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ASPEN happenings

A community enriched by you.

Poor sleep can leave people feeling groggy, disoriented, depressed, and not up for facing the day. And now there's new evidence that insomnia can contribute to memory loss and forgetfulness among the elderly.

Sleep Loss Can Affect Memory in Seniors

A study, the first of its kind, unveiled a new link between lack of sleep and memory loss. Researchers at the University of California, Berkeley found that during sleep important brain waves are produced that play key roles in storing memories. These waves transfer the memories from the hippocampus to the prefrontal cortex, a portion of the brain where long term information is stored. Researchers found sleep loss can cause the memories to remain in the hippocampus and not reach the long-term storage area. This can contribute to forgetfulness and difficulty remembering simple details, such as names. Seniors are frequently plagued with deteriorated sleeping patterns that lead to shallow sleep and more awakenings, says those at the University of California. This can result in prevention of memories being saved by the brain each evening.

This is not the first time sleep and brain health have been measured. A 2008 University of California, Los Angeles study discovered that people with sleep apnea showed tissue loss in brain regions that help store memories. WebMD says imaging and behavioral studies show the role sleep plays in learning and memory and, that lack of sleep can impair a person's ability to focus and learn efficiently. Combine this with the necessity of sleep to make those brain wave connections for memories to be stored, and the importance of deep sleep is apparent.

Another study, published in the journal *Brain*, conducted by doctors at Washington University in St. Louis, linked poor sleep with early onset of dementia, especially Alzheimer's disease. Although poor sleep does not cause Alzheimer's, it may increase brain amyloid proteins believed to be intrinsic to the disease. When slow-wave deep sleep is disrupted, levels of amyloid can grow and clog the brain.



This is corroborated by data published in the journal *Neurology*. Getting deep sleep is important for reducing these proteins.

The American Academy of Sleep Medicine recognizes the difficulties elderly people may have in regard to sleep. The quality of deep sleep among older adults is often 75 percent lower than it is in younger people. Doctors can be cognizant of how sleep impacts memory and the onset of dementias and discuss insomnia treatment options with their patients.

UPCOMING COMMUNITY EVENTS

- 6** Tylertown Christmas Lights Tour*
- 11** Community Coffee Club, 8:30-10 a.m.
- 16** Aspen Family Christmas, 2-4 p.m.
- 17** Cookies with Santa, 6-8 p.m.
- 17** Parkinson's Support Group, 6 p.m.

*Event not at the Aspen - for details see Brookhaven Daily Leader Community Events Calendar

HAPPY BIRTHDAY



Holiday Giving for Reluctant Participants

3 Ina Lynn Jurey | 10 Emma Dodds | 29 Marjorie Helmick

Yogurt Spiced Muffins

Make-ahead muffins can be a quick breakfast that's perfect for Christmas morning. This big-batch recipe is ideal for sharing with friends and family. Cut the recipe in half for smaller yields.

Ingredients

6 ½ cups Dannon plain fat-free Greek yogurt
4 cups water, room temperature
1 box (5 lbs) Gold Medal Muffin Mix, Whole Grain Variety
3 tablespoons McCormick pumpkin pie spice (or homemade from the Nov. newsletter)
2 tablespoons McCormick Chipotle cinnamon

Directions

Combine yogurt and water in mixing bowl. Whisk until blended. Set aside.

Add spices to dry muffin mix in a large bowl. Add yogurt and water mixture to the muffin mixture. Mix until just blended. Don't overmix.

Using a scoop, portion into greased or lined muffin pans. Bake at 350 F for 24 minutes, or 17 to 20 minutes in a convection oven, until the tops are golden brown.

Courtesy of the National Dairy Council, Dannon and McCormick.



making memories... a look back at November...

- Aspen Coffee Club with Rev. Phillip Sterling
- Card Games, Trivia
- Movie Watching
- Morning Walks & Exercise Classes
- Law Enforcement Appreciation Luncheon
- Sign Language Class w/Heather Smith
- Aspen Family Thanksgiving
- Parkinson's Support Group
- Christmas Parade
- Bingo
- Arts & Crafts:
 - Painting Door Hangers
 - Making Wreaths
 - Making Flower Arrangements.



