



Edencrestliving.com

Ankeny IA 50023

455 SW Ankeny Road



*See why we
stand out from
the herd*

HOLY COW! COME SEE
THE MANY REASONS TO
CALL SIENA HILLS HOME
AND MOOOVE IN WITH
US! BEAT THE STAMPEDE
AND YOUR RATE WILL BE
LOCKED IN FOR 5 YEARS!

Call Now! 515-776-6325 | welcomesh@edencrestliving.com



“Edencrest is Ex- The Siena Hills Star

Community Names You Should Know

Joe Earp Community Manager

..... Healthcare Coordinator

Lauren Young Community Relations Coordinator

Paige Robertson Life Enrichment Coordinator

Santos Santiago Maintenance Coordinator

Diane Sand Culinary Coordinator

Santos Santiago

Staff of the Resident Spot-

Welcome

Jery and Mardelle Helmke
Duane Haupt
Rudy Legislador

Happy Birthday!

April Johnson Maier- 7/14
Joe Earp- 7/22

Join our email list!

Are you wanting to stay on top of all things Siena Hills? Do you want to know our monthly specials before anyone else? Call or email us today and we will get you added! Contact Paige Robertson, Life Enrichment Coordinator with questions or to sign up: lifenrichmentsh@edencrestliving.com or at 515-776-



Recipe Round Up

Company Eggs

- 1/4 Cup butter
- 1/4 Teaspoon black pepper
- 18 eggs
- 1 Teaspoon Tarragon spice (optional)
- 1 Cup sour cream
- 1/4 Cup chopped green onion or chives
- 1 Cup milk
- 2 tsp. salt

Heat oven to 325 degrees. In a 9X13 casserole pan, melt butter in oven, tilting pan to coat with butter. In large bowl, beat eggs. Add sour cream, milk, onion or chives, salt pepper, and tarragon. Stir well. Pour into casserole pan and bake until set, about 35 minutes. Cut into squares and serve hot with other breakfast fare.

Serves 8 - 10



Edencrest™

The Siena Hills Star

Upcoming Fun

MWF 10:45-11:30 AM Live 2 Be Healthy

MW 1-2 PM Music Speaks

Tuesdays 2-2:30 PM Therapets with Jewels

Fridays 10-10:30 AM Therapets with Dora

Friday, July 5th & 19th 2 PM Humana Helps- Q & A

Friday, July 6th 2:30 PM Music with Mike

Saturday, July 7th 2 PM Jean Blum Music and Massage

Thursday, July 12th & 26th 2 PM Humana Helps- Learning

Thursday, July 12th 5 PM Family Dinner Night

Tuesday, July 17th 3 PM Pat Lydon Music

Tuesday, July 31st 2:30 PM Muffy Ford Music

Parkinson's Support

Join us each 4th Wednesday from 3-4 PM for drinks, networking, resources, and fun!



Edencrest™

AT SIENA HILLS

455 SW Ankeny Rd | Ankeny, IA 50023 | 515-776-6325 | EdencrestLiving.com

The Siena Hills

Below are 10 tips to help you stay safe (and cool) in the hot weather

- Avoid Heat Stroke**
Know the signs of heat stroke. If you notice symptoms (including a flushed face, high temperature, nausea, and confusion), contact your healthcare provider immediately.¹
- Stay Hydrated**
Know the signs of Dehydration which can include dry mouth, rapid heartbeat, and lightheadedness.²
- Drink Plenty of Water**
Seniors have a more difficult time identifying thirst, so keep hydrated by drinking plenty of water (the standard recommended amount is 8 glasses every day).³
- Manage Caffeine Intake**
Caffeinated beverages like coffee or tea can dehydrate you. If they are part of your daily ritual, make sure you're also getting plenty of water: A good rule of thumb is at least a glass of water for each caffeinated beverage.⁴
- Exercise Smart**
Older adults have a harder time sweating, so consider changing your exercise routine during the summer months to an indoors location (swimming pools or classes at the gym).
- Plan Your Exercise Time**
If your physical activity takes you outdoors (walking, gardening or hiking), take advantage of early morning and evening hours when the sun is at its weakest.
- Keep Cool Inside**
Close blinds and curtains to help keep the heat out of your home during daytime hours.⁵
- Stay Cool**
If you don't have central air conditioning, consider taking a "staycation" at a local hotel during really hot stretches - investing in one good night's sleep can be the respite you need to beat the heat.
- Apply Sunblock**
When outdoors, make sure you wear sunblock. Here's a great link from AHC on choosing the right one: [Click Here](#)⁶
- Cool Down**
Take a cool shower or hold a cool towel on your neck to help bring body temperatures back down after being outdoors.⁷

