

AUG | 2019



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# ASPEN happenings

*A community enriched by you.*

*Dementia describes symptoms affecting memory, thinking and social abilities. The Mayo Clinic says dementia can become so severe that it interferes with daily life.*



## How to Combat Dementia and Memory Loss

Alzheimer's Disease International says that there were approximately 50 million people living with dementia in 2017. Experts predict that number will roughly double every 20 years, highlighting just how pervasive dementia is across the globe.

Dementia describes symptoms affecting memory, thinking and social abilities. The Mayo Clinic says dementia can become so severe that it interferes with daily life. Alzheimer's disease is the most common cause of progressive dementia, though there are other causes as well. Dementias can result from frontotemporal lobar degenerations, vascular disorders, Parkinson's disease, and Lewy Body disease.

Depending on the cause, some dementia symptoms may be reversible. For example, medical professionals have discovered a link

between insulin resistance and the development of dementia. Insulin resistance, which results from eating too many carbs and sugar and not enough fat, is a major factor that contributes to Alzheimer's disease, according to The Women's Alzheimer's Movement. Some scientists now refer to Alzheimer's as "Type 3 diabetes." Cutting out sugar and refined carbs and adding lots of good fats may prevent and even reverse pre-dementia in many aging adults.

Using an animal model, researchers at Temple University Health System discovered that a drug blocking inflammatory molecules known as

Leukotrienes can reverse tau pathology, the second most important lesion in the brain in patients with Alzheimer's. This can bring hope that medication may help reverse Alzheimer's instead of just mitigating symptoms.

Other ways to prevent or reverse dementias involve preventing the brain pathology that occurs. For example, reducing the risk of stroke can prevent vascular dementias. *(continued on page 3)*

## UPCOMING COMMUNITY EVENTS

**13** Community Coffee Club, 10 a.m.  
**19** Parkinson Support Group 6-7 p.m.

**20** Family Night 5:30 – 7 p.m.  
**27** Bingo @ Monticello Senior Center 9:30 a.m.

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

# Happy BIRTHDAY.

Lena Wactor – August 15<sup>th</sup>  
 Mary Magee – August 29<sup>th</sup>  
 Linda Smith – August 30<sup>th</sup>

## DID YOU KNOW?

### Recipe of the Month – Smothered T-Bone Steak

*Doris Guin*

#### Ingredients:

1 c vegetable oil	¼ c yellow mustard—prepared
¾ c soy sauce	4 cloves minced garlic
½ c lemon juice	ground black pepper—to taste.
¼ c Worcestershire sauce	

#### Directions:

Combine & marinate as long as desired. Cook on grill or in skillet until desired doneness.

#### Ingredients for Mushroom & Onion Topping:

½ lb. sliced mushroom	1 tbsp olive oil
1 medium onion—sliced	1 tsp worcestershire sauce
2 tbsp butter	¼ tsp garlic salt

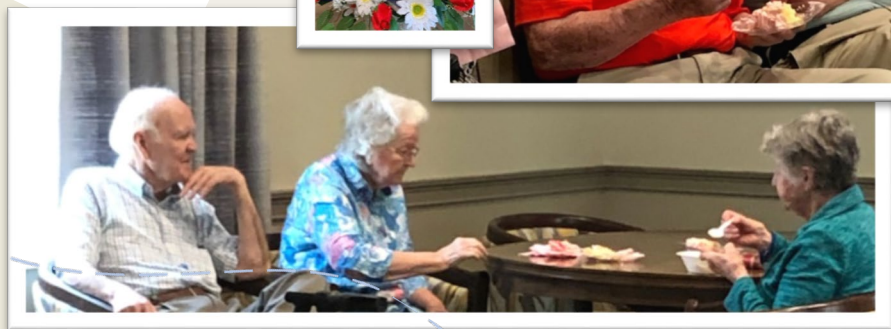
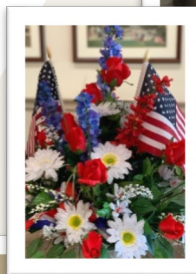
#### Directions:

Melt butter and oil together in a frying pan and add the mushrooms and onions. Let them cook slowly over medium heat, until the mushrooms are brown and the onions are nice and soft—usually about 20 minutes. While there is moisture left from the mushrooms, add the Worcestershire Sauce and garlic salt. The mix will thicken, when it does it's ready to serve with your steak. Enjoy!

