

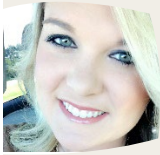
SEPT | 2019



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ASPEN happenings

A community enriched by you.

Apples provide an array of health benefits, lending credence to the notion that consuming one per day might just keep the doctor away.



The Health Benefits of Eating Apples

Apples are among the most cultivated and consumed foods in the world. They're also among the healthiest. Medical News Today, a market leader for medical news that is owned and operated by the United Kingdom-based healthcare publisher Healthline Media, listed apples among its 10 healthiest foods.

Apples provide an array of health benefits, lending credence to the notion that consuming one per day might just keep the doctor away.

Apples may reduce risk for stroke. Apples are rich in antioxidants, including quercetin, which researchers have determined can help people lower their risk for thrombotic stroke. In that study, which was published in the *European Journal of Clinical Nutrition* in 2000, researchers studied more than 9,200 men and women over a 28-year period. Those who ate the

most apples during that time had a lower risk for thrombotic stroke, a type of stroke that occurs when a blood clot forms in an artery that supplies blood to the brain. Such blood clots block the flow of oxygen-rich blood to the brain, producing long-term brain damage.

Apples lower levels of bad cholesterol. "Bad cholesterol" refers to low-density lipoprotein, or LDL. LDL is considered bad because high levels of it lead to a buildup of cholesterol in the arteries, raising a person's risk for coronary artery disease. Thankfully, in 2011 researchers at Florida State University

found that older women who consume apples every day had reduced their LDL levels by 23 percent in six months and even increased their "good" cholesterol levels by 4 percent over that period. Good cholesterol, also known as high-density lipoprotein or HDL, has been found to prevent arterial disease.

Apples can help people maintain healthy weights. The flavonoid polymers found in apples inhibit enzymes that break down simple sugars. What does that mean for you? That means that the flavonoid *(continued on page 3)*

UPCOMING COMMUNITY EVENTS

- 2** Labor Day
- 8** National Grandparent's Day
- 9-15** Assisted Living Week
- 10** Community Coffee Club, 8:30 am
- 16** Parkinson Support Group 6-7 pm
- 17** Family Night 5:30 – 7 pm
- 24** Bingo @ Monticello Senior Center 9:30 am

Visit www.aspenofbrookhaven.com to view the Aspen activity calendar.

Happy BIRTHDAY

Sept. 5th - Jewellene McCloud

Sept 9th - Mary Louise Young

Sept 11th - Frank Burns

Recipe of the Month – Apple Cole Slaw

Ingredients:

- 3 cups chopped cabbage – red and green
- 1 unpeeled red apple, cored and chopped
- 1 unpeeled granny smith apple, cored and chopped
- 1 carrot, grated or chopped small
- ½ cup finely chopped red bell pepper
- 2 green onions, finely chopped

Ingredients for Dressing:

- 1/3 cup mayonaise
- 1/3 cup brown sugar
- 2 tbsp lemon juice

Directions:

Place vegetables in a large bowl. Mix dressing ingredients well with a wire whisk in a small bowl. Add dressing to salad and toss well. Chill before serving.



Assisted Living Week was established by the national center for assisted living (NCAL), NCAL provides a unique opportunity for residents, their loved ones, staff, volunteers, and local communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. The annual observance encourages assisted living communities around the country to offer a variety of events and activities to celebrate the individuals they serve, as well as to help educate members of the public about this important aspect of long-term care. This year's theme is "A Spark of Creativity" and it encourages residents to connect with their creative side, whether through the arts or beyond. Additionally the theme aims to inspire assisted living staff to continue to find creative ways to enhance community life and further person-centered care to residents. Staff at all levels are encouraged to offer ideas to help improve each resident's overall experience and quality of life.

making memories...a look back at August...

- Senior Talent Show Outing
- Skip-Bo
- Community Coffee Club
- Family Night
- Birthday Bash
- Group Exercise
- Trip to Rose's
- Cheese Tasting Social
- Popsicles on the Porch
- Color Club
- Ice Cream Outing
- Popcorn and Movies
- Parkinson's Support Group
- Sno Cone Outing
- Shopping Excursion 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.



DID YOU KNOW?