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Build a Scarecrow Day	2 World UFO Day	3	4 Independence Day	5 Apple Turnover Day	6 Fried Chicken Day	7 Strawberry Sundae Day
9:00 AM Coffee Chat 10:45 AM Read the Sunday Paper 1:00 PM Bean Bag Baseball 3:00 PM Trivia Time 6:00 PM Gaither Gospel Hour 7:00 PM Lawrence Welk	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:30 PM Games with La Petite Daycare 6:00 PM Monday Movie Night Independence Day	9:00 AM Coffee Chat 10:45 AM Scattergories 1:30 PM Balloon Ball 2:00 PM Therapets with Jewels 3:30 PM Backwards BINGO 6:00 PM Card Club	9:00 AM Coffee Chat 10:45 AM 4th of July Trivia 1:00 PM Music Speaks 2:00 PM 4th of July BINGO 3:30 PM Bean Bag Baseball 7:00 PM A Capital Fourth-Fireworks	9:00 AM Coffee Chat 10:45 AM Coordinator Convo- Paige 1:30 PM Balloon Ball 2:00 PM Humana Helps-Q & A 3:00 PM Shopping Trip to Target 6:00 PM Card Club	9:00 AM Coffee Chat 10:00 AM Therapets with Dora 10:45 AM Live 2 B Healthy 1:30 PM Yahtzee 2:30 PM Music with Mike 3:00 PM Snacks on the Patio	9:00 AM Coffee Chat 10:45 AM Balloon Ball 1:00 PM Dominoes 2:00 PM Jean Blume Music and 3:00 PM Trivia Time
8 Blueberry Day	9 Sugar Cookie Day	10	11	12 Ankeny Summerfest	13 Ankeny Summerfest	14 April's Birthday
9:00 AM Coffee Chat 10:45 AM Read the Sunday Paper 1:00 PM Bean Bag Baseball 3:00 PM Trivia Time 6:00 PM Gaither Gospel Hour 7:00 PM Lawrence Welk	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:30 PM Games with La Petite Daycare 6:00 PM Monday Movie Night Waitress	9:00 AM Coffee Chat 10:45 AM Wheel of Fortune 1:30 PM Balloon Ball 2:00 PM Therapets with Jewels 3:30 PM Backwards BINGO 6:00 PM Card Club	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:00 PM Lid Magnets 4:00 PM Country Store	9:00 AM Coffee Chat (DR) 10:45 AM Visit with Allen and Allison 1:30 PM Balloon Ball 2:00 PM Humana Helps-Learning 4:30 PM Family Dinner Night	9:00 AM Coffee Chat 10:00 AM Therapets with Dora 10:45 AM Live 2 B Healthy 1:30 PM Yahtzee 2:00 PM BINGO 3:00 PM Snacks on the Patio	9:00 AM Coffee Chat 10:45 AM Balloon Ball 1:00 PM Dominoes 2:00 PM Kings in the Corner 3:00 PM Trivia Time

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 Ankeny Summerfest	16	17	18	19 Raspberry Cake Day	20 Moon Day	21
9:00 AM Coffee Chat 10:45 AM Read the Sunday Paper 1:00 PM Bean Bag Baseball 3:00 PM Trivia Time 6:00 PM Gaither Gospel Hour 7:00 PM Lawrence Welk	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:30 PM Games with La Petite Daycare 6:00 PM Monday Movie Night His Girl Friday	9:00 AM Coffee Chat 10:45 AM Jeopardy 1:30 PM Balloon Ball 2:00 PM Therapets with Jewels 3:00 PM Pat Lydon Music 6:00 PM Card Club	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:00 PM Candle Holders 3:30 PM Bean Bag Baseball	9:00 AM Coffee Chat (DR) 10:45 AM Coordinator Convo- Joe 1:30 PM Balloon Ball 2:00 PM Humana Helps-Q & A 3:00 PM Shopping Trip to HyVee 6:00 PM Card Club	9:00 AM Coffee Chat 10:00 AM Therapets with Dora 10:45 AM Live 2 B Healthy 1:30 PM Yahtzee 2:00 PM BINGO 3:00 PM Snacks on the Patio	9:00 AM Coffee Chat 10:45 AM Balloon Ball 1:00 PM Dominoes 2:00 PM Kings in the Corner 3:00 PM Trivia Time
22 Joe's Birthday	23	24 Old Joke Day	25 Culinarians Day	26	27	28 Milk Chocolate Day
9:00 AM Coffee Chat 10:45 AM Read the Sunday Paper 1:00 PM Bean Bag Baseball 3:00 PM Trivia Time 6:00 PM Gaither Gospel Hour 7:00 PM Lawrence Welk	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:30 PM Games with La Petite Daycare 6:00 PM Monday Movie Night Candy Jar	9:00 AM Coffee Chat 10:45 AM Jokes 1:30 PM Balloon Ball 2:00 PM Therapets with Jewels 3:30 PM Backwards BINGO 6:00 PM Game Night	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:00 PM Wood Sign 3:30 PM Bean Bag Baseball	9:00 AM Coffee Chat (DR) 10:45 AM Coordinator Convo- Diane 1:30 PM Balloon Ball 2:00 PM Humana Helps-Learning 4:00 PM Country Store 6:00 PM Card Club	9:00 AM Coffee Chat 10:00 AM Therapets with Dora 10:45 AM Live 2 B Healthy 1:30 PM Yahtzee 2:00 PM BINGO 3:00 PM Snacks on the Patio	9:00 AM Coffee Chat 10:45 AM Balloon Ball 1:00 PM Dominoes 2:00 PM Kings in the Corner 3:00 PM Trivia Time
29 Tiger Day	30 Int'l Day of Friendship	31	National Holidays This Month			
9:00 AM Coffee Chat 10:45 AM Read the Sunday Paper 1:00 PM Bean Bag Baseball 3:00 PM Trivia Time 6:00 PM Gaither Gospel Hour 7:00 PM Lawrence Welk	9:00 AM Coffee Chat 10:45 AM Live 2 B Healthy 1:00 PM Music Speaks 2:30 PM Games with La Petite Daycare 6:00 PM Monday Movie Night The King's Speech	9:00 AM Coffee Chat 10:45 AM Scattergories 1:30 PM Balloon Ball 2:00 PM Therapets with Jewels 2:30 PM Muffy Ford Music Resident 3:30 PM	Blueberry Month	Anti-Boredom Month	Ice Cream Month	Picnic Month

July 2018