

JULY | 2019



▶ Recipe Of The Month ...2



▶ Cool Off ...3



▶ Employee Spotlight Tyler Thames ...3

ASPEN happenings

A community enriched by you.

Though occupational therapy helps people in the workplace every day, it also helps men and women, including those with arthritis, perform everyday activities.

OT Can Help People With Arthritis

Occupational therapy may sound like something exclusive to people who are injured on the job. Though occupational therapy helps people in the workplace every day, it also helps men and women, including those with arthritis, perform everyday activities that may or may not be work-related.

Arthritis can take both a physical and financial toll. The Arthritis Foundation notes that it's difficult to determine just how many people currently suffer from arthritis, as treatment often isn't sought until symptoms become severe. Conservative estimates from the AF suggest 54 million adults in the United States currently have arthritis, though the organization reports that a recent study suggested as many as 91 million might be dealing with this painful inflammation and stiffness of the joints. As if the pain from arthritis weren't enough, the con-

dition also can cause financial problems for those who cannot work or only work part-time, with annual medical costs and earnings loss estimates in the hundreds of billions of dollars.

OT can help people with arthritis overcome their conditions. The American Occupational Therapy Association, Inc., notes that most joints have the potential to develop arthritis, which can affect mobility, cause pain and even lead to deformity. However, the AOTA® also states that OT practitioners aim to help people with arthritis maximize their ability to participate in



activities like work or recreation while striving to help patients enhance their quality of life.

Because there are more than 100 different types of arthritis, men and women diagnosed with the condition can benefit greatly from individualized care. One-size-fits-all solutions may not work for arthritis sufferers, who can benefit from one-on-one interactions with OT practitioners. *(continued on page 3)*

UPCOMING COMMUNITY EVENTS

- | | |
|---|--|
| 9 Community Coffee Club, 10 a.m. | 16 Family Night 5:30 – 7 p.m. |
| 12 Farmer's Market – 7:30 a.m. – 12:30 | 30 Bingo @ Monticello Senior Center 9:30 a.m. |
| 16 Parkinson Support Group 6-7 p.m. | |

Visit www.aspenofbrookhaven.com to view the Aspen activity calendar.

Happy BIRTHDAY.

Marilee Hurst - July 6th
Mary Bobo - July 8th
Susan Erwin - July 18th

Recipe of the Month – Lime Congealed Salad

Linda Smith

Ingredients:

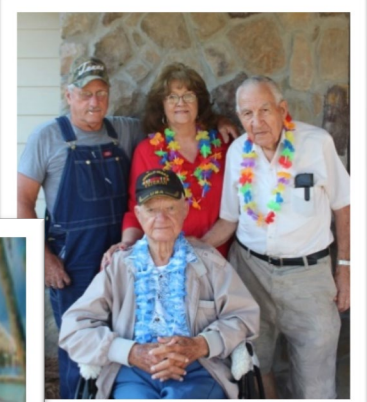
1- 3 Oz. Package Lime Jell-O
8 Oz. Cream Cheese @ room temp
2 c boiling water
8 Oz. crushed pineapple
½ C. chopped pecans
1 ½ C mini marshmallows

Directions:

Using a stand or hand-held mixer, cream the Jell-O together with the cream cheese. Reduce the mixer speed to the lowest possible and add the water a small amount at a time. After the mixture has loosened and the water begins to incorporate easily, add the rest all at once. Continue mixing until the cream cheese Jell-O and water are thoroughly and smoothly combined. Pour into a mold or dish. Refrigerate until the mixture is partially set. Remove from the fridge and stir in the remaining ingredients. Return to fridge until completely set. Check after an hour to make sure the marshmallows are submerged. If not, stir them into the mixture again. The salad will need about four hours to completely set.

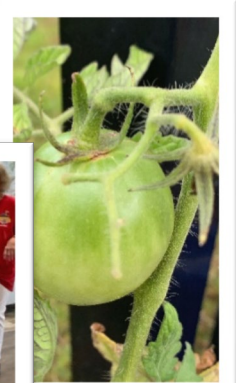


Our MISSION at the Aspen is to help each and every one of our residents thrive under our care – making connections with others, learning new things, and developing new passions.



making memories...a look back at June...

- Bingo,
- Skip-Bo,
- Community Coffee Club
- Family Night Luau
- Birthday Bash w/Kindred
- Bingo with Lawrence County Hospital
- Group Exercise
- Shopping @ Rose's
- Devotion & Prayer,
- Baskin Robbin's Outing
- Shopping @ Wal Mart,
- Camelia Line Dancers,
- Watermelon on the Porch
- Arts & Crafts,
- Gardening and More!





