



Edencrestliving.com

Ankeny IA 50023

455 SW Ankeny Road



**LEAF AGING  
TO US!**

Fall for our great deals! Put  
down a deposit now and  
save \$3500!\* Call Lauren  
Young to schedule your tour  
today to see why we're  
pumpkin spice and  
everything nice!

Call Now! 515-776-6325 | [welcomesh@edencrestliving.com](mailto:welcomesh@edencrestliving.com)

\*waiver of the Community Lifestyle Fee, a savings of \$2500 and \$500 off November and December rent. Individual must put their deposit down by the end of November and move-in within 30 days.



# "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

Melissa Fackler

#### Resident Spotlight

Betty Andersen

#### Happy Birthday

Ted- 1    Mary- 6    Bob- 9  
Santos- 17    Betsey- 18

### 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 November 4th to learn more! Please contact the community if you have any questions!

## Upcoming Fun

- MWF 10:45-11:30 AM Live 2 Be Healthy
- MW 1-2 PM Music Speaks
- Tuesdays 2 PM & Fridays 10AM Therapets with Jewels or Dora
- Fridays 4 PM Happy Hour
- November 1, 4 PM LifeShare Class and Family Dessert Night
- November 2, 1 PM Scenic Ride- Fall Leaves, Harvest Fields
- November 8, 2:30 PM Shopping Trip to Hyvee
- November 9, 3:30 PM **Veteran's Honor Program**
- November 20, 12 PM Rock Valley Parkinson's Support Group
- November 22, 12 PM Thanksgiving Lunch
- November 23, 1 PM Dessert Outing- Main Street Cafe
- November 28, 3 PM Parkinson's Social Hour
- November 30, 1:30 PM Trip to the Theater

### Recipe Round Up

From Culinary Coordinator, Diane Sand



#### BBQ Crock Pot Chicken

- 2 lbs boneless, skinless Chicken Breasts
  - 1 Cup BBQ Sauce
  - ¼ Cup Zesty Italian Dressing
  - ¼ Cup Brown Sugar
  - 1 T Worcestershire Sauce
1. Place chicken in crock pot
  1. Mix sauces, sugar & dressing together and pour over chicken
  2. Cook on HIGH for 3-4 hours
  3. Serve alone or shred and serve on a bun.





# Edencrest™

## *The Siena Hills Star*



*Welcome Home*

Ray and Nancy Feters

*Refer a friend  
and get \$500 off  
next month's rent!*

\*IF THERE IS A MOVE-IN DUE TO THE REFERRAL, THE RESIDENT PROVIDING THE INFORMATION WILL RECEIVE \$500.00 OFF THE NEXT MONTH'S SCHEDULED MONTHLY FEE.\*

### *Parkinson's Support Social Hour*

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



# Edencrest™

## AT SIENA HILLS

455 SW Ankeny Rd | Ankeny, IA 50023 | 515-776-6325 | [EdencrestLiving.com](http://EdencrestLiving.com)

## *The Siena Hills Star*

Happy November from Siena Hills! It feels like autumn is official upon us, and we're excited to see what the next few months have in store! We had our Second Annual Spooktacular, which was a huge success. It was great seeing so many family members enjoying each other's company and participating in so many activities. We saw new entertainers, went on new outings, and continue our "travels" with our Beanbag Baseball team, the Siena Hills Stars! We're looking forward to a great November, but as the seasons change, we want to remind you to be safe. The wind is picking up, the temperature is dropping, the days are getting shorter, and the ground will soon become slick. Give yourself some extra time to get where you're going, dress appropriately for the colder conditions, and take time to protect yourself against the elements. That being said, spend extra time with family, enjoy the upcoming holidays, and thanks again for making Siena Hills the best Assisted Living and Memory Care community in Ankeny!







SIENA HILLS 2ND ANNUAL HALLOWEEN SP   KTACULAR

PUMPKIN patch





## Celebrate with Us!

November 4 Daylight Savings Ends– Fall Back!

November 6 Election Day

November 11 Veteran's Day

November 22 Thanksgiving



### HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	O	W	X	Y	W	W
U	H	K	E	A	U	L	U	F	K	N	A	H	T	E
M	V	O	I	S	T	U	F	F	I	N	G	F	D	D
P	M	J	L	W	M	C	K	Y	J	T	W	A	C	B
K	T	A	U	I	K	N	J	T	G	U	D	M	N	R
I	N	M	H	C	D	G	M	U	M	Y	E	I	G	E
N	R	V	I	E	O	A	H	R	V	I	E	L	J	A
Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
F	R	I	E	N	D	S	A	E	I	P	F	P	K	D
S	Q	U	L	B	L	L	S	Y	U	L	B	L	L	O
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- |                 |             |             |                |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN    |
| 2. HOLIDAY      | 6. FOOD     | 10. SALAD   | 14. PIE        |
| 3. FAMILY       | 7. TURKEY   | 11. BREAD   | 15. VEGETABLES |
| 4. FRIENDS      | 8. POTATOES | 12. YAM     | 16. HAM        |

*Our Condolences to the Families of*  
Duane Haupt

# DARE TO Dream

Siena Hills resident, Betty Andersen had a wonderful night this last Wednesday (October 17<sup>th</sup>) with her family and caregivers as she met Celtic Thunder and watched them perform! Betty has visited Ireland many times and would love to return, but her current health status makes that difficult. She also loves Irish music, however, and has been listening to Celtic Thunder for years. We were so lucky that the boys were coming to town for their 10th Anniversary tour, and thanks to Debbie Slaikeu at UnityPoint Health - Des Moines Hospice, Tim Henderks at Stephens Auditorium, and Senior Housing's Dare to Dream Program, Edencrest at Siena Hills was able to give Betty and her family a night to remember!



