

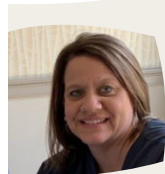
JUNE | 2019



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ASPEN happenings

A community enriched by you.

Flexibility may decrease as men and women age, but there are various ways to combat the natural loss of flexibility.

How To Stay Flexible As You Age

Men and women may begin to feel less flexible as they get older. According to the University of Maryland Medical Center, that loss of flexibility is because muscles lose both strength and elasticity as the body ages.

A lack of flexibility can make men and women more vulnerable to certain types of injuries, including muscle strains and tears. While people might not be able to maintain the flexibility they enjoyed in their twenties, there are ways for them to combat age-related loss of flexibility.

Stretch frequently. Stretching is a great way to combat age-related loss of flexibility and to support healthy senior living. Stretch major muscle groups, such as hamstrings and shoulder muscles, several times per week. When practicing static stretching, the goal is to gradually elongate the

muscle being stretched before holding the elongated position, and ultimately allowing the muscle to return to resting position. As flexibility improves, elongated stretches can be held for 30 seconds. Avoid stretching muscles that are sore or injured and discontinue a stretch if you feel pain or discomfort.

Group stretching classes are an excellent way to improve your flexibility. Research has proven time and again that people are much more likely to stick to an exercise plan when they are participating with a group. Senior strengthen and stretch classes can be a fun way to improve senior living while providing healthy social interactions!



Include yoga in your exercise regimen. Practitioners of yoga typically love how this unique discipline that exercises the body while relaxing the mind improves their flexibility. Many yoga poses are designed to improve the strength and flexibility of muscles, and physicians often recommend yoga to aging patients. Yoga DVDs or streaming sessions can be great, but beginners may want to visit yoga studios or sign up for classes at their gym so instructors can personally ensure they are doing each pose correctly. As their flexibility improves, men and women can progress to more difficult poses and classes (*continued on page 3*).

UPCOMING COMMUNITY EVENTS

- 1 Morning Side Music Studio Piano Recital
- 11 Community Coffee Club, 10 a.m.
- 17 Parkinson Support Group 6-7 p.m.
- 21 Family & Friends Night 5:30 – 7 PM

- 25 Bingo @ Monticello Senior Center 9:30 AM
- Visit www.aspenofbrookhaven.com to view the Aspen activity calendar.

Happy BIRTHDAY

June Rushing – June 11
Arthur King – June 15
Rebecca Robertson – June 30

Recipe of the Month – Southern Potato Salad

In memory of Joyce Lofton

Ingredients:

3 lb. russet potatoes	¼ c sweet pickle relish
1 c mayonaise	1 chopped onion
¼ c yellow mustard	4 chopped hard-boiled eggs
2 tsp apple cider vinegar	1 chopped celery stalk
2 tsp sugar	paprika
½ tsp onion powder	

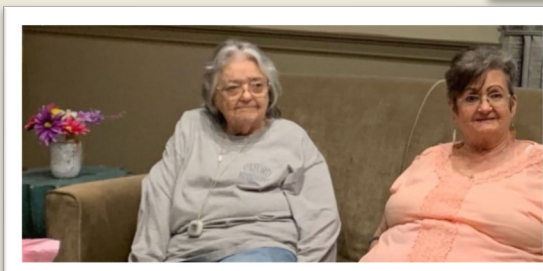
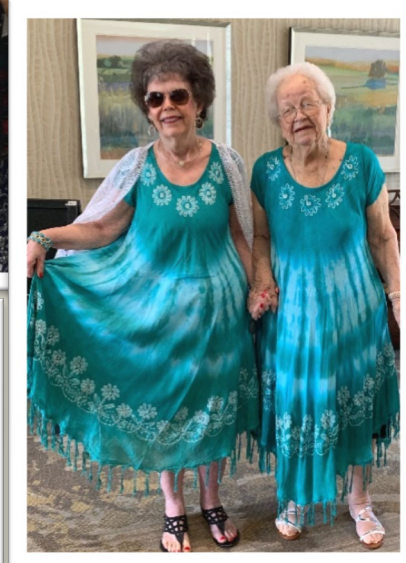
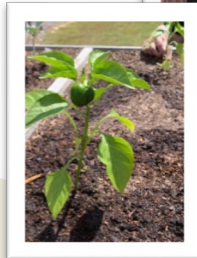


