



*See why we
stand out from
the herd*

HOLY COW! COME SEE
THE MANY REASONS TO
CALL SIENA HILLS HOME
AND MOOOOVE IN WITH
US! BEAT THE STAMPEDE
AND CALL LAUREN AT
515-776-6131 FOR THIS
MONTH'S SPECIALS!

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



455 SW Ankeny Road
Ankeny IA 50023
Edencrestliving.com





"Edencrest is Excellence"

The Siena Hills Star

Community Names You Should Know

- Joe Earp Community Manager
- Elizabeth Cline Healthcare Coordinator
- Lauren Young Community Relations Coordinator
- Paige Robertson Life Enrichment Coordinator
- Santos Santiago Maintenance Coordinator
- Diane Sand Culinary Coordinator

Family Dinner Night

Join us each 1st Thursday of the month at 5 PM for a fun and FREE themed dinner party! Everyone is welcome!

Staff of the Month

Santos Santiago

Welcome Home

Hal and Dorothy Neumann
Bill Hiney

Resident Spotlight

Rosie Knapp

Happy Birthday

8/8 Duane Haupt
8/10 Elizabeth Cline
8/24 Hilary Garten-Henry

Are you on LifeShare yet?

Join our newest community interface to send your loved one photos and messages, view community photos, schedules, announcement, and menus, and much more! Attend a free class on August 2nd to learn more! Please contact the community if you have any questions!



Recipe Round Up

From Culinary Coordinator, Diane Sand

BUSTER BAR DESSERT

- 1 15 OZ package of Oreo cookies/crushed
- 1/2 cup butter, melted
- 1/2 gallon vanilla ice cream
- 1 1/2 cups salted peanuts
- 2 Cups powdered sugar
- 1 Can evaporated milk
- 6 oz chocolate chips
- 1/2 Cup butter
- 1 teaspoon vanilla

Add melted butter to cookie crumbs and pat into a 9x13 pan. Slice vanilla ice cream and put layers in pan. Sprinkle salted peanuts on ice cream; put in freezer. Combine sugar, milk, chips, and butter in saucepan. Boil for 8 minutes, add vanilla and let cool. When cooled, pour on top of ice cream and peanuts. Put back in freezer until ready to serve.



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Get to know: Elizabeth Cline,
Healthcare Coordinator

1. *Where did you go to nursing school?* Mercy College of Nursing
2. *Do you have a husband/wife/kids, etc?* My husband's name is Nico and we've been married almost two years. I have a step-daughter (AnnDre'a—7 years) and daughter (Lydia—10 months)
3. *What is your favorite book/movie?* I don't really have a favorite, but I'm a big sucker for those cheesy romantic comedies.
4. *If you didn't go into nursing, what other profession would you have considered?* I really have no clue! I started out going to school for pre-med to become a doctor, but decided that's not what I wanted to do.
5. *Which areas of nursing do you enjoy most?* Mental health has always been a big passion of mine. I started out my career as a nurse working on an adolescent behavioral health unit.
6. *What was the most unusual job you have ever had?* I baled hay every summer when I was in high school. Not many teenage girls can say that!
7. *What is the one thing about yourself that you think people would be surprised to know?* We live on a farm, more of a zoo I guess you could say! We have cows, chickens, horses and baby lamb right now. Our plan is to one day have a self-sustaining farm.
8. *Have you ever traveled abroad? What was your favorite country?* Once! My grandparents took us on a cruise to the Bahamas/Aruba for their 50th anniversary a few years ago. I'd go to the Bahamas again in a
9. *What is/was your favorite pet?* Our dogs, Duke and Phillie. They're both black labs with their own personalities. They are definitely more spoiled than my kids!