## Resident Council Meeting

Join us each last Tuesday for our monthly Resident Council Meeting. We encourage all families to attend.



**Edencrest at Siena Hills  
Assisted Living**

# November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>DR</b> - Dining Room <b>GR</b> - Game Room <b>G1</b> - Gardens 100 Hall <b>LE</b> - Life Enrichment Room <b>L</b> - Lobby <b>O</b> - Out</p>	<p>National Holidays This Month Aviation History Month Peanut Butter Lover's Month 1-2 Dias de Los Muertos 3 Book Lover's Day 5 Guy Fawkes Day 12 Chicken Soup for the Soul Day 13 World Kindness Day</p>	<p>Questions? Contact Paige Robertson, Life Enrichment Coordinator at 515-776-6325 or lifeenrichments@edencrestliving.com</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> <p>All outdoor activities will be moved from the Front Porch to the Lobby or from the Gardens courtyard to the Gardens common area in the case of inclement weather.</p>	<p><b>L</b> 8:30 Coffee Chat <b>GR</b> 10:00 Wii Sports <b>L</b> 10:45 As the Page Turns with Melissa <b>L</b> 1:00 Blood Pressure Clinic <b>GR</b> 2:00 Avalon Social <b>GR</b> 3:00 Card Club <b>L</b> 4:00 LifeShare Class <b>DR</b> 5:00 Family Dinner Night</p>	<p><b>DR</b> 8:30 Coffee Chat <b>L</b> 9:00 Rosary Circle <b>G1</b> 10:00 Therapets with Dora <b>L</b> 10:45 Live 2 B Healthy <b>O</b> 1:00 Scenic Ride- Fall Leaves and Harvest <b>L</b> 2:00 Scattergories <b>G1</b> 2:30 Finish the Phrase <b>GR</b> 3:00 Dominoes</p>	<p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 1:00 Dominoes <b>GR</b> 2:30 Kings in the Corner</p>
<p><b>4</b> Daylight Savings Ends</p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Sunday Story Society <b>GR</b> 1:00 Card BINGO <b>GR</b> 3:00 Craft Circle- Thanksgiving Turkeys <b>L</b> 6:00 Gaither Gospel Hour <b>L</b> 7:00 Lawrence Welk</p>	<p><b>5</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Coordinator Convo <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Music Speaks <b>L</b> 2:00 Did You Know? <b>GR</b> 2:30 Wheel of Fortune <b>GR</b> 3:00 Pen Pal Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>6</b> Election Day</p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 10:45 Guess What? <b>G1</b> 1:00 Balloon Ball <b>LE</b> 2:00 Craft Corner- Fall Collage Art <b>L</b> 3:00 Therapets with Jewels <b>GR</b> 3:30 Card BINGO <b>G1</b> 4:00 Fun in the Sun Patio</p>	<p><b>7</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Moming Card Club <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Fun in the Sun Patio Time <b>GR</b> 2:00 Bean Bag Baseball vs. 3801 Grand <b>L</b> 2:30 Would You Rather? <b>L</b> 3:00 Remember When?</p>	<p><b>8</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Wii Sports <b>L</b> 10:45 As the Page Turns with Melissa <b>GR</b> 1:00 BINGO <b>O</b> 2:30 Shopping Trip- Kohl's <b>GR</b> 3:00 Card Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>9</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>G1</b> 10:00 Therapets with Dora <b>L</b> 10:45 Live 2 B Healthy <b>L</b> 1:00 Scattergories <b>GR</b> 2:00 Andrew Hoyt Music <b>L</b> 3:30 Veteran's Honor Program <b>GR</b> 6:00 Men's Group</p>	<p><b>10</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 1:00 Dominoes <b>GR</b> 2:30 Kings in the Corner</p>
<p><b>11</b> Veterans Day</p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Sunday Story Society <b>GR</b> 1:00 Card BINGO <b>GR</b> 3:00 Craft Circle- American Flag Mosaics <b>L</b> 6:00 Gaither Gospel Hour <b>L</b> 7:00 Lawrence Welk</p>	<p><b>12</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Coordinator Convo <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Music Speaks <b>L</b> 2:00 Did You Know? <b>GR</b> 2:30 Wheel of Fortune <b>GR</b> 3:00 Pen Pal Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>13</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 10:45 Guess What? <b>G1</b> 1:00 Balloon Ball <b>LE</b> 2:00 Craft Corner- Thanksgiving Centerpieces <b>L</b> 3:00 Therapets with Jewels <b>GR</b> 3:30 Card BINGO</p>	<p><b>14</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Moming Card Club <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Fun in the Sun Patio Time <b>O</b> 1:30 Bean Bag Baseball at Luther Park <b>L</b> 2:30 Would You Rather? <b>L</b> 3:00 Remember When?