

Winter Is Coming – What does that mean for Seniors?

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The weather is cooling down, the fall colors are vibrant, and leaves are falling here in Central Iowa – which means that winter is quickly approaching. Winter in Iowa can bring frigid cold temps, icy and snowy conditions, deep freezes, slippery walkways and more that can pose an increased risk for our seniors. The cold, dry air can aggravate arthritis, the snow and ice increases fall risks, and the bitter cold keeps everyone inside causing winter blues – which can increase feelings of loneliness and self-isolation for seniors. Not to mention that winter often brings increased home maintenance tasks. From potential furnace issues to clearing out the gutters to clearing walkways to repairing drafty windows and doors the list can get overwhelming – and potentially unsafe for seniors to handle on their own.

Here's some ways Edencrest can help seniors in the winter:

1. Diminish Self Isolation & Loneliness

Seniors are particularly at risk for the winter blues, since as you age your social engagement decreases. The winter blues are also known as Seasonal Affective Disorder (SAD). This condition can affect anyone, but for senior citizens it can impact an already vulnerable population. It can increase feelings of anxiety and depression, which can show symptoms like low energy, loss of appetite and lack of interest in activities.

The National Institute on Aging encourages seniors to keep social connections, eat healthy meals, get seven to nine hours of sleep per night and consult a doctor if symptoms persist. This can be hard to do on your own, especially when leaving your house can pose a risk. When you're alone and feeling down, it's harder to take these actions as you lack motivation. At Edencrest, we provide residents with a variety of activities and social

gatherings, all within the comfort of their own home. Residents can simply walk down the hall to join in on the fun activities and bond with their neighbors! These activities provide not only provide social engagement, but offer physical exercise classes as well.

Additionally, residents all have meals together in our dining room – where our meals are curated by a dietitian to ensure they receive all the nutrients seniors need to thrive. At Edencrest, we also have a care team on site 24/7 checking in with residents and monitoring them for any changes. This way families can have peace of mind knowing that their loved ones are being looked out for and are in good hands. If there is a change in one of our residents, our team catches it early and acts quickly.

2. Eliminate Home Maintenance Tasks & Problems

At Edencrest, all utilities and maintenance are covered for you. Edencrest communities have a dedicated maintenance team to make sure your home is running in tip top shape! From snow removal to repairs, winter at Edencrest has got you covered.

3. Winter Safety

When living alone on your own as a senior, it can be nerve wracking and scary to think about what you would do in the case of a fall or a situation where you can't get into your home. What do I do if I'm locked out of my house, I fall on the sidewalk and can't get up, or my car won't start in the bitter cold? These are things no one wants to think about and especially they do not want to experience themselves.

At Edencrest, seniors are never alone! Not only are they surrounded by neighbors, but there is a 24/7 care team on site, with a registered nurse on call. Residents are also given a mobile call button to wear on them – so if they ever need help but cannot see anyone, all they have to do is press the button and a member of our team will be there promptly to assist them. Edencrest has Fox Physical Therapy on-site in all our communities, so as you recover from an injury or are just looking to be proactive and get stronger, you can take your physical therapy sessions right at home.

Plus, Edencrest provides transportation to all medical appointments and offers regular trips to the store. When you live at Edencrest, gone are the days where you must drive yourself in the winter – full of windy, snowy and icy road conditions. We'll take care of that with our professional, careful drivers. If you ever find yourself needing an item before a trip to the store, check out the Edencrest country store at all our communities! These stores



offer toiletries, snacks, and other things you may need without having to leave your home. Just another perk of calling Edencrest home.

Our residents' safety and well-being are always the top priority at Edencrest communities. With the winter weather and season approaching, make sure the seniors in your life are ready. Need tips on how to prepare for winter as a senior, check out our blog post "Ensuring Winter Safety for Seniors!" [Ensuring Winter safety for seniors - Edencrest Senior Living](#)

If you think Edencrest is the solution for you and your family, reach out today to ensure a move in before the winter weather hits in full swing!