

MAY | 2019



▶ Recipe Of The Month ...2



▶ Mother's Day Fun Facts ...3



▶ Employee Spotlight "Foxy" Bolds ...3

ASPEN happenings

A community enriched by you.

Even though people of different age groups may not entirely have the same interests, the interactions between generations can benefit both young people and their aging relatives.

Different Generations Can Learn and Benefit From One Another

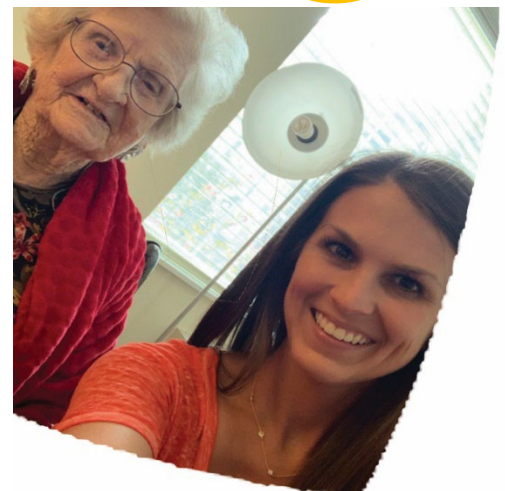
In the not-so-distant past, extended families frequently lived in close proximity to one another. Such families shared meals and experiences and essentially grew up together. Nowadays, families separate for various reasons, such as job opportunities and cost of living concerns.

While there are advantages to spreading out, there are also some disadvantages, namely that grandparents and grandchildren may not see one another frequently enough. Even though people of different age groups may not entirely have the same interests, the interactions between generations can benefit both young people and their aging relatives.

Finding renewed vigor. Senior living and active lifestyle communities provide invaluable care and amenities for seniors. While being around like-minded

individuals can be handy, it's also limiting. Seniors who continue to age in place in mixed-age communities can extract joy from watching youthful children and young adults growing up, playing and socializing. Being around multiple generations also can spark interesting conversation, and all parties involved can learn something from one another.

Planning for the future. Younger generations may not understand the concept of "hard times" or "doing without" like a person who has lived through various ups and downs. Passing along advice about economic cycles, saving for the future and maintaining



stability is one area of expertise at which many seniors excel.

Practicing interpersonal skills. All the technological savviness in the world cannot compensate for the power of strong interpersonal skills. Being able to address a group of people or speak one-on-one is essential in the workplace and in life. When younger generations speak to older adults, they may become stronger at verbal discourse and have greater perspective of different points of conversation. *(Continued on page 3)*

UPCOMING COMMUNITY EVENTS

- 14 Community Coffee Club 8:30-10 AM
 - 20 Parkinson Support Group 6-7 PM
 - 21 Family & Friends Night 5:30 – 7 PM
- ASPEN ANNIVERSARY CELEBRATION**

- 28 Bingo @ Monticello Senior Center 9:30 AM
- Visit www.aspenofbrookhaven.com to view the Aspen activity calendar.

Happy BIRTHDAY

Joyce Lofton – May 11
Ed Lacey – May 17
Aileen Alexander – May 17

Recipe of the Month – Coconut Sour Cream Cake

- Jewellene McCloud

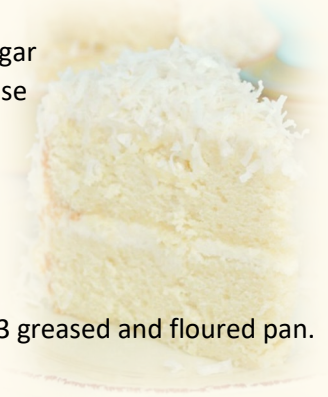
Ingredients:

1 pkg. white cake mix	Icing: 3 c powdered sugar
3 eggs	6 oz. cream cheese
1 c cream of coconut	¼ c milk
¼ c vegetable oil	1 tsp vanilla
8 oz. coconut	

Directions:

Mix first 4 ingredients and beat well. Pour into 9x13 greased and floured pan. Cook at 350 degrees until done and let cool.

