

MARCH | 2020



▶ Recipe of the Month –  
Can't Wait Microwave  
Lava Cake **2**



▶ Welcome Sarabeth Hall, NP-C - **3**



▶ Healthy YOU  
Coming Soon - **3**

# ASPEN happenings

*Learn why Americans make more than 1.06 billion visits to Nurse Practitioners each year.*

## What is a Nurse Practitioner?

NPs are quickly becoming the health partner of choice for millions of Americans. As clinicians that blend clinical expertise in diagnosing and treating health conditions with an added emphasis on disease prevention and health management, NPs bring a comprehensive perspective and personal touch to health care.

### Education and Training

All NPs must complete a master's or doctoral degree program and have advanced clinical training beyond their initial professional registered nurse (RN) preparation. Didactic and clinical courses prepare nurses with specialized knowledge and clinical competency to practice in primary care, acute care and long-term health care settings.

### Qualifications

To be recognized as expert health care providers and ensure the highest quality of care, NPs undergo rigorous



national certification, periodic peer review, clinical outcome evaluations and adhere to a code for ethical practices. Self-directed continued learning and professional development is also essential to maintaining clinical competency.

Additionally, to promote quality health care and improve clinical outcomes, NPs lead and participate in both professional and lay health care forums, conduct research and apply findings to clinical practice.

*(continued on page 3)*

## UPCOMING COMMUNITY EVENTS

- 06** Ribeye Sandwich Fundraiser – Relay for Life
- 16** Caregiver Support Group, 5 – 6 pm
- 16** Parkinson's Support Group, 6 – 7 pm

- 17** St. Patrick's Day
- 21** Cruising for the Cure Car Show,  
8 am – 2:30 pm

Visit [aspnofbrookhaven.com](http://aspnofbrookhaven.com) to view the entire Aspen activity calendar.

## Recipe of the Month – Can't Wait Microwave Lava Cake



### Ingredients:

Cooking Spray

1 box spiced cake mix

1 c water

3 eggs

1/3 c vegetable oil

1 c chopped walnuts

1 c semisweet chocolate chips

1 16 oz, prepared chocolate frosting

1 tbsp confectioners' sugar

### Directions:

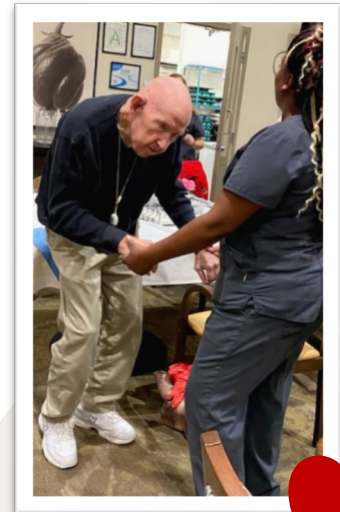
Grease a microwave-safe bowl or ramekins with nonstick cooking spray. Combine cake mix, water, eggs, and oil in a large bowl and beat with an electric blender on low speed until moistened, about 30 seconds. Increase to medium speed and beat for 2 minutes. Stir walnuts and chocolate chips into the batter. Pour half of the batter in the prepared microwave safe bowl or ramekins. Spoon chocolate frosting over the batter and spread evenly over the top. Pour the rest of the batter on top. Microwave until a toothpick inserted in the middle of the cake comes out clean, 7 minutes for a bowl or 3-4 minutes for smaller ramekins. Remove from microwave and let rest for about 5 minutes. Dust with confectioners' sugar.

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to MARCH

**RASOHKMC**

--	--	--	--	--	--	--	--



## *making memories... a look back at February*

- Sunday School
- Line Dancers
- Group Exercise
- Bingo
- Shopping @ Wal Mart
- Valentine's Banquet
- Birthday Bash
- Community Coffee Club
- Color Club
- Trip Janie's Pastry
- Senior Prom
- Mardi Gras Parade
- Rock Painting
- Card Games
- Penny Auction
- and more!



## What is a Nurse Practitioner? *(continued from page 1)*

### Services

Autonomously and in collaboration with health care professionals and other individuals, NPs provide a full range of primary, acute and specialty health care services, including:

- Ordering, performing and interpreting diagnostic tests such as lab work and x-rays.
- Diagnosing and treating acute and chronic conditions such as diabetes, high blood pressure, infections and injuries.
- Prescribing medications and other treatments.
- Managing patients' overall care.
- Counseling.
- Educating patients on disease prevention and positive health and lifestyle choices.

### Specialty areas include:

- Acute Care
- Adult Health
- Family Health
- Gerontology Health
- Neonatal Health
- Oncology
- Pediatric/Child Health
- Psychiatric/Mental Health
- Women's Health

### Sub-specialty areas include:

- Allergy and Immunology
- Cardiovascular
- Dermatology
- Emergency
- Endocrinology
- Gastroenterology
- Hematology and Oncology
- Neurology Occupational Health
- Orthopedics
- Pulmonology and Respiratory
- Sports Medicine
- Urology

### Unique Approach

What sets NPs apart from other health care providers is their unique emphasis on the health and well-being of the whole person. With a focus on health promotion, disease prevention, health education and counseling, NPs guide patients in making smarter health and lifestyle choices, which in turn can lower patients' out-of-pocket costs.

### Why NPs Are Important

**NP Credibility:** NPs are more than just health care providers; they are mentors, educators, researchers and administrators. Their involvement in professional organizations and participation in health policy activities at the local, state, national and international levels helps to advance the role of the NP and ensure that professional standards are maintained.

**Lower Health Care Costs:** By providing high-quality care and counseling, NPs can lower the cost of health care for patients. For example, patients who see NPs as their primary care provider often have fewer emergency room visits, shorter hospital stays and lower medication costs.

**Patient Satisfaction:** With more than 1.06 billion visits made to NPs each year, patients report an extremely high level of satisfaction with the care they receive.

**Primary Care Shortage Solution:** By offering high-quality, cost-effective, patient-centered health care, NPs provide more than 270,000 solutions to the primary care shortage facing America today.

Happy  
**BIRTHDAY.**

March 19 – Betty P.

21 – Ruby K.

26 – Martha B.

30 – Linda S.

*Welcome to the  
Aspen Family  
Sarabeth Hall, NP-C*



Sarabeth Hall is an AANP certified family nurse practitioner. She started her career with the geriatric population working in the LTC/SNF setting in the fall of 2018, where she continues to practice today, as well as in assisted living facilities. She loves the close relationships that she is able to form in providing ongoing, comprehensive care. Sarabeth lives in Bogue Chitto, MS with her husband, Stuart, and daughter, Ashlyn.

Coming soon...

HEALTHY  
YOU

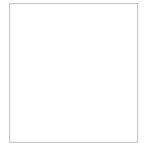
ongoing FREE check ups and  
functionality assessments  
along with monthly  
wellness activities for our residents.

*More memories...*



500 Silver Cross Drive  
Brookhaven, MS 39601

*A community enriched by you.*



*I can't change the direction of the wind, but I can adjust my sails to always reach my destination. -Jimmy Dean*