



More memories...



500 Silver Cross Drive
Brookhaven, MS 39601

A community enriched by you.



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APRIL | 2019

ASPEN happenings

A community enriched by you.

Although younger generations have grown up with technology at their fingertips, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

Seniors Becoming More Tech-Savvy

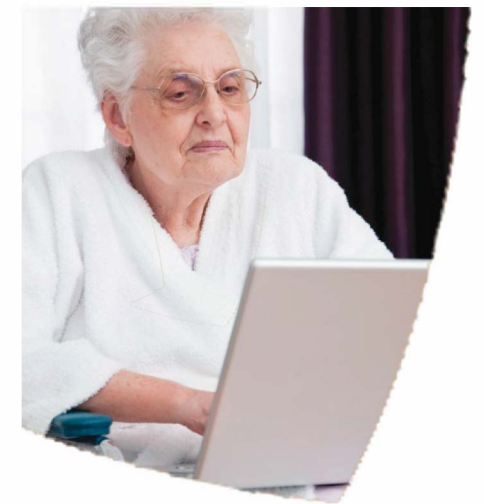
Technology is the future, and digital communication has opened many doors for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge.

According to a 2014 study by Pew Research Center, 59 percent of seniors regularly use the internet, a 6 percent increase from the previous study conducted in 2012. Today, 67 percent of adults age 65 and older say they go online.

Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones, which is more than double the

amount that did in 2013. Seniors in Australia are especially tech savvy, as Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.

While stereotypes have long painted seniors as technologically inept, seniors are actually more socially and digitally engaged than ever before. Seniors use technology in many different ways. Some use mobile apps to manage medications and doctor's appointments and monitor their fitness regimens. Some families employ 24/7 alert systems or smarthome technology to keep seniors comfortable and safe at home for as long as possible.



Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances/lights are on or off. This provides a great way for families to stay informed and provide assistance even if they are not nearby.

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UPCOMING COMMUNITY EVENTS

9 Community Coffee Club 8:30-10 AM
15 Parkinson Support Group 6-7 PM

16 Family Night 5:30 – 7 PM
30 Bingo @ Monticello Senior Center* 9:30 AM

*Event not at the Aspen

Please visit www.aspenofbrookhaven.com to view the entire Aspen activity calendar.

"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle"

-Steve Jobs



Happy BIRTHDAY.

Ruby Knight – March 31
Linda Brown – April 6
Joan Parkman – April 12

Recipe of the Month – Mother’s Chicken & Rice

In memory of Marjorie Helmick

Ingredients:

6 Chicken Breast	1 stick of butter
1 green pepper, chopped	1 onion, chopped
1 c rice, uncooked	1 small can of mushrooms
¼ c cooking sherry	

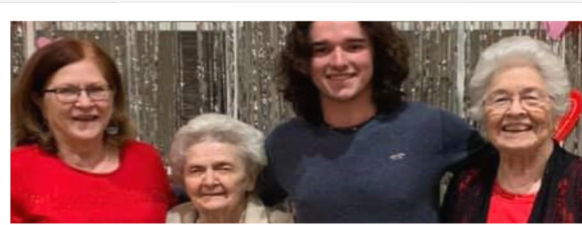


Directions:

In a large roasting pan put 1 stick of butter and let it melt. Add pepper and onion. Put chicken on top, skin side down, and cook on 350 degrees for 45 minutes. Remove chicken and stir in 1 cup of rice, salt, and pepper. Stir well with butter, and put back in the oven for 45 minutes. Take out and remove chicken and stir in the mushrooms and sherry—Stir well. Replace the chicken and continue cooking for 30 minutes. Do not take top off pan except when adding additional ingredients. Enjoy!

making memories...a look back at February and March

- Super Bowl Party
- Valentine’s Day Party
- Senior Prom
- “Trip” To China
- Community Coffee Club
- Out to Eat at the Fish Fry
- Balloon Toss
- Worship & Prayer
- Group Exercise
- Spa Facial Day
- Mardi Gras Party
- Birthday Bash with Kindred
- Dollar Auction
- Bingo
- Flower Planting
- Travel to Japan
- Camellia Line Dancers
- Card Games



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?

MASTERS SPECIAL FOR OUR GOLF LOVERS...

- The Green Jacket was not meant to be awarded to the winner but was intended as an usher’s coat, it was not awarded until 1949.
- During WW2 Augusta National was forced to close in 1942. The course accommodated cattle and turkey to make money. They barely broke even and reopened in 1944.
- The bunkers at Augusta National are not sand, they’re actually filled with waste product from the mining of aluminum.
- The tournament’s original name was the Augusta National Invitational, but it was changed to the Masters in 1939.
- Club Membership is by invitation only. If you ask, you won’t get in.
- The Masters champion is permitted to take the green jacket off the premises for only a year, then it must remain at the club.
- The Wednesday Par-3 Contest began in 1960.

Senior Stats

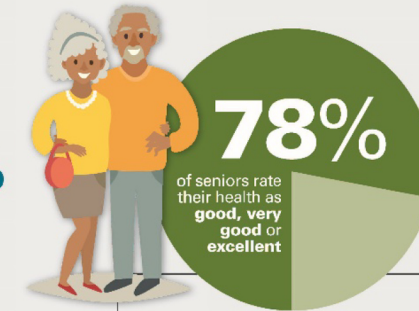
A look at some facts and figures surrounding today’s senior citizens.

↑↑
3.5 Years
 increased life expectancy since 1960

46 Million >>> **72,197**
 Americans are age 65 or older Americans are age 100 or older

#1 cause of death among seniors is heart disease

34% of seniors use social media | **42%** of seniors own smartphones | **67%** of seniors are online



1.4 Million seniors reside in nursing homes

4.7 Million utilize home healthcare agencies

122 the age of the person with the longest confirmed human lifespan, **Jeanne Calment**

65 the age at which Harlan “Colonel” Sanders began franchising Kentucky Fried Chicken

86 the age at which Mary Baker Eddy founded the Christian Science Monitor newspaper

89 the age at which Fauja Singh ran his first marathon

Source: Institute on Aging, Population Reference Bureau, Centers for Disease Control & Prevention, Pew Research Center

Seniors Becoming More Tech-Savvy

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SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is especially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis. Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society.

Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.

ASPEN FACTS

Aspen produces cylindrically-shaped clusters of flowers called catkins. Aspens bloom between March & April and they can be seen on the tree before the first leaves appear.

Employee Spotlight ANITA SMITH



Anita Smith has been a CNA for 10 years and an employee at The Aspen of Brookhaven since the opening in 2017. She is thoughtful and compassionate, and she does everything she can to care for our residents. Anita is a true team player. Some of the residents at the Aspen call her “Speedy” because she fast walks her whole shift and goes the extra mile to make sure all of her tasks are completed. We are lucky to have Anita on our team.

