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# ASPEN happenings

*Eighty percent of common infections are spread by hands. Washing your hands at least five times a day decreases the frequency of colds, the “flu” and other infections.*

## Experts Say Old-fashioned Hand-washing Is the Best Protection This Winter

According to a Penn State Health news release, hand sanitizers aren’t as effective as you might think. Medical professionals from Penn State Health reported that although hand sanitizer bottles claim to kill 99% of germs, there are some germs that are resistant. And, when you use hand sanitizer to kill the germs, they still stay on your hands. What does this mean for you during peak cold and flu season? Your best bet for protection is washing your hands the old-fashioned way—with soap and water.

### Hand-washing 101

To properly keep your hands clean and avoid getting sick or spreading germs to others, wash your hands with soap and clean, warm running water. Remember, soap is what actually prevents germs and dirt from sticking to your skin—the water simply rinses the dirt and germs off your hands. Make sure to rub your hands together, lathering and scrubbing for at least 20



seconds. Then rinse your hands well under running water and dry them using a paper towel or air dryer. When in a public bathroom, use your paper towel to open the bathroom door if a trash can is near it.

### Make Clean Choices

Practicing good hand hygiene is the best way to prevent the spread of germs. Health experts estimate that 80% of common infections are spread through hand contact. In today’s busy world, it is not always possible or convenient for us to wash our hands as often as needed. When you can’t get to a sink, experts recommend you use an alcohol-based hand sanitizer.

## UPCOMING COMMUNITY EVENTS

- |  |  |
|--|--|
| <b>02</b> Super Bowl Sunday                          | <b>17</b> Parkinson’s Support Group, 6-7 pm      |
| <b>11</b> Coffee Club – Relay for Life Guest Speaker | <b>20</b> Grief Support Group, 6 – 7 pm          |
| <b>13</b> Valentine’s Family Drop-In, 6 pm           | <b>24</b> – Mardi Gras Parade 2 pm               |
| <b>14</b> Happy Valentine’s Day                      | <b>24</b> Senior Prom – 12:30 pm - FEMA Building |

## Recipe of the Month – Red Velvet Brownies with Cream Cheese Frosting

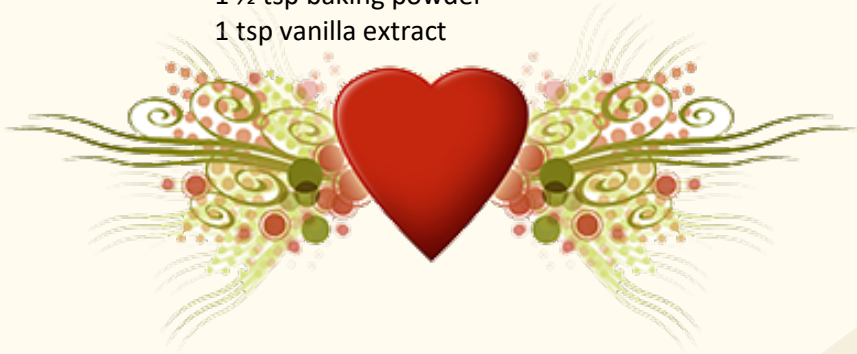
### Brownie Ingredients:

1 4-oz. bittersweet chocolate baking bar—chopped  
¾ c butter  
2 c sugar  
4 large eggs  
1 ½ c all-purpose flour

1 1-oz bottle red liquid food coloring  
1 ½ tsp baking powder  
1 tsp vanilla extract

### Cream Cheese Frosting Ingredients:

1 8-oz. cream cheese—softened  
3 tbsp softened butter  
1½ c powdered sugar  
1 tsp vanilla extract.

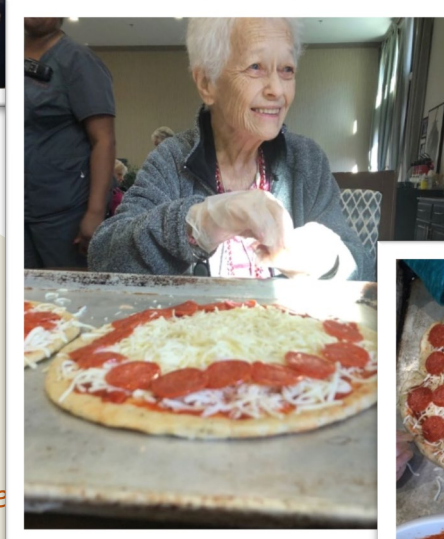


### Directions

Start by preheating the oven to 350 degrees. Line a 9x9 or 7x11 pan with aluminum foil allowing two inches to hang over the sides and lightly grease. In a microwave safe bowl, melt the chocolate and butter stirring after each thirty seconds, being careful not to burn the chocolate. Whisk in the sugar and add the eggs one at a time until blended. Add the flour, red food coloring, baking powder, and vanilla. Stir until fully incorporated. Pour into the bottom of your prepared baking pan and bake for 40-44 minutes or until toothpick comes out clean with moist crumbs. Cool Completely. Using a stand or hand mixer, add the softened cream cheese and butter, beat until it is smooth. Add the powdered sugar and vanilla, continue to beat until smooth and creamy. Frost the top of your cool brownies. Enjoy!