</p>	<p><b>15</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Wii Sports <b>L</b> 10:45 As the Page Turns with Melissa <b>GR</b> 1:00 BINGO <b>L</b> 2:00 Angels Care Social <b>GR</b> 3:00 Card Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>16</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>O</b> 9:45 Memory Care Support Group at Resurrection Church <b>G1</b> 10:00 Therapets with Dora <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:30 Finish the Phrase <b>GR</b> 2:00 Bill Tillman Music <b>L</b> 2:00 Scattergories</p>	<p><b>17</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 1:00 Dominoes <b>GR</b> 2:30 Kings in the Corner</p>
<p><b>18</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Sunday Story Society <b>GR</b> 1:00 Card BINGO <b>GR</b> 3:00 Craft Circle- Thankful Turkeys <b>L</b> 6:00 Gaither Gospel Hour <b>L</b> 7:00 Lawrence Welk</p>	<p><b>19</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Coordinator Convo <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Music Speaks <b>L</b> 2:00 Did You Know? <b>GR</b> 2:30 Wheel of Fortune <b>GR</b> 3:00 Pen Pal Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>20</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 10:45 Guess What? <b>O</b> 12:00 Rock Valley Parkinson's Support Group <b>G1</b> 1:00 Balloon Ball <b>LE</b> 2:00 Craft Corner- Fall Paintings <b>L</b> 3:00 Therapets with Jewels</p>	<p><b>21</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Church with Pastor Pam <b>GR</b> 10:00 Moming Card Club <b>L</b> 10:45 Live 2 B Healthy <b>GR</b> 1:00 Bean Bag Baseball Practice <b>GR</b> 2:00 Mike Lozano Music <b>L</b> 2:30 Would You Rather?</p>	<p><b>22</b> Thanksgiving</p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Wii Sports <b>GR</b> 10:45 BINGO or Card BINGO <b>L</b> 10:45 As the Page Turns with Melissa <b>DR</b> 12:00 Thanksgiving Dinner <b>GR</b> 3:00 Card Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>23</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>G1</b> 10:00 Therapets with Dora <b>L</b> 10:45 Live 2 B Healthy <b>O</b> 1:00 Dessert Outing- Main Street Cafe <b>L</b> 2:00 Scattergories <b>G1</b> 2:30 Finish the Phrase <b>GR</b> 3:00 Dominoes <b>GR</b> 4:00 Happy Hour</p>	<p><b>24</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 1:00 Dominoes <b>GR</b> 2:30 Kings in the Corner</p>
<p><b>25</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Sunday Story Society <b>GR</b> 1:00 Card BINGO <b>GR</b> 3:00 Craft Circle- Snowflake Ornaments <b>L</b> 6:00 Gaither Gospel Hour <b>L</b> 7:00 Lawrence Welk</p>	<p><b>26</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>L</b> 10:00 Coordinator Convo <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Music Speaks <b>L</b> 2:00 Did You Know? <b>GR</b> 2:30 Wheel of Fortune <b>GR</b> 3:00 Pen Pal Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>27</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Coloring Club <b>GR</b> 10:45 Guess What? <b>G1</b> 1:00 Balloon Ball <b>LE</b> 2:00 Craft Corner- Reflection Painting <b>L</b> 3:00 Therapets with Jewels <b>GR</b> 3:30 Card BINGO <b>DR</b> 4:00 Resident Council</p>	<p><b>28</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Moming Card Club <b>L</b> 10:45 Live 2 B Healthy <b>G1</b> 1:00 Fun in the Sun Patio Time <b>GR</b> 2:00 Bean Bag Baseball vs. Legacy Point <b>L</b> 2:30 Would You Rather? <b>GR</b> 3:00 Parkinson's Social Hour</p>	<p><b>29</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>GR</b> 10:00 Wii Sports <b>L</b> 10:45 As the Page Turns with Melissa <b>GR</b> 1:00 BINGO <b>GR</b> 2:00 Angels Care Social <b>GR</b> 3:00 Card Club <b>G1</b> 4:00 Fun in the Sun Patio Time</p>	<p><b>30</b></p> <p><b>DR</b> 8:30 Coffee Chat <b>G1</b> 10:00 Therapets with Dora <b>L</b> 10:45 Live 2 B Healthy <b>O</b> 1:30 Trip to the Theater <b>L</b> 2:00 Scattergories <b>G1</b> 2:30 Finish the Phrase <b>GR</b> 3:00 Dominoes <b>GR</b> 4:00 Happy Hour <b>GR</b> 6:00 Men's Group</p>	<p>Birthdays this month Ted- 1 Mary- 6 Bob- 9 Santos- 17 Betsey- 18</p>