



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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TAKE ACTION TO PREVENT THE FLU

CDC recommends a yearly flu as the first and most important step in protecting against influenza.

* Flu vaccine can reduce flu illnesses, doctor visits, and missed work as well as hospitalization due to the flu.

* Also, there is data to suggest that even if some one gets sick after vaccination, their illness may be milder.

* CDC recommend getting your vaccine by the end of October.

Take everyday preventive actions to stop the spread of germs.

* Try to avoid close contact with sick people.

* While sick, limit contact with others as much as possible from infecting them especially the elderly and children.

* If you are sick with flu like symptoms the CDC recommends you stay home for at least 24 hours after your fever is gone.

* **COVER YOUR NOSE AND MOUTH** with a tissue or cough and sneeze into your bent arm. Wash your hands after blowing your nose or coughing. When in doubt about when to wash hands you can never wash your hands enough.

* Carry a small bottle of antibacterial hand gel. **Drink plenty of fluids and get plenty of rest!**



NOVEMBER HIGHLIGHTS

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

Catholic Communion every Tuesday at 10am

Music Speaks is scheduled every week in memory care

Bingo is every M,W,F at 1:00pm

Happy Hour is every Friday at 4:00pm

Family Thanksgiving Dinner

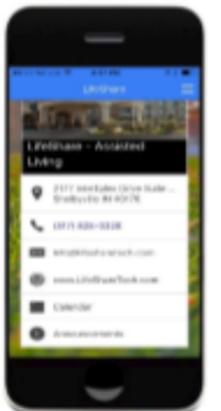
Veterans Day Program

Outing to the Festival of Trees

Outing to Amana Colonies

Holiday Shopping to Jordan Creek

Junction Jazz Society



Current Residents and Families:

Download the Life Share App on your phone or IPAD. This will give you the full activities schedule and menus and much more. Pin: **RedCarpet**

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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How would you like to go on a “ski” trip with no hills and no snow? Well these group of guys would! Dave Sciezinski or “Ski” was the right guard back in the 70’s for Dowling High School. His team mates have always kept in touch. He has not been able to get out to see a Maroon game in several years. Our bus driver Tom used to play football. The boys have always wanted to get “ski” back to a Dowling football game. As they never had the means to do so. Well with a little help we were able to make this dream come true. Tom picked up “Ski” and the other team mates using the Edencrest bus. They arrived early enough to reacquaint with Coach Jim William’s their old coach. During the game they talked about how Michigan took the Dowling’s fight song and copied it. reminisced the old days playing for coach Jim. WHOTv13 did a sports segment about the entire “ski” trip. It was all about him. <https://whotv.com/2018/09/21/wired-dowling-ski-trip/>



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MEET OUR MANAGEMENT TEAM



Sam Patterson
Manager



Karen Beck
Healthcare Coordinator



Nathan Deutmeyer
Community Relations
Coordinator



Nichole Mitchell
Culinary Coordinator



Julie Smith -
Life Enrichment Coordinator



Larry Cox
Maintenance
Coordinator

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