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ASPEN happenings

A community enriched by you.

While difficulty sleeping may be a part of aging, that does not mean older men and women cannot take steps to improve their sleeping patterns. For example, certain snack foods may improve quality of sleep, especially when these foods replace less healthy snacking options.

Snack Foods that Promote Better Sleep

According to the National Sleep Foundation, changes in sleep patterns are a part of the aging process. Many people experience difficulty falling asleep and then staying asleep as they age, and that difficulty can make men and women over 50 feel more tired during the day.

But even though difficulty sleeping may be a part of aging, that does not mean men and women over 50 cannot take steps to improve their sleeping patterns. For example, certain snack foods may help to improve quality of sleep, especially when these foods replace less healthy snacking options. While men and women over 50 should always consult with their physicians before making any changes to their diets, the AARP notes that the following are a handful of snack foods that promote better sleep.

Almonds: Magnesium is a mineral with muscle-relaxing properties, and almonds contain enough magnesium to help men and women get a better night's sleep. A small amount of almonds before bed might be enough to make falling and staying asleep easier.

Bananas: Much like almonds, bananas provide a substantial amount of magnesium. Bananas also contain the amino acid tryptophan, which many people associate with Thanksgiving turkey. While tryptophan might be most often associated with the sleepiness people feel after eating a holiday meal, it also has been linked to better sleep quality, so a banana shortly before bed might be just what you need to fall and stay asleep.



Cheese and crackers: One more traditional snack may just help you get a better night's sleep. Cheese and crackers contain tryptophan and carbohydrates, which can induce a better night's sleep and help you fall asleep sooner.

Cherries: Cherries contain the sleep hormone melatonin, and the AARP notes that recent studies indicated that participants who drank tart cherry juice on *(continued on page 3)*

UPCOMING COMMUNITY EVENTS

- 12** Community Coffee Club 8:30-10 AM
- 12** Family Night 6-8
- 18** Parkinson Support Group 6-7 PM

- 25** Senior Prom* 1-3 PM
- 26** Bingo @ Monticello Senior Center* 9:30 AM

*Event not at the Aspen

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

Look what's new... Thanks to suggestions from our Residents' Council and staff you will see the following improvements around the Aspen in the next couple of weeks:

- New Coffee System – hot coffee on demand all day long!
- 2 New Pianos – thanks to private donations
- Bird Feeders – to take care of our feathered friends...and our birdwatchers!
- Professional Cleaning Service – welcome Suzy Sauls!
- Professional Exercise Instructor – group class weekly with Anna Catherine Poole

Recipe of the Month – Daddy's Hushpuppies

Ingredients:

by Agnes Williams

- | | |
|---------------------------------|------------------------------------|
| 1 c white corn meal | 1 c all-purpose Martha White flour |
| 1½ medium white onion—grated | 2 tbsp baking powder |
| ¼ green bell pepper—small diced | 1/3 c warm water |
| 1 heaping tbsp salt | 2 eggs |
| 2 tsp black pepper | |



Directions:

The night before preparation, in a mixing bowl add corn meal, onion, bell pepper, salt, & pepper—mix well! Place in refrigerator overnight.

Heat oil in a cast iron skillet, dutch oven, or deep fryer to 350 degrees the morning of. Remove the bowl of cornmeal/onion mix from the fridge. Allow to sit at room temperature for 15 minutes. Add flour, baking powder, eggs, and water. Stir this gently and let sit 3-5 minutes. Using a spoon, scoop (about the size or slightly smaller than a golf ball) and drop batter into hot oil. Cook, turning once, until golden brown. Drain on paper towels.

Yield: 30 hushpuppies—recipe can be doubled or tripled for large groups.

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?

- *Relay for Life* has raised an estimated 5 billion dollars to date (since its inception, world-wide)
- 11% of people are left-handed
- unless food is mixed with saliva you can't taste it
- the average person falls asleep in 7 minutes
- a bear has 42 teeth
- an ostrich's eye is bigger than its brain
- lemons contain more sugar than strawberries

making memories... a look back at January

- "Trip" To Hawaii
- Community Coffee Club
- Worship With Wellman Baptist Church
- Balloon Toss
- Spa Facial Day
- Out On The Town – Piccadilly Cafe
- Bingo
- ARTS AND CRAFTS:
 - Decorated Wreaths
 - Rock Painting
 - All About Me Posters



Relay for Life – Team Survivor

This year The Aspen of Brookhaven chose “team Survivor” as it’s name/theme because that is a topic near and dear to all our hearts. We have residents, employees, and family members that are cancer survivors. The actual Relay for Life event will be held on April 5th at the Lincoln County Civic Center, but our efforts span throughout the entire year.

