

September | 2021



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# ASPEN happenings

## VITAMIN D:

### Discover the Potential Benefits!

*News USA*—A healthy immune system is important at all times, but especially so in these days of the novel coronavirus and heightened awareness about the spread of germs. You can support a healthy immune system by eating well, getting plenty of sleep, and exercising. Supplements with vitamins that support the immune system, such as vitamin D, may help, too. Sunlight remains a key source of vitamin D, but supplements may be increasingly beneficial as people are less able to get outside. This is especially true for those who live in the northern hemisphere. Vitamin D has the science to back up its potential as an immune-system support. In 2017, the *British Medical Journal* published a meta-analysis of 25 studies in which vitamin D showed the potential to protect against acute respiratory tract infections, especially among individuals who were vitamin D deficient.

In addition Dr. Tom Frieden, former director of the Centers for Disease Control and Prevention, said in an interview with Fox News in March, that taking a multivitamin containing vitamin D or a vitamin D supplement was a good practice for overall health, and it certainly couldn't hurt when it comes to helping boost immune resistance to infection. However, not all vitamin D supplements are created equal. A vitamin D supplement must be easily absorbed by the body in order to provide much value.

Many vitamin D supplements offer poorly absorbed forms of vitamin D in doses far too low to replenish a vitamin D deficit, much less offer therapeutic benefits for the immune system. It's best to choose a supplement that includes



vitamin D3, which is the most easily absorbed form of vitamin D, as well as vitamin K2, such as the supplement produced by Lively Vitamin Co. Their product, Solar Power, combines vitamin D3 and K2 to provide the body with maximum therapeutic value. This combination improves total absorption rates and utilization in the body. A blend of these two vitamins is engineered to help promote a healthy immune system and cardiovascular health. But the benefits don't stop there. Vitamin D3 supplements like Solar Power can also help the body absorb calcium and build stronger bones to help prevent osteoporosis. Vitamin D even plays a roll in regulating mood and helping to reduce seasonal depression. However, be sure to check for possible drug interactions with any prescription medications you are taking before you take vitamin D or other supplements.

For more information about vitamin D and other ways to improve your health and boost your immunity you can visit [findyourhealthyplace.com](http://findyourhealthyplace.com) for more in depth details. [Copyrightfreecontent.com/health/covid-19](http://Copyrightfreecontent.com/health/covid-19)

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

## Recipe of the Month – Apple Chips

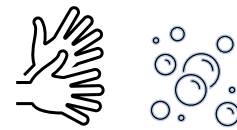
### Ingredients:

2 medium, crisp apples, washed and dried  
 ½ tsp ground cinnamon



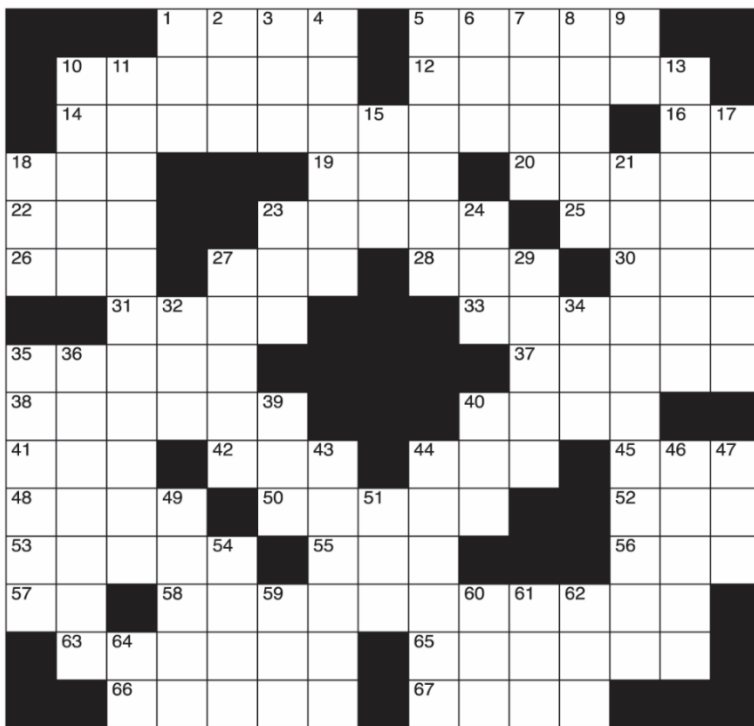
### Directions:

Heat the oven to 275 degrees. Use an apple corer to core the apples. Set a mandoline to the ¼ inch setting and slice each apple into about 15 thin slices. Or, slice the apples as thinly as you can by hand. Arrange the apple slices on two cooling racks set on top of baking sheets. (You can also use a silpat-lined baking sheet.) Sprinkle the cinnamon over the apple slices if using. Bake the apple slices almost dry, about 1 hour, flipping them over and rotating the baking sheets halfway through to ensure even baking. Cool the apple chips on a rack and serve or store in an airtight container for up to 2 days..