Parkinson's Support Social Hour

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



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AT SIENA HILLS

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

The Siena Hills Star

Greetings from Siena Hills! It is hard to believe summer is already half-over, but July brought some fun times to the community. Our community welcomed new residents, took part in Summerfest activities, and spent some good quality time outdoors. We encourage you to enjoy this wonderful weather, but be sure you are protecting yourself with the proper sunscreen. Be sure to put on sunscreen with the appropriate level of SPF if you are going to be out in the sun for any lengthy duration of time. What is SPF, you say? SPF stands for Sun Protection Factor, which is different for each individual. For example, if you or a loved one can be in the sun for about 5 minutes before feeling the effects of sunburn without protection, an SPF of 15 will allow you to be in the elements 15 times longer before feeling the effects, or 1 hour and 15 minutes. Learn something new every day! Also, drink plenty of fluids, and as always, water is the recommended liquid. Stay in shade as much as possible, and protect your eyes with sunglasses or a hat with a bill. Most importantly, have fun!

We are a growing community that continues to provide the best quality care in Ankeny, and are here to give that quality care to your loved one! Be sure to visit our website at www.edencrestliving.com, or visit us at 455 SW Ankeny Road for a tour, a meal, and great companionship. Thank you, from Edencrest at Siena Hills!

—Joe Earp, Community Manager

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DR - Dining Room GR - Game Room G1 - Gardens 100 Hall L - Lobby O - Out</p>	<p>National Holidays This Month Family Fun Month National Eye Exam Month National Picnic Month Week 2- National Smile Week Week 3- Friendship Week</p>	<p>Questions? Contact Paige Robertson, Life Enrichment Coordinator at 515-776-6325 or lifeenrichmentsh@edencrestliving.com</p>	<p>1</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks L 2:30 Bean Bag Baseball GR 3:30 Craft Happy Hour GR 6:00 BINGO</p>	<p>2</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Coordinator Convo L 1:00 Balloon Ball L 2:30 Church Service L 3:30 Life Share Class- AL DR 5:00 Family Dinner Night</p>	<p>3</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open G1 10:00 Therapets with Dora L 10:45 Live 2 B Healthy GR 1:00 BINGO O 2:00 Trip to the Theater-OUT DR 4:00 Happy Hour GR 6:00 Board Games</p>	<p>4</p> <p>DR 8:30 Coffee Chat GR 10:45 Artist Corner- Coloring Pages in the Country Store GR 1:00 Dominoes- Game in the Country Store GR 2:30 Kings in the Corner-Cards in the Country Store</p>
<p>5</p> <p>DR 8:30 Coffee Chat L 10:45 Sunday Story Society- in the Country Store GR 2:30 Resident Craft Circle- Supplies in the Country Store L 6:00 Gaiher Gospel Hour L 7:00 Lawrence Welk</p>	<p>6</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks GR 2:30 Games with La Petite Store L 3:30 Pen Pal Club L 6:00 Monday Movie Night</p>	<p>7</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Word Game L 1:00 Balloon Ball L 2:30 Therapets with Jewels GR 3:30 Card BINGO GR 6:00 Coloring Club</p>	<p>8</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks L 2:30 Bean Bag Baseball GR 3:30 Craft Happy Hour GR 6:00 BINGO</p>	<p>9</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Coordinator Convo L 1:00 Balloon Ball L 2:30 Movie and Popcom L 6:00 Reminisce Round Up</p>	<p>10</p> <p>DR 8:30 Coffee Chat L 9:00 J Pam Avaux Music J G1 10:00 Therapets with Dora L 10:45 Live 2 B Healthy GR 1:00 BINGO GR 2:30 Country Store Open until 4 PM DR 4:00 Happy Hour GR 6:00 Board Games</p>	<p>11</p> <p>DR 8:30 Coffee Chat GR 10:45 Artist Corner- Coloring Pages in the Country Store GR 1:00 Dominoes- Game in the Country Store GR 2:30 Kings in the Corner-Cards in the Country Store</p>
