

THE CURRENT

HEART HEALTH & MACULAR DEGENERATION — FEBRUARY 2021

Hidden Springs Senior Living | 973 Buck Mountain Road, Bentonville, VA 22610 | 540-636-2008



Greetings from Daryl, Vicki, and Aron,

Since February is **heart health** month, let us talk about how you can stay *young at heart*. Living an active and healthy life is important, especially for senior adults. But as time passes, senior adults experience many changes in their physical and social health. Friends pass away, they can no longer drive themselves, or be as active as they once were. So, how can you stay *young at heart* and get back to enjoying a healthy and active life?

Assisted living communities, such as Hidden Springs Senior Living, provide a place for senior adults to thrive and gain their independence back by getting active and social again. Not only does HSSL provide our residents with their personal care, but also with services such as meal preparation, housekeeping, transportation and more. With more free time, residents can now be busy with a variety of activities, programs, and outings.

Exercise classes help our residents improve overall strength and boost their mood. Exercises range from yoga to chair aerobics. Residents who want to exercise in a less structured environment walk the hallways or outside with friends. Often the same residents attend these classes each day, giving them a place to connect with others who share the same interests. During warmer months, residents can be found gardening, attending cookouts and enjoying porch sitting with a good book. Roasting s'mores and leaf peeping are cooler weather activities while winter is the perfect time to play cards, create unique crafts, and sip hot chocolate and tea. Holidays and birthdays are opportunities for celebration, and sing-alongs and movies are just more fun opportunities for HSSL residents to get together.

By participating in these activities, our residents have the chance to enjoy themselves without any worries. It is a chance for our residents to reinvent themselves or do an activity they once enjoyed doing. Our residents happily said, "We haven't had this much fun in years!" Residents of HSSL are laughing, hanging out with friends and truly enjoying life again. So, if you want to stay *young at heart*, give HSSL a call today.



Pat Armstrong.....	2-3
Nikki Grove.....	2-6
Stacy Parsell.....	2-7
Carolyn Mobley.....	2-13
Jaleesa Frye.....	2-14
Crystal Jenkins.....	2-14
Sydney Garner.....	2-17

Anniversaries

Ellen & Don Parkes.....2/16/91

Franklin & Frances Strickler..2/28/57

February Flower: Violet

February Birthstone: Amethyst

"Offering Something Different In Senior Living"

Activity Corner

February is the shortest month of the year, but there will be no shortage of love or activities! The Activities Department is preparing for an exciting Valentine's Day. There will be treats to taste, messages of love and appreciation for one another, and a variety of love themed crafts to create. Ongoing activities of Bingo, bird watching, long walks, and virtual visits to almost forgotten corners of the world make for fun and interesting times. For all the football fans of HSSL, there will be a Superbowl party while watching the game.

Since February is **macular degeneration** month, we have adaptations to assist residents with impaired vision. Reading club, where books are read aloud by staff gives them the opportunity to enjoy a good story. Large print books, puzzles, and playing cards are always available to use. The Amazon Alexa Echo Dot is a helpful resource to help residents with limited vision to keep current with weather, time, news, music, and so much more. What's not to **love** about activities at HSSL?

Nurses' Advice



Here are steps to reduce your risk of **heart** disease:

- Be more physically active. If possible, aim to get at least 150 minutes of physical activity each week such as walking, dancing, or bicycling.
- If you smoke, quit.
- Follow a heart healthy diet. Choose foods that are low in trans and saturated fats, added sugars, and salt.
- Keep a healthy weight. Balancing the calories you eat and drink with the calories you burn during physical activity helps to maintain a healthy weight.
- Reduce your alcohol intake.

You can take an active role in reducing your risk for heart disease by following these steps. This February, start **heart-healthy** habits!

Advice from our Couples:



Doug and Dorothy McVey
"Be good to each other.
You can never say I love you enough!"



Richard "Dick" and Carol Bentley
"We know each other well and we both love sports and laughing!"



Ott and Shirley Baker
"Have patience and be kind!"



Ross and Jeanne Montgomery
"Be tolerant and choose your battles!"



Resident Snapshots



Gerri Ebert —
Cheers to a Happy and Healthy New Year!



Frank Brandon—
Thrilled to receive the first
dose of the Pfizer vaccine!



Delma Wilson—
Enjoying coffee and cream puffs!



Jeanne McGrath —
The pepperoni popover tasted
even better than it smelled!



Peggy Vierk—
Boarding the bus to go on a
scenic drive to Fort Valley!



Ellen Hall Parkes—
Stephanie and Ellen enjoyed
sewing this quilt together!



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We are Accepting Admissions
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Chef's Table

- 1 tablespoon Mayonnaise
- 3 tablespoons Maple Syrup
- 1/8 teaspoon Garlic Powder
- 1/4 teaspoon Onion Powder
- 1 teaspoon Paprika
- 4—4 ounce Salmon Fillets
- 3/4 cup Finely Chopped Pecans
- 2 tablespoons Panko Breadcrumbs
- Salt and Pepper to taste



Maple Marinade Salmon with Pecan Crust

Season the Salmon Fillets with Salt and Pepper
In a small bowl, combine the mayonnaise and the maple syrup. In another bowl, combine garlic powder, onion powder, paprika, pecans, and breadcrumbs. Place the fillets on a lined baking sheet. Thoroughly coat the top of each with about 1 tablespoon of the maple syrup mixture and thoroughly coat the same side with the pecan mixture. Bake in a 425 degree oven for 10 to 12 minutes until the salmon flakes easily with a fork. Makes 4 servings.

Musings from Mazie



Here's our latest additions to the farm: donkeys Cocoa and Ginger. I think they are just my size. Wouldn't you agree?
— Mazie