



Assisted Living and Memory Care Excellence

Legacy Lately

Norwalk Front Porch Night — Remember all those nights spent playing with the neighbor kids out on the front lawn? That's what Norwalk is trying to bring back with their monthly Front Porch Nights throughout the summer. On August 7th, we were joined by Adventures in Social Drumming for our front porch celebration.

All the residents loved working with Social Drumming in the past, so we brought them back to get everyone out front and draw in a crowd. Many of our family and friends attended to help make music! Social Drumming works to provide music therapy for all ages. They set up a circle full of drums and various hand instruments for each person to grab. Then they got us going with a beat and guided us how to play each instrument. Before long, we were all playing freely along with the music! Even the Norwalk Police rocked out with us.



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:

- Magic & Variety Show— Come see magic, comedy, and more at the Brent Allan Magic and Variety Show! This show is family friendly fun for all ages. It will be held on September 6th at 3:00pm. This event is free, however a call to RSVP is appreciated.
- CyHawk Tailgate Party—enjoy football's favorite pastime at 3:00pm on September 8th with us as we tailgate before the Iowa/Iowa State game. Grab some food and drink with us and get ready for the game at 4:00pm!
- National Grandparent's Day— Join us for a family luncheon on September 9th at noon to celebrate the wonderful grandparent(s) in your life!
- Side by Side Singing Duo — Listen to the sweet croons of vintage tunes on September 18th at 3:00pm. Gwen & Steve have performed at communities for years and are sure to be a treat!

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

Come check out a few of our great amenities!

Animal Rescue League TheraPets:

Edencrest at the Legacy is excited to announce that the TheraPets program through the Animal Rescue League of Iowa has finally arrived! Every other Monday, Cindy and her trusty side-pup Charlie visit Edencrest to provide some valuable one-on-one time for our residents with a furry friend. Charlie just graduated from from therapy dog school and is always eager to see his buddies here at Edencrest. When not volunteering for the ARL, his human Cindy is a teacher at Lakewood Elementary school. TheraPets is a tried and true program that is proven to lower blood pressure, help treat depression and anxiety, improve physical and mental stimulation, and enhance quality of life.

**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:****10 Reasons to be Hopeful About Alzheimer's!**

In August we celebrated Alzheimer's Awareness Month. Edencrest participated in the Walk to End Alzheimer's at the capitol building, held a fundraisers for the Alzheimer's Association, and had a lecture on the 10 Signs for Early Detection in our building. Now we're focusing on some of the good regarding Alzheimer's Disease:

1. Awareness has increased since 2016. Increased awareness = more funding, action, and research.
2. Dementia rates have dropped 24% since 2000.
3. There is more evidence of the tau-amyloid connection. These are proteins in the brain that contribute to the "tangles" associated with Alzheimer's.
4. Fighting chronic inflammation may help! There are clear cut ways to battle inflammation through diet, exercise, and self-care.
5. Discovery of a marker called lysozyme, an enzyme that is part of the immune system may play a role in helping fight Alzheimer's.
6. Joint Alzheimer's-Parkinson's research could mean new treatments for both conditions.
7. Existing glaucoma and high cholesterol drugs may lower Alzheimer's risk.
8. Currently 5 major clinical trials are aimed at Alzheimer's prevention.
9. One longitudinal study in Colombia could point to a specific gene that Alzheimer's occurs in.
10. Federal funding for research is highest in history.