



# Edencrest™

AT BEAVERDALE

3410 Beaver Ave | Des Moines, IA 50310 | 515-777-5105 | EdencrestLiving.com

*Assisted Living, Closer Care & Memory Care*

*Beaverdale Bulletin*

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## Fall Prevention in the Fall

Some times people say that I am not funny or punny. I would like to think I have my bouts of times I am both. As summer has officially come to an end and we are in the Fall season. It's that time to talk about fall prevention

Did you know that 1 in 4 older Americans fall every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+. It can result in hip fractures, broken bones and head injuries. This can lead to depression and fear of walking or fear to stay active.

Knowing someone that has a parent in this age group or grandparent or neighbor, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

### Most falls are preventable

As we age. Most of us lose our balance and our gait changes. Staying flexible and active it's a key. Another area is our vision. Keeping areas in your home clear from clutter and free from hazards is a good prevention tool. The medications we take can cause dehydration and dizziness. Know the side effects and what to do when you have those side effects. Be a pusher of drinking lots of fluids if you are not on a fluid restriction. Making modification in the home with grab bars. Removing all throw rugs will help as well.

### Steps to Reduce falls

1. Ask for help from your loved ones and provider to help safe proof your home.
2. Discuss your current health with loved ones so they know what is going on.
3. Get your eyes checked.
4. Stay active by joining a walking program or a sitting exercise group.

At Edencrest we help all residents stay safe by assisting and managing these for them.



## UPCOMING Events

**Live2B Healthy every M,W,F at 10:45am**

**Catholic Communion every Tuesday at 10am**

**Music Speaks is scheduled every week.**

**Kitchen Crusaders every Monday at 1pm**

**Bingo is every S,W, at 1pm**

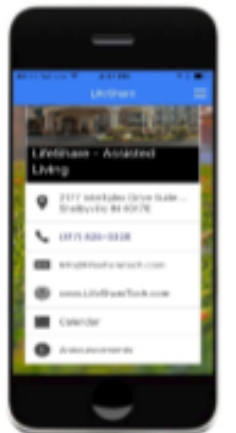
**Bible Study is scheduled every Thursday at 3:30pm**

**Happy Hour is every Friday at 4:00pm**

**Game night every Tuesday at 6:00pm**

### Current Residents and Families:

Download the **LifeShare Family** App on your phone or IPAD. This will give you the full activities schedule and menus and much more. **PIN# is RedCarpet**



**We host a minimum of 6 scheduled activities a day in our community. Families and friends are always welcome. Please come and join us.**

**Look at the event calendar for more information and details.**

Did you know that a \$200 deposit will secure an apartment of your choice today? **A Call Sam or Nathan today at 515-777-5105.**

**SCHEDULE A TOUR Today!**

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Jim is a car guy. Loves his Avanti. This is a rebodied Pontiac Firebird. Powered by a Supercharged Corvette LS-1 Engine. He registers his car in several car-shows throughout the state. When he moved in. He asked if we could hold a car show here. This was an easy YES!



We picked a date and hammered out the details. On August 25<sup>th</sup> he had several of his car buddies come out and show their vehicles off in front of our community. He was so excited to show off his car her for the other residents and people that stopped by for this event. For all of the exhibitors we provided them a free meal. They had a great time as well.



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## Meet our Management Team



Sam Patterson  
Manager



Karen Beck  
Healthcare Coordinator



Jaci Wilcox  
Nurse



Nathan Deutmeyer  
Community Relations  
Coordinator



Nichole Mitchell  
Culinary Coordinator



Julie Smith -  
Life Enrichment Coordinator

**Not Pictured:**  
Jayme Murillo  
Administrative  
Assistant



Larry Cox  
Maintenance  
Coordinator

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