

BEYOND EDGEWOOD

Although Edgewood is a well-established community unto itself, we relish being a part of North Andover, Lawrence, and the greater Merrimack Valley communities. This last holiday season, our involvement with one of our neighbors, Lazarus House Ministries, which works to break the cycle of poverty for those in need, was recognized both in a personal letter and on Facebook.

Lazarus House Ministries, Inc.
December 8, 2016 · 🌐

Thank you so much to our friends at Edgewood Retirement community in North Andover not only for the wonderful clothing drive they ran for us last week but also for the lovingly made Cuddle dolls who are pictured here. All told, the Seniors in the Retired and Senior Volunteer Program at Edgewood made 33 dolls for Lazarus House to distribute to the children who will be coming to see us especially during this holiday season. We are grateful and honored to be the extension of your goodness. Merry Christmas!



Dear Paula and Brenda of Edgewood,

Thanks again for welcoming us so heartily to Edgewood for our three drives this year. We received so much more than clothing — we made new friends! We appreciate YOU!

We have posted in the above link on Facebook a short post and a picture of some of the Cuddle dolls so lovingly and carefully made by Lettie, Betty and their group. We are already giving them out to girls and boys who are coming to Lazarus House.

We wish you all a wonderful holiday season and look forward to seeing everyone again in the spring!

With gratitude and best wishes,

Ellen Bedrosian and J.C. McGuire
Lazarus House Ministries, Inc.
Lawrence, MA

EVENTS ON THE EDGE

There's never a dull moment at Edgewood. Many of our events are open to the public and include musical performances, engaging educational lectures, art and theater events, and wonderful socials. Visit our website at EdgewoodRC.com/events for a calendar of events.

Join us for lunch at one of the below four upcoming events. You'll learn more about LifeCare and get a tour of our community.

MARCH 23: **Tapping Edgewood Maple Syrup.** *Speaker: Lou D'Angelo, Director of Culinary Services*

APRIL 19: **Moving Made Easy**

MAY 24: **Nurturing Edgewood Honey.** *Speaker: Mary Foley, Edgewood's Beekeeper*

JUNE 23: **Senior Living 101.** *A resident panel will answer questions about life at Edgewood and share their stories and insights for making the move.*

To register for our luncheons call 978-494-6843.

The INSIDE

Edge

Maple, Sweet And Super How Edgewood's own maple syrup is for more than pancakes.

Here at Edgewood, the maple syrup on our breakfast tables just got sweeter. In 2016, a new report led by the University of Rhode Island stated that maple syrup may now be considered what is commonly called a "superfood."

Superfoods are considered to be those foods packed with so many nutrients that they provide many health benefits. Maple syrup, like broccoli and blueberries, was found to be loaded with antioxidants. Studies in both the United States and Canada showed remarkable and positive effects that the phenolic compounds in syrup had on Alzheimer's and other brain diseases.

"One of the theories of Alzheimer's disease is that there are proteins [beta amyloid and tau peptide, in neurons] that clump up and cause harm to the brain," said Dr. Donald Weaver, a professor at the University of Toronto. "We found that a particular extract from maple syrup prevented this clumping."

Additionally, compounds in maple syrup have also been found to help fight cancer and inflammatory diseases and have the potential to help manage Type 2 diabetes.

For the residents of Edgewood, these aspects only add to what

is already a special maple syrup. Each spring, the 100% maple syrup the residents have on their table comes from the maple trees on Edgewood's property.

"It was something I'd done as a hobby in my backyard," said Lou D'Angelo, Director of Culinary Services, who began tapping Edgewood trees about 10 years ago. "So I suggested we do it here. Now the residents sometimes come outside with me to observe the process. In the kitchen, we've marinated salmon and cooked with it, too."

Tapping about a dozen Edgewood trees, the sap is collected and reduced down to produce about 10 or more gallons of maple syrup.

