

MARCH | 2022



▶ Elvis Trivia - 3



▶ Aspen of Brookhaven Nurse Practitioners 3



▶ Did You Know? - 3

# ASPEN happenings

*Learn why Americans make more than 1.06 billion visits to Nurse Practitioners each year*

## What is a Nurse Practitioner?

Nurse Practitioners (NPs) are quickly becoming the health partner of choice for millions of Americans. As clinicians that blend clinical expertise in diagnosing and treating health conditions with an added emphasis on disease prevention and health management, NPs bring a comprehensive perspective and personal touch to health care.

### Education and Training

All NPs must complete a master's or doctoral degree program and have advanced clinical training beyond their initial professional registered nurse (RN) preparation. Didactic and clinical courses prepare nurses with specialized knowledge and clinical competency to practice in primary care, acute care and long-term health care settings.

### Qualifications

To be recognized as expert health care providers and ensure the highest quality of care, NPs undergo rigorous



national certification, periodic peer review, clinical outcome evaluations and adhere to a code for ethical practices. Self-directed, continued learning and professional development is also essential to maintaining clinical competency.

Additionally, to promote quality health care and improve clinical outcomes, NPs lead and participate in both professional and lay health care forums, conduct research and apply findings to clinical practice.

## UPCOMING COMMUNITY EVENTS

01 Mardi Gras

08 Community Coffee Club 10 a.m.

13 Day Light Savings Time Begins

17 St. Patrick's Day

20 Spring Begins

24 Family Night 5 p.m.-7 p.m.

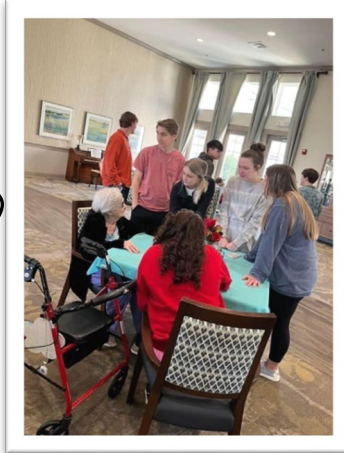
Visit [aspnofbrookhaven.com](http://aspnofbrookhaven.com) to view the entire Aspen activity calendar.



**WORD SCRAMBLE**  
 Rearrange the letters to spell something pertaining to **MARCH**

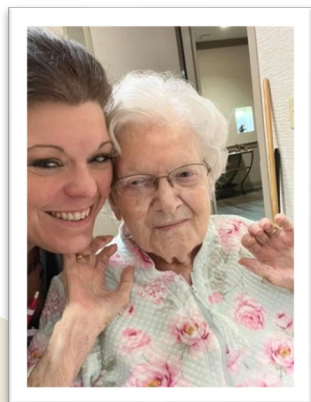
**RASOHKMC**

--	--	--	--	--	--	--	--



*making memories... a look back at February*

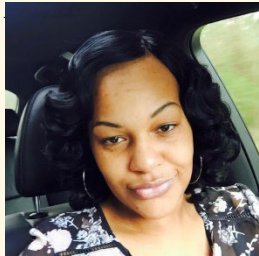
- Sunday School
- Chair Yoga
- Banana Split Social
- Valentine Banquet
- Build-A-Bear w/Neely
- Bingo
- Balloon Tennis
- Name That Tune
- Riddles
- Birthday Bash w/St. Luke
- Penny Auction
- Word Scramble
- Coffee Club
- Crafts w/Morgan
- Chair Dancing
- Tic-Tac-Throw
- and more!





## Aspen of Brookhaven Nurse Practitioners

Cassandra Amos-Johnson MSN, WCS, FNP-C is the Director of Medical Services for MDB Health Services. She has 28 years of nursing experience with five as a nurse practitioner. She has worked in various areas, but her love is long-term care with specialization in wound care, chronic disease management, and urgent care. Cassandra's innovative spirit and passion for patient care and education set her apart. Her BIG heart drives her focus on service and making sure her residents and their families receive quality care.



Sheena Barnes is self-described as a “God-fearing, dedicated Nurse Practitioner with 21 years of experience as a nurse.” She is a compassionate, highly-skilled, quality-driven healthcare professional with extensive experience in providing excellent nursing care. Sheena's proactive approach makes her a true patient advocate. Her ability to handle difficult situations in a calm and efficient manner brings a reassuring presence to crises helping ensure a well-integrated treatment outcome. She has a particular love for geriatrics that is evident in her rapport and communication with patients, family members, physicians and other healthcare professionals. Fun fact about Sheena: she loves to travel and fish!

The Aspen is lucky to have these competent ladies serving our residents on-site weekly.