## Healthy Handwashing:

1. **Wet** your hands with clean, running water, and apply soap.
2. **Lather** your hands by rubbing them together with soap.
3. **Scrub** your hands for AT LEAST 20 seconds.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



### ACROSS

1. Religion native to somein China
5. Nursemaids
10. Coats a porous surface
12. Garment oflong cloth
14. Containing a broader message
16. University of Dayton
18. Patti Hearst's captors
19. Insane
20. Bristlelike structures ininvertebrates
22. Taxi
23. Trainee
25. Comedian Carvey
26. Some couples say it
27. Belong to he
28. High schoolers' test
30. Young goat
31. You drive on one
33. Denotes a time long ago
35. Space between two surfaces
37. By and by
38. A way to sell
40. A line left by the passage of something
41. Indicates near
42. Where wrestlers compete
44. Prosecutors
45. Body part
48. Soluble ribonucleic acid
50. Indicates silence
52. NFL's Newton
53. Ancient Roman garments
55. Drunkard
56. Expression of satisfaction
57. Thus
58. Noisy viper
63. Plants of a particular region
65. Communicated with
66. Latches a window
67. Swarm with

### DOWN

1. Split pulses
2. Brew
3. Ask humbly
4. Distinctive smells
5. Digressions
6. Partner to cheese
7. Father of Araethyrea
8. Made a cavity
9. Tin
10. Appetizer
11. Presenting in detail
13. Compound in guano and fish scales
15. Cool!
17. "than a doornail"
18. Popular literary form\_ fi
21. Be the most remarkable
23. "Final Fantasy" universecharacter
24. Buffer solution
27. Muslim physician usingtraditional remedies
29. Fantastical planet
32. S. American plant
34. Domesticated animal
35. The tops of mountains
36. Expression of disapproval
39. Skeletal muscle
40. Game show host Sajak
43. One's interests
44. Identify the existence of
46. Partner to "oohed"
47. Does not accept medicalhelp (abbr.)
49. Hammerin' Hank
51. Lowest point of a ridge between two peaks
54. Elaborately draped garment
59. Check
60. Car mechanics group
61. One point east (clockwise) of due north
62. Austrian river
64. A command to list files

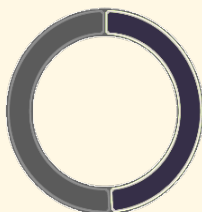
## 5 Ways to Cope with Pandemic Re-entry Anxiety

With the COVID-19 vaccine becoming much more widely available across the country, the topic of returning to in-person work, school and other activities is being discussed constantly. However, the country's reopening coincides with the spread of the Delta variant of the coronavirus, which accounts for [more than half of all COVID-19 cases](#) in recent weeks. Returning to pre-COVID life amid this latest development can understandably cause feelings of uncertainty or re-entry anxiety.

### What Is Re-entry Anxiety?

Re-entry anxiety is an overall uneasiness or uncertainty about returning to the way things were before the pandemic. This feeling may be triggered when meeting socially with friends and family, going back to the workplace or pursuing other important aspects of social interaction. It might be difficult to get reacclimated, but it's important to remember that you're not alone.

**49%** of American adults are uneasy about resuming in-person interactions, according to the American Psychological Association.



### Managing Your Re-entry Anxiety

Different people have different coping strategies, but there are some common ways everyone can cope with re-entry anxiety. If you're feeling anxious as you transition back to your pre-COVID-19 life, consider the following five coping tips:

1. **Start small** and gradually build up to more significant social interactions. Don't rush into anything.
2. **Set boundaries** by letting other people know what you're comfortable with. There's no need to apologize for not wanting to do something, so clearly explain how you feel and also be respectful of others.
3. **Make a post-pandemic bucket list** to shift your thinking from anxious to positive. A lot has changed due to the pandemic, but you can focus on the new possibilities.
4. **Do what makes you happy**, even if only for a few minutes each day. It's important to engage in something fulfilling for yourself regularly.
5. **Take care of yourself** and set aside time every day to relax and reset your mind.

Re-entry anxiety can be alleviated when managed in a healthy way. If you're worried about your mental well-being, reach out to a doctor or mental health professional to ensure that you're getting the help you need as you make a return to everyday life.

*SOURCE: Live Well, Work Well – Ross & Yerger*



E. Brown, 5<sup>th</sup>

M. Hart, 8<sup>th</sup>

### UNSCRAMBLE

LTOFABOL

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Answer: football



1. September is the month with the most letters, it contains 9 and happens to be the ninth month. No other months have the same amount of letters as their number in the calendar year.
2. The first day of fall is in September, typically the 22<sup>nd</sup> or 23<sup>rd</sup>, in North America.
3. September's birthstone is the sapphire, known for representing wisdom, good fortune, truth, and power.

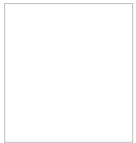
### TRIVIA

What are footballs made of? Ironically, though they are still called "pigskins," nowadays all pro and collegiate footballs are actually made with **cowhide leather.**



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

- Group Exercise
- Devotion
- Birthday Bash
- Bingo
- Bowling
- Special Luncheon
- Card Games
- Popcorn Social
- Left, Right, Center game
- Take a Drive
- Waffle Buffet
- and more!



500 Silver Cross Drive  
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*A community enriched by you.*

