

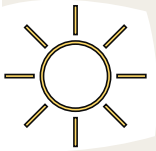
August | 2021



▶ Recipe of the Month –
Lobster Rolls **2**



▶ Healthy You Assessments **2**



▶ August Facts **3**

ASPEN happenings

Physiology helps explain why animals are such effective therapists for all of us

Pet Therapy for Seniors

Pet therapy for seniors, also known as Animal Assisted Therapy, is a technique that uses animals to interact with seniors for numerous reasons to help improve their quality of life. Studies show that just fifteen minutes spent bonding with an animal promotes hormonal changes within the brain.¹

According to the *CaringPeopleInc* blog, Pet therapy for the elderly has become a popular method of mild therapy for senior citizens. In fact, the documented benefits of interaction with pets are mental, emotional, and even physical. From pet therapy for depression, to pet therapy for anxiety, dementia, and more, the type of therapy can vary depending on individual needs.

Not only do furry friends offer unconditional love and companionship, emerging research (3) suggests that they have the ability to boost general health and well-being, especially in senior citizens. Pet therapy, also referred to as animal assisted therapy, is a kind of therapy that uses pets as a form of companionship and treatment. The aim of therapy could be to improve a senior's emotional, social, or cognitive abilities.

There are many benefits of pet therapy for the elderly, including:

- Improved communication



- Improved ability to reminisce
- Pets can encourage and motivate seniors to stay healthy and get more exercise, which also gives them the feeling of being needed
- Many senior citizens who are unresponsive to other forms of therapy tend to feel livelier and chat more when around pets
- Animals who have been trained specifically for pet therapy can help seniors improve their motor skills

Pet therapy is by no means a new concept. The benefits of the human-animal bond has been documented for centuries, yet the relationship between a patient and a therapy animal seems to extend way beyond simple companionship. There are also emotional, physical, and mental benefits.
(continued on page 3)

Visit aspnofbrookhaven.com to view the entire Aspen activity calendar.



Recipe of the Month – Lobster Rolls with Corn & Celery



Ingredients:

4 lobster tails—thawed, 3 tbsp unsalted butter—at room temp, 1 c fresh corn, 2 sliced celery stalks, 1/3 c mayo, 1 tbsp fresh lemon juice, kosher salt, black pepper, 4 potato hot dog buns—split.

Directions:

Fill a large saucepan with 1 inch of water and fit with a steamer basket. Bring to a simmer. Place the lobster tails in the steamer basket, cover, and steam until opaque throughout, 8-10 minutes. Remove the tails. Using kitchen shears, cut straight down the central membrane and pull apart to break the tail in half. Remove the meat from the shell immediately and coarsely chop. Let cool. Melt 1 tbsp of butter in a large skillet over medium heat. Add the corn and cook, tossing, until tender, 2 to 4 minutes. Transfer to a large bowl and let cool; reserve the skillet. Add the lobster, celery, mayo, lemon juice, and ¼ tsp each salt and pepper to the bowl and toss to combine. Brush the insides of the buns with the remaining tablespoons of butter. Brown the buns, buttered-side down, in the reserved skillet over medium heat until golden, 5 to 7 minutes. Divide the lobster salad between the buns. Enjoy!

HEALTHY YOU

Quarterly assessments that are at the core of our Healthy You program involve a comprehensive evaluation of our residents' health status and physical functional levels. The primary evaluation begins with a full analysis of fifteen **Daily Living Activities** including dressing, grooming, bathing, vision, hearing and communication.

Diet and Meal Monitoring allows us to be aware of and address any eating habit changes. Sometimes there could simply be a dental issue that needs to be addressed.

The **Body Systems** check-up addresses eight functional health areas including skin, neurological, cardiovascular, gastrointestinal and musculoskeletal.

And finally there is a General Wellness section related to activity levels, socialization, and overall well-being. Our goal is early identification of health issues or declines in wellness and activity levels to provide interventions to improve the quality of life of our residents.



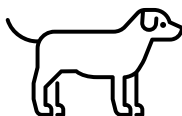
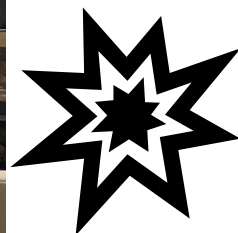
making memories...

a look back at July

- Group Exercise
- Devotion
- Birthday Bash
- Bingo
- Pet a Puppy
- Root Beer Floats
- Word Scramble
- Uno
- Left, Right, Center game
- Pinching Pennies w/St. Luke
- Craft w/Michelle
- Pin the Fin
- and more!



More memories...



500 Silver Cross Drive
Brookhaven, MS 39601



A community enriched by you.

