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ASPEN happenings

A community enriched by you.

A growing body of medical research supports the notion that socializing is good for your health. In fact, hanging out with friends can improve cognitive, psychological and even your physical health.

Health Benefits of Socializing

Maintaining social connections with family, friends and community members can help prevent cognitive decline as we age. According to research conducted by Epidemiologist Bryan James of the Rush Alzheimer’s Disease Center, social activity affected cognitive decline, noting that the rate of decline was considerably lower in men and women who maintained social contact than it was among those with low levels of social activity.

Psychology Today reports these benefits of having an active social life:

1. You may live longer. People with more social support tend to live longer than those who are more isolated, and this is true even after accounting for your overall level of health.

2. You will enjoy better physical health. Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.

3. You will enjoy better mental health. Interacting with others boosts feelings of well-being and decreases feelings of depression. Research has shown that one sure way of improving your mood is to work on building social connections.

4. You may even lower your risk of dementia. More recently, there has been accumulating evidence



that socializing is good for your brain health. People who connect with others generally perform better on memory and cognitive skills tests. And, in the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated.

UPCOMING COMMUNITY EVENTS

- 4** Daylight Savings Time Ends
- 6** Remember to Vote*
- 10** Christmas Open House*
- 11** Veteran’s Day Celebration*

- 13** Coffee Club at the Aspen
Featuring Rev. Phillip Sterling
- 15** Taste of the Trust*
- 19** Parkinson’s Support Group
- 29** Brookhaven Christmas Parade*

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

Ideas to Increase Your Social Interactions

Convinced of the benefits of socializing? If so, you may be looking for ways to boost your social engagement. Here are some ideas to get you started.

- ◆ Use Skype or Facetime to catch up with family and friends from a distance.
- ◆ Walk through your neighborhood or Senior Living Community and make a point of stopping to say hello to everyone you meet.
- ◆ Join or start a book or movie club.
- ◆ Sign up for a class at your local library or college.
- ◆ Attend religious services at your church, synagogue, or temple.
- ◆ Sing in a choir or play music in or with a group.
- ◆ Volunteer at your favorite charity organization.
- ◆ Participate in a neighborhood or community group activity.
- ◆ Have a friend or family member over for coffee or tea.
- ◆ Play cards or board games with others.
- ◆ Exercise with a friend by walking, swimming, or going to the gym together.

Aspen Staff Stuff...



Here's what our Activities Coordinator, Marka Beeson thinks about her life and job at the Aspen:

"I met my husband, Brent, at age 13. We have been married for 9 years and have 2 beautiful boys, John Bracin and Brantley. I love the Lord and I am thankful for all that he's provided for me, including this wonderful job and the precious residents."

making memories...

Thanks to all who participated in the fun-filled events of October 2018!

Aspen Coffee Club

With Bro. Jeff and Bro. Lance

Living Longer and Loving It

With Stan Stephens on the Accordion

Card Games, Trivia

Movie Watching

Morning Walks and Exercise Classes

Lots of Arts and Crafts:

suncatchers, sock puppets, stress balls, slime, and pumpkin painting

Shopping and Bunko

Balloon Volleyball

Pizza Tossing

...and even BINGO!

Trick-Or-Treating

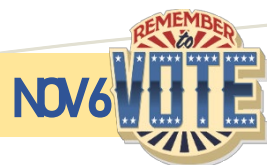
With lots of precious ghosts, goblins, and princesses!

Thank you,

MRS.
LINDA
SMITH,
FOR
DONATING
BOOKS
TO
OUR
LIBRARY!



November 4



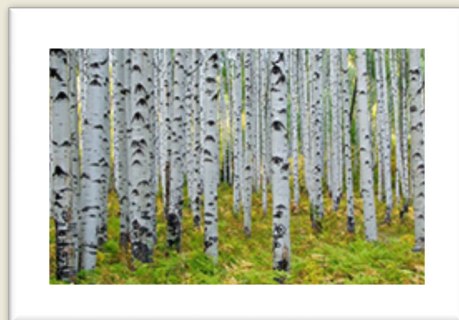
"Don't wait for the right opportunity. Create It."

