



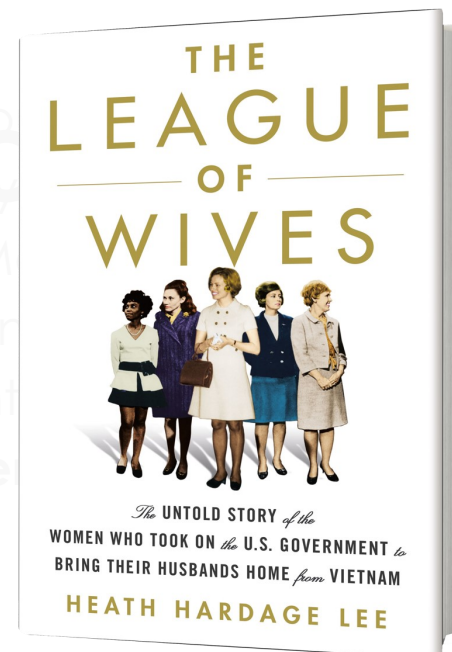
Edencrest™
AT THE LEGACY

Assisted Living and Memory Care Excellence

Legacy Lately

Born on the Fourth of July— This month was full of birthdays! We had four birthday babies at Edencrest in July. In order to celebrate, everyone got a taste of their favorite food. The standout meal may have been the perfect summer picnic as planned by Carolyn: fried chicken and lemon meringue pie.

On July 3rd we were joined by Kristine Bartley from the Daughters of the American Revolution. Kristine has spent years meticulously documenting the League of Wives who were the impetus behind the rescue of the Vietnam Prisoners of War. Kristine spoke to us about the initial government coverups, her time filming the documentary about the wives, and her contributions to the upcoming novel, The League of Wives: a True Story of Survival and Rescue from the Homefront by Heath Hardage Lee. Her presentation moved us and made us grateful going in to the 4th of July!



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

Legacy Lately

Upcoming Events!

Please feel free to join us for the following activities:

- Bottle and Bottega— Come have a glass of wine and learn how to paint at this event! July 30th at 6:30pm. Free to residents, \$24 for outside guests.
- Country Music Concert—enjoy the classic country stylings of local musician Luke Farland. August 6th at 2:00pm.
- Norwalk Front Porch Night— Join us for fun out front featuring activities with Adventures in Social Drumming! Starts at 6:30pm
- Walk to End Alzheimer's— The annual Walk to End Alzheimer's fundraiser will be held August 25th with registration starting at 8:00am. Donate a dollar to the Edencrest team today and get a wristband courtesy of the Greater Des Moines Alzheimer's Association

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Amenities at The Legacy!

Come check out a few of our great amenities!

Norwalk Public Mobile Library:

Here at Edencrest at the Legacy we are proud to partner with the Norwalk Easter Public Library to provide Mobile Library Services. These services feature a mobile media cart boasting a weekly selection of books, audiobooks, and movies specially curated for our residents' unique interests. In addition to the mobile library, the Norwalk Public Library is also providing "book talks," a once a month book club style discussion led by a librarian. Norwalk Easter Public Library Mobile services are every Thursday at 10:40am.

**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!

Legacy Lately

Cognitive Corner:

Read Aloud Books for Men!

Reading is a pursuit that, while relaxing, requires time and attention. Because of this, many men don't have the chance or desire to explore this hobby until after retirement. Here's a list of books to invigorate the reader in the older gentleman in your life:

1. Unbroken: A World War II Story of Survival, Resilience, and Redemption, by Laura Hillenbrand
2. Tinker, Tailor, Soldier, Spy, by John Le Carre
3. Endurance: Shackleton's Incredible Voyage, by Alfred Lansing
4. Ship of Gold in the Deep Blue Sea: The History and Discovery of the World's Richest Shipwreck, by Gary Kinder
5. Seabiscuit: An American Legend, by Laura Hillenbrand
6. John Adams, by David McCullough
7. Into Thin Air: A Personal Account of the Mt. Everest Disaster, by Jon Krakauer
8. A Walk in the Woods: Rediscovering America on the Appalachian Trail, by Bill Bryson
9. The Killer Angels: A Novel of the Civil War, by Michael Shaara
10. Huckleberry Finn, by Mark Twain

And be sure to keep an eye out for The League of Wives: a True Story of Survival and Rescue from the Homefront by Heath Hardage Lee coming out April 2nd, 2019.