In the American Cancer Society’s signature fundraising event, Relay for Life, communities all over the world come together to raise money to improve cancer survival, decrease the incidence of cancer, and improve the quality of life for cancer patients and their caretakers. In what has become one of the world’s largest volunteer fund raising efforts, millions of people in thousands of communities participate each year.

Our community’s event is a walkathon that includes all sorts of additional fun and games. Local businesses and organizations raise money for their teams to compete in the event. The Aspen of Brookhaven has lots of creative ways of raising team funds. For example, we have an ongoing campaign called HAPPY FRIDAY- where we can donate \$1 for the privilege to wear jeans to work on Fridays. Saturday, February 2nd we held a garage sale at the Aspen. We had several people step-up and donate household items to sell. We had a great turnout and raised a lot more money than expected.

Also, in February, we had a chocolate-covered-strawberry fundraiser where we offered a dozen gourmet dipped strawberries for \$22. We were able to raise \$605 for Team Survivor. Our last fundraiser before the actual relay event is a Ribeye Steak Sandwich Sale—the \$10 plates will include the sandwich, a bag of chips, choice of onions, a slice of cake, and a drink. We will be taking orders for this fundraiser until February 28th and the pick-up day is March 7th from 10:30 AM-2:00 PM.

We hope that you will all join us on April 5th at the Lincoln County Civic Center to help raise money for this worthy cause!



Snack Foods that Promote Better Sleep

(continued from page 1)

a daily basis fell asleep more quickly and slept longer and better than participants who did not.

Hummus: The primary ingredient in hummus is chickpeas, which are loaded with tryptophan, folate and vitamin B6. Folate has proven especially beneficial to older men and women who need help regulating their sleep patterns, while vitamin B6 helps the body regulate its clock.

Peanut butter: Peanut butter is another snacking item loaded with tryptophan. Spread some peanut butter on a carbohydrate, whether it’s a slice of toast or some crackers, before going to bed, and you may enjoy a better, longer sleep.

Walnuts: Like cherries, walnuts contain melatonin, which can contribute to a longer, more restful night’s sleep. Walnuts also can help regulate stress, which is a leading cause of sleeping difficulty.

Many men and women experience difficulty sleeping as they age. But the right foods may just help combat such problems and help men and women get a more adequate night’s sleep.

ASPEN FACTS

It is the nineteenth letter of the ogham alphabet 'Eadha'. The Latin name for aspen is 'populus tremula' meaning trembling poplar because the leaves of the Aspen appear to tremble in the wind. In Celtic mythology this visual effect was said to be the tree communicating between this world and the next.

Employee Spotlight Jackie Townsend



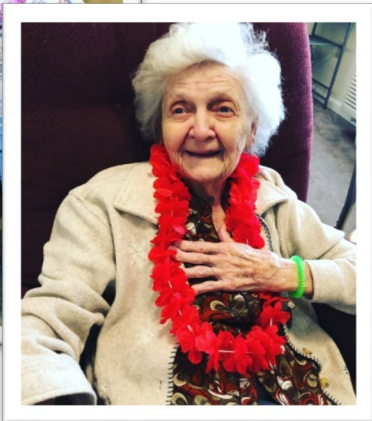
Jackie Townsend has been getting people where they need to go for over a decade. Prior to coming to the Aspen almost a year ago, she served as a CNA and the Transportation Coordinator for Silver Cross Health and Rehab since 2007.

When asked what drives her, Jackie said, “I love what I do. This is what my mom did, she had the heart for it, and I have the heart for it too.”

Boy does she! Jackie goes the extra mile in everything that she does. She goes above and beyond for everyone, not just the residents. We love her positive attitude and the way she is willing to do whatever it takes to get the job done!



More memories...



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.



“If I cannot do great things I can still do small things in a great way” —Martin Luther King Jr