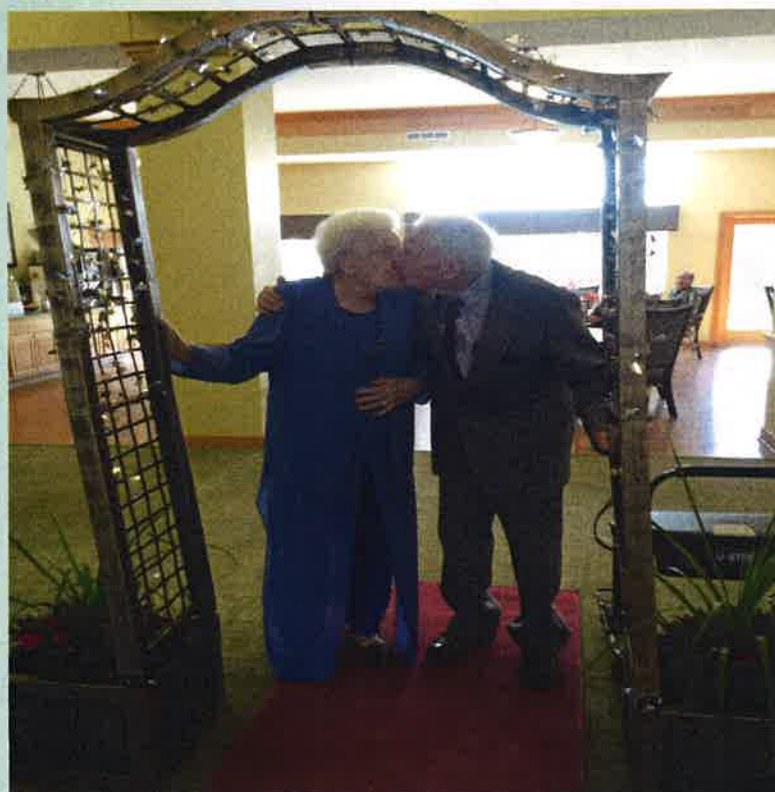


*RAMONA AND HER  
SON RICHARD*

*2018*



RUTH BROWN  
AND ROOM MATE  
JENNIE CONWAY



*RAY AND EDNA  
AT PROM  
2018*

# Culinary Corner With Chef WADE

**July is a month of celebration as we kick off with Independence Day.** We will also celebrate several other days, as it is also a month of food recognition. Independence Day, also referred to as the Fourth of July or July Fourth, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776. The Continental Congress declared that the thirteen American colonies regarded themselves as a new nation, the United States of America, and were no longer part of the British Empire. The Congress actually voted to declare independence two days earlier, on July 2. We will celebrate this day on July 4th with a buffet for our noon meal.

**National Ice Cream Month is celebrated each year in July and National Ice Cream Day is celebrated on the third Sunday in July, in the United States. The celebrations were originated by Joint resolution 298, which was sponsored by Senator Walter Dee Huddleston of Kentucky on May 17, 1984. The resolution proclaimed the month of July 1984 as "National Ice Cream Month" and July 15, 1984, as "National Ice Cream Day".** It was signed into public law by President Ronald Reagan on July 9, 1984 with Presidential Proclamation 5219. Even though the resolution only mentioned a specific month and day in 1984, the celebrations have held up in the years ever since, publicized by ice cream manufacturers. **We will be having Banana Splits on July 24th, right after lunch.**

**On May 8, 1999 the United States Department of Agriculture proclaimed July as National Blueberry Month.**

It is fitting that July is the month of celebration given the importance of blueberries in American history and the fact that the United States produces over 90% of all of the blueberries in the world. We will be celebrating with an **"Everything Blueberry" tasting during our Social Hour on July 19th .**

**we In July will also celebrate National Watermelon Month.**

Some fun facts about the watermelons are they're the same botanical family as cucumbers, pumpkins, and squash. Watermelon is the most consumed melon by weight in the United States. There are about 200-300 watermelon varieties in the U.S. and Mexico alone. The main five watermelon types are: seeded, seedless, mini, yellow, and orange. **A fun activity we will be doing on July 13th is enjoying watermelon wedges together, followed by a watermelon seed spitting contest.**

**Deli meats have long been an American favorite, a lunchtime staple for all ages, packing the power of protein and other nutrients. There are so many great varieties that the North American Meat Institute decided deli meats needed a month-long celebration and has declared July as National Deli Meat Month. We will have a build your own Deli Sandwich Bar on July 10th . I hope you all enjoy the food activities we have planned, it's going to be a busy month! Remember to stay hydrated, by drinking plenty of fluids, as the heat of the summer approaches us.**

**-Chef Wade**



CHRISTINE HOWELL

Judy Salier 7/8

Emily Mitchell 7/14



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

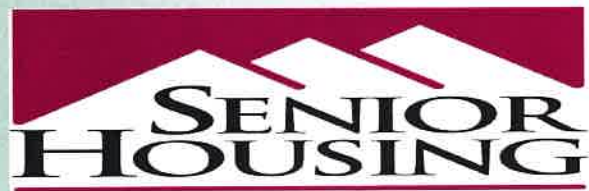


2210 E. Park Ave

Des Moines, IA 50320

(515) 288-4040

[www.edencrestliving.com](http://www.edencrestliving.com)



*Always Breaking New Ground!*