For the residents of Edgewood, knowing that golden liquid is now considered a superfood means our own maple syrup, like many of our services, contributes to a healthier lifestyle for our residents. That makes mornings here not just ordinary, but extraordinary.

Join us on Thursday, March 23, for a special luncheon with Lou D'Angelo. Maple tastings included.

To register for the luncheon call 978-494-6843.



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An INSIDER'S VIEW

20 Years of Celebrating the Lives of Our Members

This year we celebrate Edgewood's 20th anniversary. Through the years we have never forgotten that our primary goal is to serve our members. Consequently, we have created an unparalleled warm and inviting community for members who have chosen to live their life with us.

As we look toward the future and expand our portfolio of services to meet the needs of members at every stage of their life, we're also learning from our past accomplishments. We have created a management team that is the best in the business and nurtured partnerships with other leaders in our industry.

From the maple syrup made right here, to the breadth of our LifeCare services, after 20 years, we are a community that provides our members with plenty of reasons to embrace our tagline *Life on the Edge*.

Best regards,



Marlene Rotering
President & CEO, Edgewood LifeCare Community



A FULFILLING LIFE

Bill And Dottie Schirmer, Residents



When Bill and Dottie Schirmer realized their 1730 home with six acres and barns required too much physical work, they decided to downsize. But as they researched CCRC communities in the Boston area, they also searched for a place that fit them both.

"We have always done things together," says Dottie. "We find being at Edgewood enables us to continue that kind of lifestyle."

Before becoming residents in 2008, Bill was an educator for close to 50 years, and Dottie was a nurse for nearly 30. They also ran an antique shop for 20 years out of their own carriage barn. Now at Edgewood the two have equally busy lives.

"I'm painting with watercolors, and I'm now selling my artwork," says Bill. "It has been life changing."

"Living here has [also] given me the ability to go from place to place with ease since I have been in a wheelchair," says Dottie, who is on the Health Care Committee, and serves as Chairman of the Buildings and Grounds Committee, among others.

"Upon our first visit, we fell in love with the place," says Bill. "Edgewood is providing the next adventure."

To learn more about the Edgewood lifestyle, call 978-494-6843 today to schedule a personal visit.

One Bedrooms
AVAILABLE



The Right Space With Plenty Of Room To Move

Now our one bedrooms come with more reasons to move.

Newly renovated apartments are now available at Edgewood. For a limited time, when you select a one-bedroom apartment, we'll help ease you through downsizing and moving. Because our maintenance-free, one-bedroom apartments also have a lower entry fee and lower monthly fees, you can move into our LifeCare Community for less. Come see for yourself how retirement living options at Edgewood are not just ordinary, but extraordinary.

Hurry — Only a few one-bedroom apartments remain. Call today!

Call 978-494-6843 today to schedule lunch in our Bistro and a tour, or visit EdgewoodMadeEasy.com



A SMALL BUT MIGHTY EXPANSION

Construction will begin this spring for Edgewood's state-of-the-art "small house" residential accommodations to serve seniors who seek assistance with daily living. This beautiful new addition to the campus will mirror a comfortable New England inn.

Based on a "small house" model developed by Dr. William Thomas in 2003, our four small houses each feature an "inn-like home" for 10 people, providing each resident with a private bedroom and bath located off a central dining and gathering space.

Three of the four will be designed specifically for people who need memory support. The other one will be for those who require daily assistance.

Staff dedicated to each house will be onsite 24 hours a day, seven days a week to provide meal preparation, laundry,

and programming based on the preferences of the people who live in the household.

All houses will feature an open kitchen and dining area, a family room area, laundry room, spa, den, and private living quarters for each resident, with access to a private courtyard and garden area. A beauty salon and rehabilitation gym will also be part of the expansion.

These new homes will complement Edgewood's architecture and will be located at the bottom of Half Mile Hill, between the existing community and Lake Cochichewick. We'll begin accepting reservations from interested families this summer.

For more information, or to be added to our list of insiders who will have the first opportunity to learn more, **call 978-494-6843.**