Directions:

Cut each potato in half. Place in large pot and cover with an inch of water. Add 2 tsp of salt and bring to a simmer. Simmer until fork-tender all the way through - about 20 minutes. Drain well. Let cool and peel. Run a knife through the potato halves until they are in bite size pieces. In a small bowl mix mayo, mustard, vinegar, sugar, and onion powder. Pour over potatoes and mix well. Add relish, celery, onion, and the chopped eggs. Mix in. Add salt and pepper to taste. Sprinkle with paprika and chill in fridge for at least four hours. Enjoy!

making memories...a look back at April...

- Aspen Anniversary Celebration
- Fishing Trip
- Shopping FUN
- Community Coffee Club
- Morning Gardening
- Nurses Week Celebration
- Attorney General Seminar on Fraud Prevention
- Family Night
- Domino Club
- Birthday Bash w/Kindred
- Group Exercise
- Skip-Bo
- Domino Club
- Bingo w/Lawrence County Hospital



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?

Proper hydration does more than just quench your thirst. It has numerous, important benefits to your health.

The average human brain contains around 78% water.

Water is the main component of blood, which supplies cells with oxygen and nutrients and carries waste out of the body.

Water regulates internal body temperature.

Water lubricates joints.

Water cushions vital organs.

Water helps combat fatigue: Water is one of the most important sources of energy for your body.

Dehydration creates histamines which are organic nitrous compounds which help regulate our immune response. Too many histamines results in congestion, difficulty breathing, and other allergic reactions.

When fully hydrated, about 90% of blood is water. This helps to keep the blood moving freely through the veins and arteries, helping to prevent high blood pressure.

You should drink half your body weight in pounds, in ounces of water per day. For example, if you weigh 120 lbs. you should drink 60 ounces of water per day.



Father's Day

June 16



President Nixon signed US Father's Day into law in 1972.

Father's Day is celebrated worldwide to recognize the contribution that fathers and father figures make to the lives of their children. This day celebrates fatherhood and male parenting. Although it is celebrated on a variety of dates worldwide, many countries observe this day on the third Sunday in June.

As of 2014 there were an estimated 7.2 million fathers in the U.S.

Sonora Smart Dodd of Spokane, Washington is credited with starting Father's Day after hearing a sermon on Mother's Day with her father.

Google has always loved Father's Day, they have showcased Father's Day doodles on their page since 2000.

In the U.S. there are about two million single fathers.

According to Hallmark, Father's Day is the fourth largest card sending occasion with 72 million cards given each year.

The world's oldest Father's Day card is a 4,000-year-old Babylonian tablet that a young boy named Elmesu carved to wish his father lifelong good health.

How to Stay Flexible As You Age

(continued from page 1)

Get in the pool. Swimming is another activity that can help aging men and women improve their flexibility. Strength-training exercises are an important component of a well-balanced exercise regimen, but such workouts tend to focus on one or two muscle groups at a time. That means other muscle groups may be inactive and tighten up as a result. Swimming works the entire body, which helps all muscle groups stay loose and flexible. One or two swimming sessions per week can contribute to great gains in overall flexibility, especially for men and women who remember to stretch when they get out of the pool.



ASPEN FACTS

In the western United States, Aspen is generally found at 5,000 to 12,000 ft. elevations. Most of the Aspen forests in the U.S. are found in Utah and Colorado.

Employee Spotlight

Welcome Cheri Clark!



Cheri has been working with the elderly for nearly 15 years! She has sat with the elderly in their homes and nursing homes, worked in the kitchen, done activities, and even did transportation! God opened the door of opportunity for Cheri and she quickly discovered that she had a heart for this line of work. "When people ask me what I do, I tell them I get to love on people, and have a good time!" We are so happy to have Cheri as a part of our team!



More memories...



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.



"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society."
-Billy Graham