1. On August 8, 1776 Thomas Edison received a patent for the mimeograph, that was used to make copies for 100 years until the copy machine took its place.
2. On August 7, 1782 George Washington created the purple heart.
3. On August 10, 1821 Missouri became the 21<sup>st</sup> state.
4. On August 5, 1845 the cornerstone for the statue of liberty was laid.
5. On August 1, 1876 Colorado became the 38<sup>th</sup> state.
6. On August 24, 1932 Amelia Earhart was the first woman to fly across the U.S.
7. On August 28, 1963 Martin Luther King Jr. gave his "I have a dream" speech on the steps at the Lincoln Memorial.
8. On August 24, 1992 Hurricane Andrew devastated South Florida.

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

- Community Coffee Club
- Visit from Lincoln County Miss Hospitality
- Parkinson's Support Group
- Shopping at Rose's
- Group Exercise
- Arts & Crafts
- Skip-Bo
- Family Night Movies
- Birthday Bash
- Snowballs
- Pizza Toss
- Pudding Social, and More!



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.





# AMAZING FACTS ABOUT HONEY

*Many properties make honey a unique food that is not just tasty, but also quite healthy.*

Honey is perhaps best known for its sweet taste. But beneath that sweetness is a complex, healthy food. Bees produce honey from the pollen of plants through a complex enzymatic process, turning it into the beloved golden nectar. Many properties make honey a unique food that is not just tasty, but also quite healthy. Here are some facts about honey that might get you buzzing.

- ◆ When stored in an airtight container, honey can last indefinitely. The substance is naturally acidic and low in moisture, which means it is an inhospitable environment for bacteria. There are small amounts of hydrogen peroxide in honey as well, inhibiting the growth of microorganisms. *(Source: Tin Roof Teas)*
- ◆ Honey has antibacterial properties, so it has been relied on as a health food and topical treatment. Burns, cuts, infections, stomach ailments, and more have been treated with honey. *(Source: National Center for Biotechnology Information)*
- ◆ Honey is the only food source produced by an insect that humans eat. *(Source: Peace Bee Farmer)*
- ◆ Mead is a fermented beverage that is made from honey. It has a storied history as a beverage of choice in many different cultures. *(Source: Hidden Legend Winery)*
- ◆ Honey is the only food that includes all the substances necessary to sustain life. This includes enzymes, vitamins and minerals. It also contains pinocembrin, a unique antioxidant associated with improved brain function. *(Source: Sirhowy Valley Honey)*

## How to Combat Dementia and Memory Loss

*(continued from page 1)*

Dementia risks linked to infections and immune disorders may be lowered by making dietary changes or taking appropriate medications for the conditions.

The Mayo Clinic also says nutritional deficiencies, such as dehydration and not getting enough vitamins B1, B6 and B12, can cause dementia-type symptoms. Dementias linked to heavy metal poisoning also may be resolved with treatment.

In addition, people can take proactive approaches to preventing aging of the brain even if they aren't yet suffering cognitive decline. A proactive approach can include:

- ◆ getting adequate sleep
- ◆ controlling stress levels
- ◆ getting thyroid and reproductive hormone levels checked and treated, if necessary
- ◆ exercising daily, aiming for at least 30 minutes
- ◆ Eating healthy fats like omega-3 fatty acids, which are found in fatty fish, coconut oil, olive oil, whole nuts, eggs, and some seeds; and
- ◆ reducing consumption of sugar and processed carbohydrates.

Combatting dementia can involve an array of strategies aimed at helping people reduce their risk and possibly even reverse course.

- ◆ A honey bee produces roughly 1/12 of a teaspoon of honey over the course of its life. Bees are not the only insect to make honey, however. The honey wasp, native to Mexico, also can produce honey. *(Sources: Golden Blossom Honey and Inverse)*
- ◆ Honey will take on the flavor of the nectar from which it was made. This nectar also will affect the color and the consistency of the honey. *(Source: National Honey Board)*

Honey has a sweet and rich history. At times honey has been referred to as "the nectar of the gods," and it is still enjoyed for pleasure and medicinal reasons today.







*More memories...*



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*A community enriched by you.*



*"Don't let yesterday take up too much of today."  
-Will Rogers*