

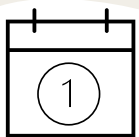
JANUARY | 2021



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# ASPEN *happenings*

**Learn how to avoid body drought!**

## **How to Prevent Dehydration**

It's in every living cell, tissue and organ, and it's second only to oxygen as the thing we need most to survive—pure, clean water. We can't live without it, and we can't live well without enough of it. We are constantly in need of water as we lose water with every breath and every activity of the body. We are especially at risk for dehydration when we exercise or we are ill—this is when dehydration, even mild dehydration, can take its toll, causing you to feel tired and drained of energy. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk. Dr. Julie Scarano, a doctor of chiropractic who is trained in prevention and wellness (in addition to providing care for neuromusculoskeletal conditions such as neck or back pain, for which chiropractors are most well known) believes it's better to prevent dehydration than to treat it.



She also reminds you that the 23 intervertebral discs in your spine have high water content and that dehydration can be associated with spinal pain  
*(continued on page 3)*

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



## Recipe of the Month – Keto Friendly Fried Pickles

### Ingredients:

Cooking Spray

Dill Pickle Rounds

Mexican Blend Cheese

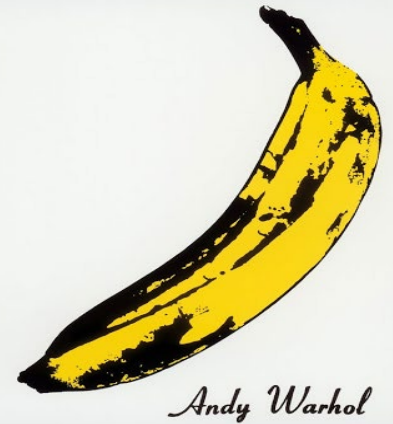
\*Recipe Requires a mini waffle maker\*



### Directions:

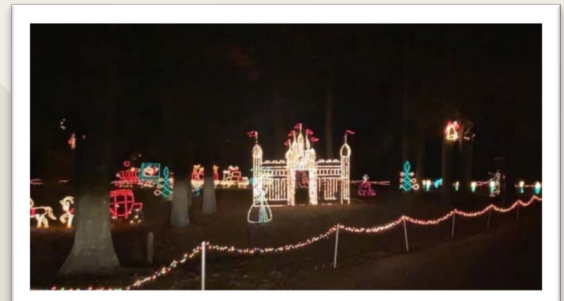
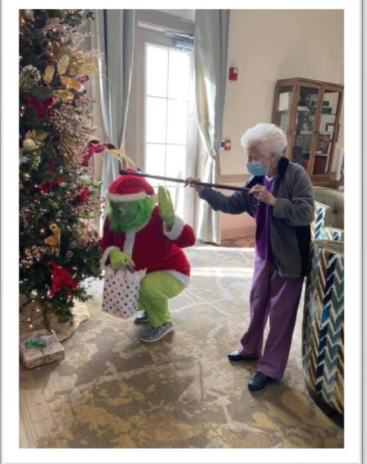
Plug in your waffle maker and allow to heat thoroughly. Spray cooking spray lightly along the top and bottom of the iron. Lay dill pickle rounds on a paper towel to absorb excess liquid. Sprinkle a handful of Mexican blend cheese along the bottom of the iron, covering completely. Arrange pickle rounds evenly along the bottom of the iron and cover them with another handful of Mexican blend cheese. Close the iron and allow to cook for 3 minutes. Once finished remove and lay on plate to cool for 30 seconds. Cut in half and enjoy!

“They always say time changes things, but you actually have to change them yourself.”



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

- Resident Christmas Party
- Tree Decorating
- Hot Chocolate Social
- Bingo
- Christmas Lights Tour
- Crafts with Kare-in-Home
- Birthday Bash
- Cooking with Brady
- Spa Day
- Group Exercise
- Name the Tune
- Connect 4
- Devotion
- Bowling
- Hunting
- and more!



## How to Prevent Dehydration *(continued from page 1)*

Here are some preventative tips to help avoid dehydration:

- Choose your beverages wisely. Avoid or limit fruit juices, sodas, alcohol and high-sugar sports drinks.
- Drink a glass of water during and between meals, as well as before, during and after exercise.
- Plan outdoor activities for cooler parts of the day.
- Eat foods that are high in water content such as fruits and vegetables
- Make water your go-to beverage of choice.



**January 16 - V. Alexander**

### *January Jokes*

Q: Which month does the Brady Bunch like most?

A: JANuary

Q: What do you call a nice ghost on a January night?

A: Casp-burr

Q: What can you catch in the winter with your eyes closed?

A: A cold

Q: How can you farm during the winter?

A: Use a snow plow

Q: What's for breakfast on a really cold January day?

A: Snowflakes

Q: What New Years resolution should a basketball player never make?

A: To travel more



## UNSCRAMBLE

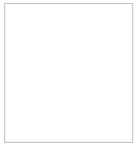
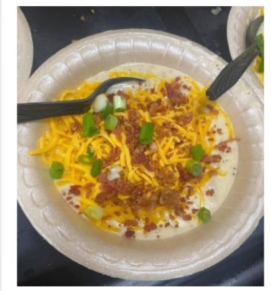
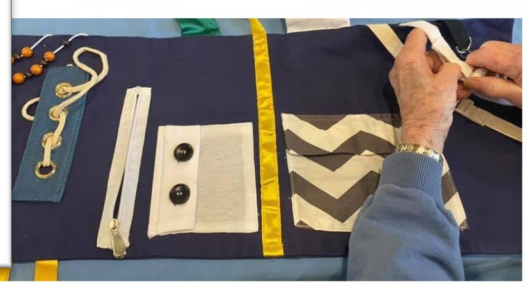
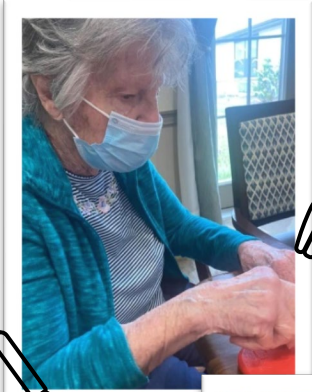
**FLSLWANO**

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Answer: Snowfall



*More memories...*



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*A community enriched by you.*