Quite a number of people take pleasure from finding gifts under the tree and then having the opportunity to tear open the wrapping paper and see which treasures are inside. But there also is a category of people who claim they have all they could ever need and want and insist that gifts are not necessary. In such instances, what are gift-givers to do?

Some people prefer to eschew gifts because they simply do not have the funds to reciprocate the generosity. Seniors may be reticent to accept gifts because they've already obtained many things throughout their lives and could be at a point where they're downsizing and simply do not need any more material things. Others could be overwhelmed with clutter and have decided that a minimalist approach is the way to go. A little investigation may be necessary to get to the root of the no-gift mindset and then gift-givers can decide whether they should buy a loved one a gift or find another way to show how much they care.

Offer something handmade. Gifts come in all shapes and forms, and handmade gifts, in particular the consumable kind, won't take up space and can show just how much you care. Craft a personalized batch of wine, bake a cherished family recipe, develop a uniquely scented bath fizzy, or harness another creative talent you may have. If the gift is handmade, there is a *(continued on page 3)*



Cherished Holiday Traditions

Holiday traditions bring about a nostalgic blend of love, laughter and hazy memories. Christmas lights, cookies baking in the kitchen, and long drives to share the season with loved ones. We asked our residents to share some of their favorites:

- ◆ Decorating the Christmas Tree – *Maggie Sutton*
- ◆ Listening to Christmas Music – *Linda Brown*
- ◆ Putting a Yule log in the fireplace – *Emma Dodds*
- ◆ Meeting at my mother's on Christmas Eve – *June Rushing*
- ◆ For 29 years I went to my mother-in-law's on Christmas Eve, and my husband's cousin would read 'Twas the Night Before Christmas – *Irene Clark*
- ◆ My Grandchildren coming over for Christmas dinner – *Jewellene McCloud*
- ◆ I (Mrs. Louise) would make homemade sausage biscuits for breakfast every Christmas morning. We also made homemade ornaments every year (stained glass, dough, and even drums out of TP rolls) – *The Kents*



Holiday Giving for Reluctant Participants

(continued from page 2) bigger chance it will be received with grace, even from someone who is reluctant to receive gifts.

Give new life to a cherished item. Think about an item that may be a loved one's most prized possession. Perhaps it is a porcelain doll from childhood or a photograph that can use reframing? Offer to have such an item repaired or restored if it's starting to show its age.

Offer an experience as a gift. Research from Harris says three-quarters of millennials prefer experiences over material items, and are spending more on travel, cultural events and dining out than objects. Even people who are reluctant to receive gifts may appreciate the gift of an experience that can broaden their horizons.

Explore useful gifts. These types of gifts may include gift cards to a frequently used supermarket, membership to a fitness center or even enrollment in a roadside assistance club. A subscription to a streaming movie service is also a great and useful gift.

Gift of company. Sometimes the best present is the gift of one's presence. If a recipient really wants nothing, perhaps an evening spent together in one another's company will make a great gift.

"When we give cheerfully and accept gratefully, EVERYONE is blessed." Maya Angelou

Employee Highlight



WELCOME TO THE ASPEN! Jennifer Byther has been working in the AHM family for over 10 years. She started out as a CNA at Silver Cross and after about 5 years became an LPN. She has been at the Aspen for 4 months now, and we are very happy to have her on our team!

Jennifer likes "spending time with my family and my dog Rambo. I like traveling and am a diehard New Orleans Saints fan. I love taking care of and doing for others."

ASPEN FACTS

Aspen clones can be less than an acre and up to 100 acres in size.

The largest and oldest known aspen clone is the "Pando" clone on the Fishlake National Forest in southern Utah. It is over 100 acres in size and weighs more than 14 million pounds. That is more than 40 times the weight of the largest animal, a blue whale. It has been aged at 80,000 years, although 5 -10,000 year-old clones are more common.

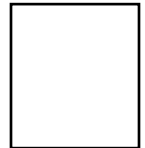


More memories...

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.



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.

