

OCT | 2019



▶ Recipe Of The Month –
Pumpkin Spice Latte 2



▶ Halloween Jokes 2



▶ Breast Cancer
Awareness 3

ASPEN happenings

A community enriched by you.

The following exercises, games and platforms can help men and women challenge their brains in unique ways.

Games that Can Challenge the Brain

Games are as popular as ever. For evidence of that, one need look no further than his or her own smartphone. The number of hours people spend playing games on their smartphones might surprise even the most ardent players. According to the mobile research firm Apptopia, between May and July of 2018, mobile users spent a whopping 3.38 billion hours playing the wildly popular strategy game "Clash of Clans," making it the most popular smartphone game in the world during that time period.

Games might may be a way to unwind, but some games can potentially do more than merely provide a way to escape the daily grind. Brain teasers, riddles and crossword puzzles are just some of the types of games that can help people engage and challenge their brains while still providing a bit of escapism.

A Healthier Michigan, which is sponsored by Blue Cross Blue Shield Michigan and aims to help locals adopt healthier lifestyles, notes that the following exercises, games and platforms can help men and women challenge their brains in unique ways:

BrainHQ: According to Posit Science, which created the system BrainHQ (www.brainhq.com) is a system of training the brain that was developed by neuroscientists and other brain experts. The BrainHQ platform includes various brain training exercises with hundreds of levels that can help people improve



their brain function, including memory and retention.

Writing in the Stars: Similar to a crossword puzzle, this game provides a list of nine words to users, who must then find the six words that connect to form a six-point star before they can move on the next level. Available at www.happy-neuron.com, Writing in the Stars aims to help users improve their logical reasoning.

(continued on page 3)

UPCOMING COMMUNITY EVENTS

8 Community Coffee Club, 8:30 am
14 Parkinson Support Group 6-7 pm
15 Grief Support Group – 5:30 pm

17 Family Night 5:30 – 7 pm
24 Bingo @ Monticello Senior Center 9:30 am
31 Trick or Treating at the Aspen

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

Recipe of the Month – Quick Pumpkin Spice Latte



Ingredients:

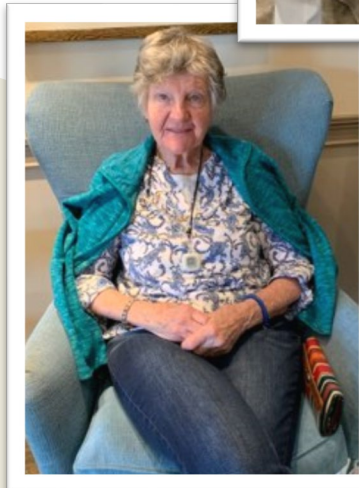
1 c milk—divided	1 tsp pumpkin pie spice
1 tbsp white sugar	½ tsp vanilla extract
1 tbsp pumpkin puree	¼ c brewed espresso

Directions:

Whisk ½ c milk, sugar, pumpkin puree, pumpkin pie spice, and vanilla extract in a small saucepan over low heat. Simmer for 5 minutes. Whisk in remaining ½ c milk. Pour milk mixture through a fine-mesh sieve to remove pulp. Return milk mixture to saucepan and simmer, whisking, 2 minutes. Add espresso and whisk until foamy, 1 minute. Top with whipped cream & cinnamon, enjoy!

making memories...a look back at August...

- Brain Teasers
- Piano Social w/Mrs. Nancy
- Community Coffee Club with
Dr. Phillip Hamilton
- Group Exercise
- Bingo @ the Jimmy Furlow Sr. Center
- Bingo w/Lawrence County Hospital
- Popsicles on the Porch
- Shopping Spree to Rose's
- National Assisted Living Week
- Arts & Crafts
- Parkinson's Support Group
- Family Night
- Name that Tune
- Birthday Bash
- Visit a Neighbor
- Hymns & Coffee
- Shopping Trips
- Cheese Tasting
and much more!



Happy BIRTHDAY.

October 5th – Doris!

Halloween Jokes



- What do you call wood when it's scared?
- What plant does Halloween like the most?
- What would you find on a haunted beach?
- What do you call a cleaning skeleton?
- What's a vampire's favorite fruit?

ANSWERS: 1. Petrified!
2. Bam-BOO! 3. A Sand-Witch!
4. The Grim Sweeper!
5. A Nectarine

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.



DID YOU KNOW?