# DID YOU KNOW?

**Can rub-on creams and gels really help with joint pain?** Certain topical pain relievers applied to the skin around an achy joint can ease pain, says Farah Hameed, MD, an assistant professor of rehabilitation and

regenerative medicine at the Columbia University Irving Medical Center in NYC. OTC products with arnica or salicylates can reduce swelling and inflammation; those with salicylates plus menthol or camphor also relieve pain by cooling then warming the area. Nonsteroidal anti-inflammatory gels that contain diclofenac may be effective but work best on joints that are smaller, like the hands, feet, knees, and elbows.

### Does anything help to prevent urinary-tract infections?

Drink about eight glasses of fluids daily (including water), spread out, to help flush urine from the bladder so that bacteria can't multiply, says Suzette E. Sutherland, MD, director of female urology at the University of Washington in Seattle. Cranberry supplements with 36 milligrams of soluble proanthocyanidins per dose may help keep bacteria from clinging to the bladder's inner wall, she adds. It's key to have regular bowel movements so that UTI-triggering bacteria can't build up in the large intestine and colon, which are near the urethra. Vaginal estrogen may help women head off UTIs.

### Daylight saving time always makes me so tired. What can I do?

Try going to bed a little earlier for two to three days before (March 13 this year), and head outside early in the day for a few days afterward. “Getting morning light exposure, ideally bright outdoor light, will help you adjust more easily to the time change,” says Beth Malow, MD, director of Vanderbilt University Medical Center's Sleep Disorders Division in Nashville. Also, avoid driving if you feel very fatigued around daylight saving time. A 2020 U.S. study found a 6 percent spike in fatal crashes the week after DST, which researchers attributed to sleepy drivers.

SOURCE: *Consumer Reports On Health*, Vol. 34, Issue 3 p. 12



**L. McDonald, 3<sup>rd</sup>**  
**B. Peters, 19<sup>th</sup>**  
**S. Williamson, 24<sup>th</sup>**

## ELVIS TRIVIA

What was his first #1 hit on US Billboard pop charts?

Elvis memorized every line from what George C Scott movie?

What was the name of Elvis' twin brother who died at birth?

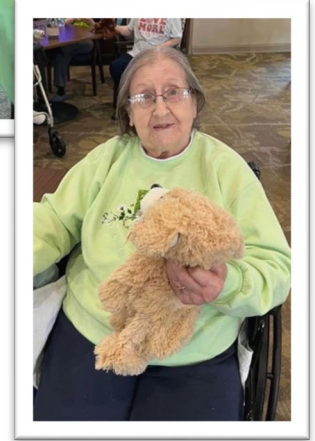
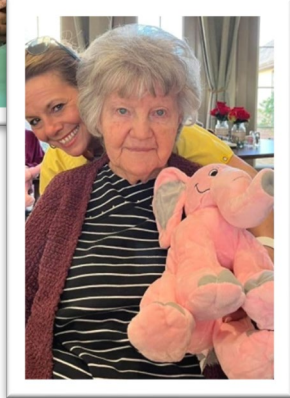
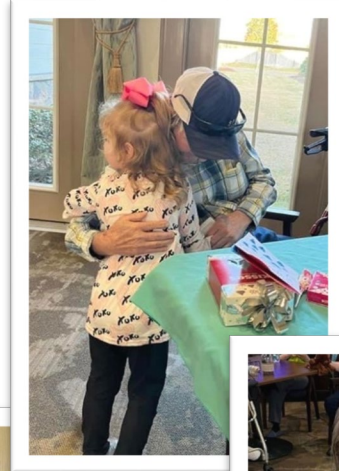
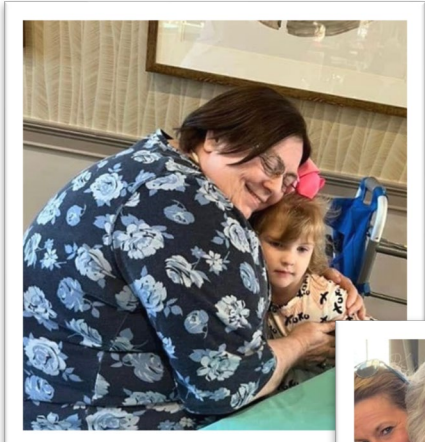
What was Elvis's favorite sandwich?

How many encores did Elvis usually give?

Why was Elvis's mansion called "Graceland?"

In order: Heartbreak Hotel, Patton, Jesse, peanut butter and banana, zero encores, and because it was originally a church

*More memories...*



**500 Silver Cross Drive  
Brookhaven, MS 39601**

*A community enriched by you.*