FUN FACTS ABOUT SEPTEMBER

- The name September comes from the old Roman word “Septem” meaning 7 because in the Roman calendar it was the seventh month.
- In many parts of the world, September is the first month of autumn and is associated with the beginning of school.
- The zodiac signs for September are Virgo (August 23-September 22) and Libra (September 23-October 22)
- The Birthstone for September is the Sapphire, which is said to reduce inflammation, treat fever and act as a lucky charm for the person wearing it. The Sapphire, present in almost every color, symbolizes intuition, clarity of thought, peacefulness, as well as loyalty and trust.
- There are 3 traditional flowers of the month: The Aster, symbolizing love; The Forget-Me-Not, representing memories & love; and the Morning Glory, symbolizing unrequited love.
- There are several special holidays in September including Labor Day (2), The September Equinox (23), and National Grandparents Day (8).
- Famous People Born in September: Adam Sandler, Adam West, Agatha Christie, Alexis Bledel, Amy Winehouse, Adrea Bocelli, Beyoncé Knowles, Bill Murray, Brigitte Bardot, Bruce Springsteen, Carl Zeiss, Colin Firth, Confucius, Daniel Defoe, Freddie Mercury, Greta Garbo, Ivan Pavlov, Karl Lagerfeld, Lance Armstrong, Leonard Cohen, Michael Faraday, Monica Bellucci, Queen Elizabeth I, Richard I, Sophia Loren, Stephen King, T.S. Elliot, Truman Capote, & Upton Sinclair.

The Health Benefits of Eating Apples *(continued from page 1)*

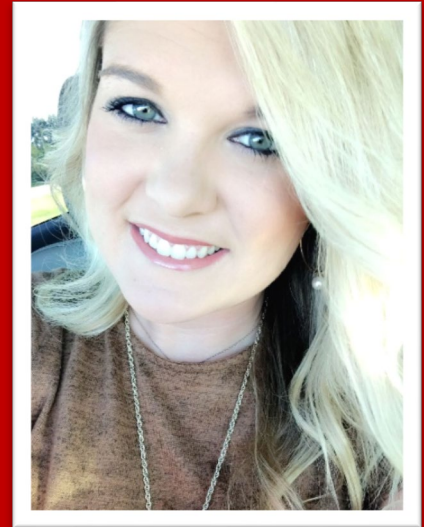
polymers in apples help you flush more of the sugar in apples out of your system instead of storing it as fat. That can help people maintain healthy weights. Fuji apples have the highest concentration of flavonoids, so people who want this particular benefit of apples may be best picking up these types from their local farmers' market.

Apples can lower risk for diabetes. A recent cohort study published in *BMJ* (formerly the *British Medical Journal*) that involved researchers from the United Kingdom, the United States and Singapore found that consuming three servings per week of blueberries, grapes, raisins, apples, or pears reduced participants' risk for type 2 diabetes by 7 percent.

An apple a day could very well keep the doctor away, paving the way to a long, healthy life for apple aficionados.



Employee Spotlight Macy Givens



Macy Givens has served as the Director of the Aspen for the past 13 months. Prior to being promoted to her current position she served as our Marketing Liaison for five months. Macy started her college career in nursing; after receiving an associates degree at Co-Lin she went on to receive a Bachelor of Science degree from USM in Public Health and Healthcare Administration. During her program at USM Macy was required to take a class in long term care; she knew then that her passion was working with seniors. She loves her job and is very proud to be a part of the Aspen team!

Macy is a self-described country girl and enjoys horse-back riding and spending time on the family farm, especially with her nieces.

More memories...



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CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to antiquing.
Each number corresponds to a letter.
(Hint: 18 = I)

- A. 1 21 13 18 23 12 2**
Clue: Older item
- B. 25 4 20 17**
Clue: Browse to purchase
- C. 16 2 14 18 21 18 25 4**
Clue: Restore
- D. 8 1 16 15 1 18 21**
Clue: Good buy

Answers: A. antique B. shop C. refinish D. bargain

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to antiques.

BLTEA

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Answer: Table



500 Silver Cross Drive
Brookhaven, MS 39601

A community enriched by you.



“Creativity takes courage.”

-Henri Matisse