Mix icing ingredients and beat well. Spread on top of cake. Sprinkle 8 oz. of coconut on top.



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?

HEALTHY HABITS TO KEEP YOU FEELING WELL

1 - Wake Up and Drink:

Sleep promotes dehydration, so drink a glass of water before slurping your tea or coffee when you first wake up.

2 - Go Bananas:

Bananas are perfect energy boosters, with only 99 calories and no fat.

3 - Sweet Treat:

If you really need a treat after dinner, swap high-sugar, fatty desserts for diet jelly with natural yogurt.

4 - Cull Soft Drinks:

A study by researchers from the University of Texas found a 70 percent increase in weight among people who drank soft drinks compared with those who didn't.

5 - Opt for Whole Foods: Eat more green leafy vegetables, tomatoes, sweet potatoes, berries, dark chocolate (in small quantities), white tea, soybeans,

6 - Don't Forget Your D:

As well as building strong bones, vitamin D found in the sun is also found in foods, and can help regulate the immune system and modulate mood.

making memories...a look back at April...

- Faith Presbyterian Children's Choir
- Camelia Line Dancers
- Community Coffee Club
- Morning Gardening
- Bro. Luke
- Brookhaven Funeral Home
- Bingo w/Lawrence County Hospital
- Family Night
- Piano Social w/Nancy
- Birthday Bash w/Kindred
- Group Exercise
- Arts & Crafts
- Skip-Bo





More calls are made on Mother's Day than any other day of the year. Approximately 122 million calls are made on the second Sunday of May.

Mother's Day is the third highest selling holiday for flowers and plants.

Mother's Day is the busiest day of the year for restaurants. According to the National Restaurant Association, in 2018 about 87 million adults made plans to go to a restaurant for Mother's Day.

One of the earliest Mother's Day celebrations was in Ancient Greece. The Greek would have spring celebrations in honor of Rhea, the goddess of fertility, motherhood, and generation.

Woodrow Wilson signed Mother's Day into law in 1914.

As of 2014 there were about 43.5 million moms between the ages of 15-50 in the States. These women mothered 95.8 million children.

In 2018 over \$23 Billion was spent on Mother's Day. On average, shoppers spend \$180 on gifts for their mothers. A nationwide total of \$4.6 billion was spent on Jewelry and \$4.4 billion on dinners or brunches.

Different Generations Can Learn and Benefit From One Another

(continued from page 1)

Learning new technology. Younger generations can impart knowledge of technological devices to older adults. People with skills are usually happy to share their knowledge. Even if seniors aren't ready to purchase tablets or smartphones, they may be excited to have their grandchildren teach them about the latest gadgets.

Providing sense of purpose. Both seniors and younger generations can realize a greater sense of purpose when interacting with one another. That person may be the reason the other one greets the day with a smile. Visits from grandchildren can reduce the likelihood of isolation and depression in older adults, and younger generations can discover the benefits of personal social interaction rather than communicating exclusively through social media apps.

Fostering intergenerational connections is a great way to broaden social circles, improve communication and learn new things.

ASPEN FACTS

People cultivate Aspen because of its ornamental morphology and calming effect that the sound of trembling leaves produce. Aspens are deciduous trees and belong to the willow family. The parts of the Aspen that grow above the ground live 40-150 years and the roots can survive for thousands of years.

Employee Spotlight

Darlene Bolds, aka Foxy



Foxy has been working in the Dietary Department at the Aspen since its opening and has been in this line of work for 15 years. "I love working with older people because one day I want someone to take care of me too." Foxy's dedication is second-to-none. She goes above and beyond for the residents and for any member of the staff that needs her. We are very fortunate to have her working tirelessly to keep the family fed!

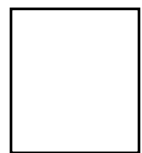


More memories...



500 Silver Cross Drive
Brookhaven, MS 39601

A community enriched by you.



“All that I am, or ever hope to be I owe to my mother.”
-Abraham Lincoln