<p>12</p> <p>DR 8:30 Coffee Chat L 10:45 Sunday Story Society- in the Country Store GR 2:30 Resident Craft Circle- Supplies in the Country Store L 6:00 Gaiher Gospel Hour L 7:00 Lawrence Welk</p>	<p>13</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks GR 2:30 Games with La Petite Store GR 3:30 Pen Pal Club L 6:00 Monday Movie Night</p>	<p>14</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Word Game L 1:00 Balloon Ball L 2:30 Therapets with Jewels GR 3:30 Card BINGO GR 6:00 Coloring Club</p>	<p>15</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:00 Church with Pastor Pam L 10:45 Live 2 B Healthy G1 1:00 Music Speaks L 2:30 Bean Bag Baseball GR 3:30 Craft Happy Hour GR 6:00 BINGO</p>	<p>16</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Coordinator Convo L 1:00 Balloon Ball L 2:30 Church Service O 3:30 Shopping Trip- Goodwill L 6:00 Reminisce Round Up</p>	<p>17</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open G1 10:00 Therapets with Dora L 10:45 Live 2 B Healthy GR 1:00 Baking Contest L 2:00 JAlex Maasdam Music DR 3:00 State Fair Carnival DR 4:00 Happy Hour GR 6:00 Board Games</p>	<p>18</p> <p>DR 8:30 Coffee Chat GR 10:45 Artist Corner- Coloring Pages in the Country Store GR 1:00 Dominoes- Game in the Country Store GR 2:30 Kings in the Corner-Cards in the Country Store</p>
<p>19</p> <p>DR 8:30 Coffee Chat L 10:45 Sunday Story Society- in the Country Store GR 2:30 Resident Craft Circle- Supplies in the Country Store L 6:00 Gaiher Gospel Hour L 7:00 Lawrence Welk</p>	<p>20</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks GR 2:30 Games with La Petite Store GR 3:30 Pen Pal Club L 6:00 Monday Movie Night</p>	<p>21 Senior Citizens Day</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Word Game O 12:00 Rock Valley Parkinson's Support Group L 2:30 Therapets with Jewels GR 3:30 Card BINGO GR 6:00 Coloring Club</p>	<p>22</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks L 2:30 Bean Bag Baseball GR 3:00 Parkinson's Social Hour GR 6:00 BINGO</p>	<p>23</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Coordinator Convo L 1:00 Balloon Ball L 2:30 Movie and Popcom L 6:00 Reminisce Round Up</p>	<p>24</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open G1 10:00 Therapets with Dora L 10:45 Live 2 B Healthy GR 1:00 BINGO L 2:00 JFred Leonard Music DR 4:00 Happy Hour GR 6:00 Board Games</p>	<p>25</p> <p>DR 8:30 Coffee Chat GR 10:45 Artist Corner- Coloring Pages in the Country Store GR 1:00 Dominoes- Game in the Country Store GR 2:30 Kings in the Corner-Cards in the Country Store</p>
<p>26</p> <p>DR 8:30 Coffee Chat L 10:45 Sunday Story Society- in the Country Store GR 2:30 Resident Craft Circle- Supplies in the Country Store L 6:00 Gaiher Gospel Hour L 7:00 Lawrence Welk</p>	<p>27</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks GR 2:30 Games with La Petite Store GR 3:30 Pen Pal Club L 6:00 Monday Movie Night</p>	<p>28</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Word Game L 1:00 Balloon Ball L 2:30 Therapets with Jewels GR 3:30 Card BINGO DR 4:00 Resident Council Meeting GR 6:00 Make and Take Craft</p>	<p>29</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Live 2 B Healthy G1 1:00 Music Speaks L 2:30 Bean Bag Baseball GR 3:30 Craft Happy Hour GR 6:00 BINGO</p>	<p>30</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open L 10:45 Coordinator Convo L 1:00 Balloon Ball L 2:30 Church Service O 3:30 Shopping Trip L 6:00 J Second Chair Brass Music J</p>	<p>31</p> <p>DR 8:30 Coffee Chat GR 9:00 Country Store Open G1 10:00 Therapets with Dora L 10:45 Live 2 B Healthy O 1:30 Field Trip DR 4:00 Happy Hour GR 6:00 Board Games</p>	<p>All activities subject to change at any time to meet the ever changing needs and desires of the residents who live here.</p>