

## From Rural to Urban: A Story of New Beginnings

Moving from a rural town to a more urban senior living community can be an adjustment, but it can also be a life-enhancing change. Take it from one of our Edencrest families:



*“I had tried to convince my parents to move from their home in rural Iowa to Des Moines for several years, but they resisted. Over Thanksgiving, I ‘forced’ them to take a tour of Edencrest Timberline, and they loved it! They moved in December and are absolutely thriving in their new environment. They especially love the food! I feel much more at peace knowing they are in a safe and supportive environment. Highly recommend a tour to anyone considering Edencrest Timberline.”*

Stories like these remind us that while the transition can feel overwhelming at first, the right community can bring newfound joy, friendships, and opportunities.

### *The Benefits of Senior Living at Edencrest*


At Edencrest, we believe that senior living isn’t just about assistance—it’s about thriving. Here are just a few ways we help residents feel at home:


- ✓ **A Built-In Community of Friends:** No one should feel isolated. Through group activities, shared meals, and outings, Edencrest fosters meaningful connections so residents feel surrounded by friendship and support.
- ✓ **Delicious, Chef-Prepared Meals:** Say goodbye to the hassle of meal prep and enjoy restaurant-style dining with fresh, nutritious food that makes every meal feel special.
- ✓ **A Maintenance-Free Lifestyle:** No more worrying about yard work, home repairs, or housekeeping—our team handles it all, so residents can focus on what brings them joy.


### *Engaging Community Events: A Life Full of Meaningful Moments*


One of the best ways to help aging parents embrace the idea of moving is by showing them the exciting lifestyle that awaits. At Edencrest, we fill our calendar with **fun and fulfilling events** that keep our residents active and engaged. Some of our favorites include:


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 **Live Music Nights** – Enjoy performances from talented local musicians.

 **Gardening Clubs** – Connect with nature while growing flowers and vegetables.

 **Art & Craft Workshops** – Express creativity with painting, pottery, and more.

 **Outings & Excursions** – Trips to local museums, restaurants, and seasonal festivals.

 **Movie Nights & Theater Trips** – Classic films and live performances for a cultural touch.

Encouraging your loved ones to visit for an event is a great, no-pressure way to introduce them to senior living. Once they experience the warm, welcoming environment, they may begin to see it as a **home full of possibilities rather than a place of loss.**

### *Take the First Step*

Helping an aging parent transition to a senior living community isn't always easy, but with patience and love, you can guide them toward a brighter, more fulfilling future. If you're considering Edencrest, we'd love to welcome you and your family for a tour—just as so many others have done before making the best decision for their loved ones.

**Contact us today to schedule a visit, and let's help your parents find a place where they can truly thrive.**

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By choosing Edencrest Living, seniors don't just find a place to live—they find a community that supports active, healthy aging. Visit [Edencrest Living](#) to learn how we create an environment where every resident can stay strong, independent, and engaged for years to come.