



"Assisted Living and Memory Care Excellence."



2901 Cedar Street | Norwalk, IA 50211 | 515-250-2806 | EdencrestLiving.com

Legacy Lately

Our first few weeks have been going swimmingly! The flowers are blooming, the birds are chirping, and we've been enjoying it all from our charming outdoor courtyard. Lakewood Elementary School helped us kick things off with a wonderful concert from their fifth grade choir. Pictured here is Carolyn, one of our residents and Norwalk Public Schools alum, with two of the soloists from the show.



We are now available to meet with you. Speaking of activities, there's plenty going on in the community already! Live 2 B Healthy exercise classes are at 9:15am on Mondays and Fridays—and they are open to the public. You can check out more details about this and our Music Speaks program that is starting up on the second page of the newsletter. Coming up in June we will have events with organizations such as the Daughters of the American Revolution and the Norwalk Rotary Club. Check out our website for more details!

Legacy Lately

Upcoming Events:

Edencrest at The Legacy Grand Opening

Please Join Us!

Tuesday, June 19th, 2018
 Ceremony 4:00-5:00 PM
 Social/Tours 5:00-7:00 PM

Edencrest at The Legacy Retirement Living Community
 2901 Cedar Street
 Norwalk, IA 50211

RSVP appreciated, but not required: 515-250-2806



Please join us for our Grand Opening on June 19th! We will start things off with our Ribbon Cutting Ceremony from 4:00 — 5:00pm. After that, we will have our Social event from 5:00 — 7:00pm with plenty of refreshments and festivities. You can also get a tour of our beautiful new building during this time! If you're interested in attending, an RSVP is appreciated but not required. You can let us know at 515-250-2806.

*Legacy Lately***Amenities at The Legacy!**

Come check out a few of our great amenities!

Music Speaks:

Our community is proud to have partnered with Music Speaks, a program that is intended to serve and educate communities on the research-based health profession of music therapy. The main goal of Music Speaks is to provide music therapy to enhance the health, function and well-being of each resident. As music is known as a universal language, the Music Speak's board of certified music therapists use the power of that language to improve communication both verbally and non-verbally. "Where words fail, music speaks".

**Live 2 B Healthy:**

Our community is proud to have partnered with Live 2 B Healthy to provide professional quality, Certified Personal Trainer led senior fitness classes. These classes are open to the public!



By providing these classes, we are proudly announcing our commitment to improved quality of life for all of our residents. Live 2 B Healthy Trainers encourage residents to get active and improve their balance, strength, flexibility, and even their social lives. This program will be completed on-site and individually tailored. It will be taught by Nationally Certified Instructors and held several times weekly at our Community. Edencrest Communities is proud to offer the Live 2 B Healthy program to our residents at no cost!

*Legacy Lately***Looking Ahead:**

Tips for July activities!

July can be a great time to socialize for many seniors. Kids are out of school, the weather is nice, and people are ready to kick back and relax. Here are a few tips for staying safe and cool during outdoor activities in the hot summer month:

- Limit direct sun exposure by seating them in a cool and shady spot.
- Bring a light jacket or blanket to keep them warm at night.
- Standing is tiring. Make sure they always have a comfortable seat that supports their back. Bring a cushion, portable chair, or wheelchair if needed.
- Bring their favorite beverages and frequently encourage them to drink so they'll stay hydrated.
- Take regular bathroom breaks to reduce or eliminate the chance of an accident.
- For seniors with Alzheimer's or dementia, limit the time spent at large gatherings to reduce the chance they'll get agitated, anxious, or angry.

Source: dailycaring.com

JOIN OUR E-MAIL LIST!

Keep apprised of all the latest updates by contacting us at **515-250-2806** or welcomelg@edencrestliving.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!