FUN FACTS ABOUT OCTOBER

- Birthstone: Opal & Pink Tourmaline
- Flower: Calendula
- Zodiac Signs: Libra & Scorpio
- History: October was originally the eighth month of the Roman calendar. It comes from the Latin word “octo” meaning eight. Later, it became the 10th month when January and February were added to the calendar. The Saxons called the month Wintirfylith because it had the first full moon of the winter season.
- October in other languages:

Chinese—Shiyue	Italian—Ottobre
Danish—Oktober	Latin—October
French—Octobre	Spanish—Octubre
- October is the second Autumn Month. National Fire Prevention falls during the week of October 9th each year and commemorates the Great Chicago Fire of 1871. October in the Northern Hemisphere is similar to April in the Southern Hemisphere. The leaves of trees often begin to change their colors during this month. The world series for MLB generally takes place in October. The NBA and the NHL both begin their seasons in October. There are many health observances that have October as their national month—these include, healthy lungs, breast cancer, lupus, spina bifida, blindness, and SIDS.

Source: <https://heavy.com/news/2019/09/what-are-pretzels/>

Games that Can Challenge the Brain

(continued from page 1)

Private Eye: With a goal of helping users improve their focused attention and concentration, Private Eye (www.happy-neuron.com) asks players to peruse a grid full of intricate layers and symbols in an effort to find the item that does not belong.

Braingle: With more than 200,000 members, Braingle (www.braingle.com) is a popular online community where users can go to access brain teasers, trivia quizzes, IQ tests, and more. Users even rank the games, allowing novices to find games that might help them hone certain skills or ease their way into challenging their brains with games.

Millions of people across the globe play games every day. Though players often play games to have fun, they might be helping their brains without even knowing it.



Breast cancer is the second-leading cause of cancer deaths for women in the United States. To help spread awareness of this disease, October is recognized as Breast Cancer Awareness Month.

Prevalence of Breast Cancer

About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime. While there are some breast cancer risk factors that you can't control, these prevention strategies can help you reduce your risk:

- Maintain a healthy weight.
- Exercise regularly.
- Abstain from drinking alcohol or limit intake to one drink per day.

If you're concerned about your personal risk of developing breast cancer, call or visit your doctor.

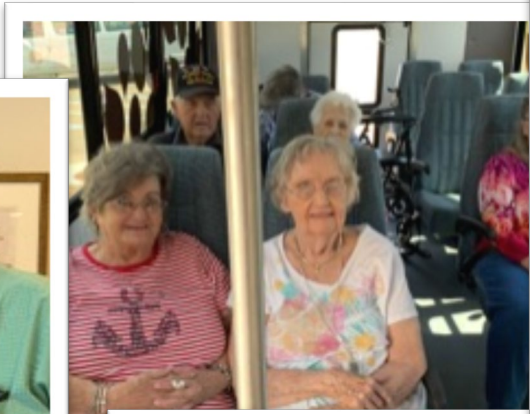
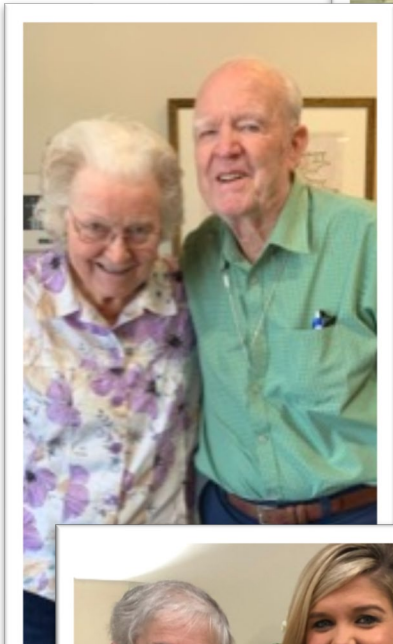
Breast Cancer Awareness Month and You

There are a variety of ways that you can support Breast Cancer Awareness Month. Here are just a few ideas:

- Participate in a fundraiser event, like a walk or run, to help raise money for breast cancer research.
- Donate to a charity that provides support and services to women and families that are affected by breast cancer.
- Learn about the signs, symptoms, risk factors and screenings for breast cancer.
- Spread awareness about this disease to help educate friends and family.

For more information on breast cancer, visit the National Cancer Institute's [website](http://www.nccin.nih.gov).

More memories...



CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to Halloween.
Each number corresponds to a letter.
(Hint: 10 = s)

- A. 10 6 16 11 18**
Clue: Frightening
- B. 6 1 10 4 12 24 20**
Clue: Dress-up garb
- C. 21 20 26 23 1 12 10**
Clue: Uses underhanded tactics
- D. 14 16 12 15 4**
Clue: Spirit visiting

Answers: A. scary B. costume C. devils D. haunt

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to Halloween.

RSTTAE

Answer: Treats



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.



“The best preparation for tomorrow is doing your best today.” - H. Jackson Brown, Jr.