1. Choose cotton, save the silk or polyester sheets for cooler nights. Light colored bed linens made of lightweight cotton are breathable and excellent for promoting airflow in the bedroom.
2. To chill out super-fast, apply ice packs or cold compresses to pulse points at the wrists, neck, elbows, groin, ankles, and behind the knees.
3. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
4. Store lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
5. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
6. Avoid caffeine and alcohol as these will promote dehydration.
7. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit.
8. Get houseplants! Plants release moisture into the air, which helps regulate the relative humidity of a room and can make it feel more comfortable.
9. Avoid ice cream! The high fat content in ice cream makes it difficult to digest, the extra energy your body uses to digest the ice cream can actually raise your body temperature.
10. Cool down your car fast by creating a cross-breeze. Roll down a window on the passenger side of the car then open and close the door opposite of that window several times to quickly draw the hot air out.



OT Can Help People with Arthritis

(continued from page 1)

For example, the AOTA® notes that OT practitioners may recommend personalized adaptive equipment to patients with arthritis who are experiencing pressure and discomfort in their hands when holding or working with objects. Before making such recommendations, OT practitioners may analyze patients' daily activities to ensure they get equipment that will provide the support and relief their specific condition requires.

For more information about what OT can do to help you, join Anna Katherine Poole on July 15 at 11:30 a.m. in the Aspen dining room.

Approximately 50 million adults have been diagnosed with some kind of arthritis in the United States, including osteoarthritis, rheumatoid arthritis, gout, lupus, and fibromyalgia. In fact, about half of Americans over the age of 65 years have been told they have arthritis by their healthcare provider.

Employee Spotlight

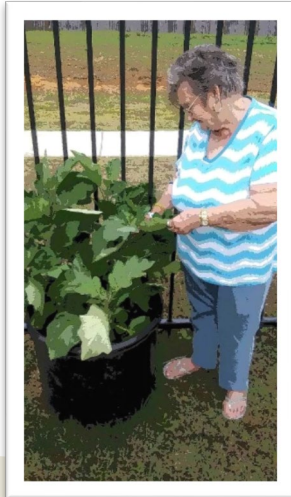
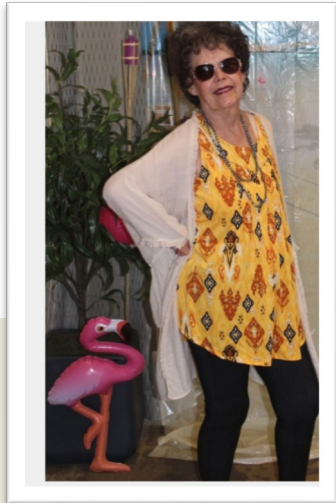
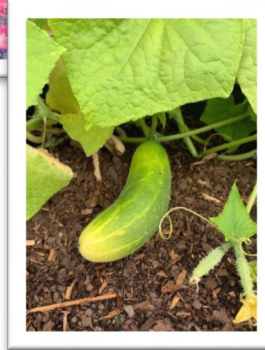
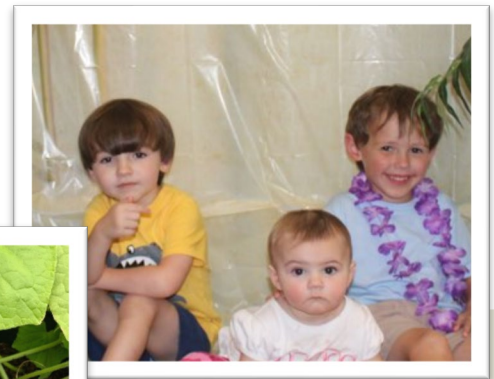
Tyler Thames



If you have been around the Aspen you have probably been greeted by this warm, friendly smile! Tyler Thames has been the receptionist and Jill-of-all-trades at the Aspen for almost a year now. Before she came to work at the Aspen, she worked various jobs in the cosmetology field. Becoming part of the Aspen team was a little out of her comfort zone but she caught on quickly and made fast friends with all of the residents. Tyler says she cannot imagine not seeing their faces everyday. When asked how she felt about working at the Aspen, she replied, "There is never a dull moment and we are all like one big family."

The Aspen is lucky to have Tyler. She is a team player who is dedicated to making those around her feel comfortable and happy.

More memories...



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.



"I believe in America because we have great dreams, and because we have the opportunity to make those dreams come true."

-Wendell L. Wilkie