## *making memories...*

- *Elvis concert*
- *Puzzles*
- *Birthday Bash*
- *Coffee Social*
- *Sunday School*
- *Men's Social*
- *Pizza Making*
- *Shopping @ Wal Mart*
- *Out to Eat @ Bromas*
- *Community Coffee Club*
- *Group Exercise*
- *Arts & Crafts*
- *Bingo*
- *Kindness Activity*
- *Color Club*
- *Card Games*
- *Balloon Toss*
- *Bro. Jeff & Brookhaven Funeral Home*
- *Law Appreciation Day Cards*
- *Bro. Luke*
- *Pie w/Kare in Home & More!*



*a look back at January...*

## Did you know?

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.

Holidays in February:

- Chinese New Year
- National Freedom Day
- Groundhog Day
- Valentine's Day
- President's Day
- Mardi Gras
- Ash Wednesday
- Black History Month
- American Heart Month
- Chocolate Lover's Month
- National Bird Feeding Month
- National Dental Month



*Ducksters.com/history/februaryinhistory.php*

# Happy BIRTHDAY.

February 03 – Charlene M.  
22 – Catherine D.  
22 – Billy Joe B.  
24 – E. Norwood

## This Superfood May Help Prevent Diabetes

According to a four-year study, consuming legumes (e.g., beans, lentils and peas) may help you prevent diabetes. The study tracked the health of over 3,300 patients who were at-risk of developing Type 2 diabetes, and found that those who consumed the most legumes were 35% less likely to develop diabetes.

The weekly legume serving average varied between 3.35 servings and less than half a serving. The study found that those who ate just one serving per week were 33% less likely to develop Type 2 diabetes than those who consumed less than one serving per week.

In addition to helping prevent Type 2 diabetes, legumes can help protect heart and brain health, promote a healthy weight and reduce the risk of cancer. For more information, contact your doctor.

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## Aspen Ribeye Steak Sandwich Sale

Relay for Life Fundraiser – All proceeds go to the American Cancer Society

Friday, March 6, 2020

# \$10.00

- Includes: Sandwich, Bag of Chips, Onions (optional), Slice of Cake and a Drink
- FREE delivery for 5 or more orders to the same location
- Pick Up at the Aspen from 10 am – 2 pm
- Prepay required. Must purchase tickets by February 21.



## A Cold Is Contagious for Longer Than You'd Think

The winter months are commonly associated with decreasing temperatures and increasing cases of the common cold. Typically, symptoms of the common cold come on gradually, and may start with a sore throat or irritated sinuses.

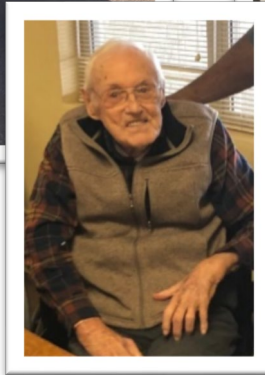
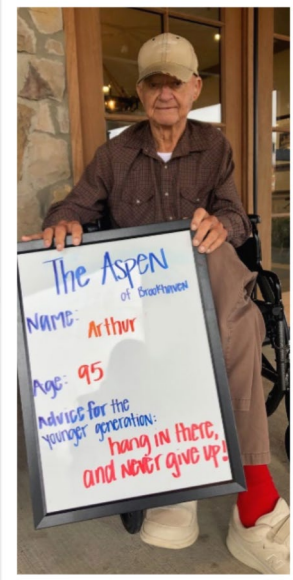
According to Healthline, when you have a cold, you're contagious approximately one to two days before symptoms start and can continue to be contagious for up to seven days after you've become sick. Unfortunately, many people can't stay home for that long to fully recover.

Consider the following suggestions to help avoid becoming ill or passing on a cold:

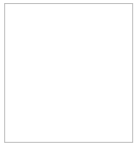
- Wash your hands often.
- Avoid touching your eyes, mouth and nose.
- Sanitize commonly touched surfaces.
- Always cough and sneeze into your elbow—not your hands—to prevent spreading germs.



*More memories...*



500 Silver Cross Drive  
Brookhaven, MS 39601



*A community enriched by you.*

