



Assisted Living and Memory Care Excellence

Legacy Lately

We've Got Spirit, How 'Bout You!

This month was a major time for hometown pride. Norwalk was selected as one of the towns for WHO TV's famous RV TV tour in preparation for the Cy/Hawk game! Naturally we went to go see what all the fuss was about. We met Ed Wilkinson, saw Cy, and got our fifteen minutes of fame on the live broadcast. A snapshot of one of our residents, Carolyn, even ended up in the Warren County paper.

That following weekend we celebrated the Iowa vs. Iowa State game with a classic tailgating party. Lots of our family and friends came to see the big showdown with us, and a few even brought some extra snacks. There was plenty of food, drink, and laughter to go around. *four existing locations in Des Moines, Beaverdale,*

Finally, we saw a major Dare to Dream come true at the end of September. One of our residents, Jo, was a cheerleader at Central College. Then in 1952, she was crowned Homecoming Queen! This year, Central welcomed Jo back with loving arms as a guest of honor. During the coronation, Jo got to crown this year's queen! It was a sight to behold that we certainly won't forget for quite some time.



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

Legacy Lately

Upcoming Events!

Please join us for the following activities:

- Andrew Hoyt Music Performance— Join us during our happy hour at 4:00pm on October 4th for some song and drink!
- Edencrest at the Legacy Grand Opening! — Please come celebrate our Grand Opening with us on October 8th from 11:00am—2:00pm. We're continuing the tailgating traditions with lots of games and grilling. No need to worry about weather either; there will be a hot chocolate station and indoor options as well. Come ready to party with us rain or shine! Please call 515-250-2806 or email welcomelg@edencrestliving.com to RSVP.
- Joe Kleinfelter Music Performance — Come listen to these musical stylings on October 22nd at 3:00pm.

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

Come check out a few of our great amenities!

Norwalk Public Library Book Talks:

Edencrest at the Legacy is proud to partner with the Norwalk Public Library on yet another service! Not only do we offer the Mobile Library once a week, but we now host Book Talks twice a month with the wonderful Adult Services Librarian, Mary Kay Johnson.

Mary Kay comes to our library with a wide selection of materials and takes us on a journey with each one. She offers a book club style discussion of each option in order for the residents to get a feel for their choices that week. At the end of Mary Kay's presentation, everyone has the chance to check out any of the materials she presented. When she comes back, there's a chance to discuss what they read, and to discover a whole new book in it's place!

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:****No Appetite? No Problem!**

Anyone who has worked with seniors knows that getting them to eat can sometimes be a major challenge. While it is common for older adults to have appetite issues, that doesn't mean you want to let the problem go unchecked. Once any serious medical concerns have been ruled out as the root of it all, here are some tips to try increasing appetite.

1. Maintain a consistent snack and meal schedule. Having a regular daily routine primes the body for mealtimes. This is helpful for seniors who often don't feel hunger independently.
2. Serve small portions of high nutrient foods. Many seniors feel overwhelmed upon the sight of an overly full plate. Some sources even recommend trying five small meals a day instead of three regular ones. Add in foods like avocado, olive oil, chopped meats, eggs, nut butters, and soft cheeses.
3. Stop using utensils. More often than not, hand tools cause frustration at mealtimes. Focus on finger foods that can be eaten with ease.
4. Have easy to eat snacks on hand. Things such as cheese sticks, yogurt, fruit, peanut butter or cheese and crackers, and even chocolate milk are all nutrient rich options that can be eaten on their own.
5. Speaking of milk— try a milkshake! Some seniors have difficulty chewing or swallowing. Milkshakes, smoothies, and soups can all help. Please note: this is not a replacement for speech therapy if your loved one does have dysphagia.
6. Keep track of what works. It's that easy. Listen to what your loved one likes!