George Bernard Shaw

ASPEN FACTS

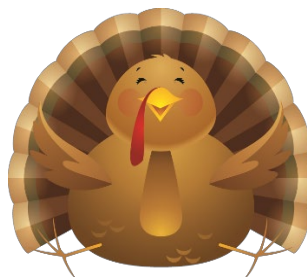
Quaking aspen is the most widely distributed native North American tree species, growing in greatly diverse regions, environments, and communities.

Root sprouting results in many genetically identical trees, in aggregate called a "clone". All the trees in a clone have identical characteristics and share a root structure.





GIVE Thanks
November 22



3 Louise Kent | 10 Maggie Sutton | 18 Marjorie Williams

Welcome to Recipe of the Month – Pumpkin Pie Spiced Nuts

Each month in this section we will share favorite recipes from our residents, staff and friends. Feel free to submit your favorite either in person to our staff or on social media.



Ingredients

3 large egg whites	2 teaspoons water
2 cans (12 ounces each) salted peanuts	1 cup whole blanched almonds
1 cup walnut halves	1-3/4 cups sugar
3 tablespoons pumpkin pie spice*	3/4 teaspoon salt
1 cup raisins	

Directions

In a bowl, beat egg whites and water until frothy. Add nuts; stir gently to coat. Combine sugar, pie spice and salt; add to nut mixture and stir gently to coat. Fold in raisins. Spread into two greased 15x10x1-in. baking pans. Bake, uncovered, at 300° for 20-25 minutes or until lightly browned, stirring every 10 minutes. Cool. Store in an airtight container.

Nutrition Facts 1/4 cup: 134 calories, 8g fat (1g saturated fat), 0 cholesterol, 87mg sodium, 15g carbohydrate (11g sugars, 2g fiber), 4g protein.

Homemade Pumpkin Pie Spice

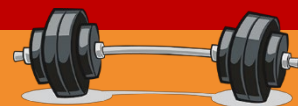
4 teaspoons ground cinnamon | 2 teaspoons ground ginger | 1 teaspoon ground cloves
1/2 teaspoon ground nutmeg | Mix well, store in airtight container up to 6 months.

**Top 5 Places
to Eat in
Brookhaven**
*We took a poll on
social media and this is
what our followers said.*

- 1-Bowie's BBQ
- 2-The Fish Fry
- 3-Bogue Chitto Boys
- 4-Betty's Eat Shop
- 5-Chism's Diner

What's your favorite?

DID YOU KNOW?

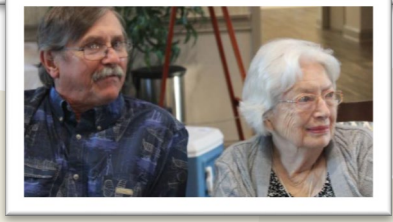
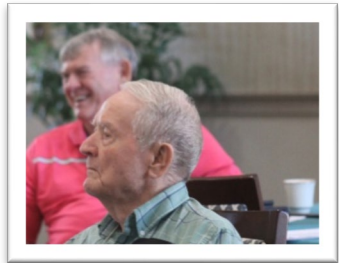


According to the Centers for Disease Control and Prevention, research has shown that strengthening exercises are safe and effective for men and women of all ages, including seniors. The CDC also notes that men and women with heart disease or arthritis may benefit the most from exercise regimens that include lifting weights several times per week. A strength training program at Tufts University enlisted older men and women with moderate to severe knee osteoarthritis. The program lasted 16 weeks, and by the end of those 16 weeks, participants reported that their pain had decreased by an average of 43 percent while also decreasing the disability caused by their conditions. In addition to the benefits uncovered in the Tufts program, strength training can benefit older men and women by improving balance and flexibility, which can decrease their likelihood of falling and the severity of those falls if they do slip.

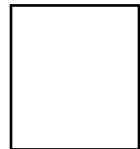




Our **MISSION** at the Aspen is to help each and every one of our residents thrive under our care – making connections with others, learning new things, and developing new passions.



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.

