



Happy Birthday

Amber Ryan.....	4-7
Thelma Murphy.....	4-9
Peggy Vierk.....	4-16
Ross Montgomery.....	4-16
Cassandra Turner.....	4-16
Linda Janes.....	4-17
Jeanne Montgomery...	4-21
Lisa Kibler.....	4-21
Kim Chen.....	4-23
Abbey Rowe.....	4-24
Jorge Brito.....	4-25
Rachel Rankin.....	4-29
Lilo Foster.....	4-30

April Birthstone:

Diamond

April Flower:

Daisy

Greetings from Daryl, Vicki, and Aron,

Stress is a common factor in life. Children experience stress while growing up and adults feel the stress of working, raising a family, and maintaining a household. Certain amounts of stress are a part of life for people of all ages, but for senior adults, stress has the potential to be overwhelming. During **Stress Awareness Month**, we want to discuss potential causes of stress among senior adults and a possible solution. What are some contributing factors causing senior stress and how do you recognize your loved one needs help?

The loss of a spouse or friends and living alone can increase the sense of isolation, causing stress. Sometimes the tasks of everyday life can cause stress for those who experience physical or medical limitations. The effects of stress can sometimes exacerbate existing health conditions, causing additional worry. Stress can present itself in various ways. Here are the most common ways to detect if a loved one's stress is cause for concern: loss of appetite, increased irritability, depression, increased forgetfulness, exercising poor judgement, trouble falling asleep or interrupted nighttime sleep, and refusing to socialize or participate in activities they used to enjoy. What can family caregivers do to alleviate the negative effects of senior stress?

Assisted living communities, such as Hidden Springs Senior Living, can provide a possible solution. HSSL offers activities such as yoga, walking, and other senior physical exercises to help relieve stress. These gentle forms of exercise not only relieve stress but help other health-related conditions. Some residents are unable to participate in physical activities, so joining a non-physical group (card playing and crafting) offers socialization and yet another chance to relieve stress. Physicians agree that a poor diet and lack of sleep can cause stress. HSSL provides healthy, well-balanced meals daily and after a busy day of activities, residents can usually get a good night's sleep. Tasks around the home, such as housekeeping and yard work, might cause undue stress but at HSSL these burdens are taken care of for you.

HSSL is here to help our residents combat **stress** and its negative effects. We plan ways to not only have fun but to **minimize** the pressures that cause stress. Nursing, Dining, Activities, Housekeeping, and Maintenance help our residents live a better quality of life, leading to healthier and longer lives.

"Offering Something DIFFERENT In Senior Living!"

Activity Corner

During April, the Activities Department is focused on ways to **relieve stress**. Physical and mental exercises are a routine part of our residents' day. Walking on one of the trails or participating in chair aerobics is a healthy way to relieve stress. Another popular way to de-stress is sitting outside with friends watching the mountains come alive again or reading a book while resting in one of the sun porches.

Other relaxing activities at HSSL are country rides to view native trees blooming or taking a stroll along the Shenandoah River. A few residents will be starting flower and herb seeds to replant in outside raised beds. Rainy days will find residents playing cards or Dominoes.

Spiritual health is just as important as physical and mental health. Beginning with Easter week, local clergy will be leading weekly services. Messages of faith in word and music is uplifting and comforting. What better way to **relieve stress**!

Nurses' Advice

Parkinson's disease is a movement disorder that affects the nervous system. The symptoms of Parkinson's develop gradually, often starting with a slight tremor in one hand and a feeling of stiffness in the body. Over time, other symptoms develop, such as difficulty walking and talking.

Scientists are not sure what causes Parkinson's. It happens when nerve cells die in the brain. Scientists have linked low or falling levels of Dopamine, a neurotransmitter your nervous system uses to send messages between nerve cells. Sometimes, Parkinson's runs in families, but it is not always hereditary. Possible environmental factors could include exposure to toxins, such as pesticides and herbicides.

It is not possible to prevent Parkinson's, but research has shown that some lifelong habits may help to reduce the risk. One study has found the spice turmeric may help. Another study found flavonoids present in berries, apples, tea, and red grapes may lower the risk of developing Parkinson's. Avoid reheating cooking oils. Scientists have linked toxic chemicals in reheated sunflower oil to Parkinson's.

Medications and therapy are more likely to be effective if taken early in the development of Parkinson's. For this reason, it is important to get an early diagnosis if possible.



- ◆ **April 1**—All Fools' Day otherwise known as "April Fools' Day."
- ◆ **April 2**—**Good Friday**.
- ◆ **April 4**— **Easter Sunday**. Did you know that Easter's date is related to the full Moon?
- ◆ **April 9, 1959**—America's first astronauts were announced by NASA.
- ◆ **April 14, 1828** — the first Webster Dictionary was copyrighted by Noah Webster
- ◆ **April 14th-April 24** — The arrival of the Cuckoo bird signifies that Spring is here.
- ◆ **April 15, 1912** —the Titanic sank
- ◆ **April 21st** —Queen Elizabeth II was born
- ◆ **April 22**— **Earth Day**.
- ◆ **April 24**— the birthday of Robert B. Thomas, the founder of *The Old Farmer's Almanac*!
- ◆ **April 30**—**National Arbor Day**.





Resident Snapshots



Frank Brandon— celebrating his 101st birthday with a few friends.



Lilo Foster — watching baby turkeys (poults) prance around.



Thelma Murphy— having fun playing Dominoes.



Rick Huyck, Yogi, and Kathy Foster— Yogi reducing everyone's stress!



Heidi Weatherholt and Delma Wilson— staff taking you to appointments!



Winona Lawrence— keeping the brain active with word search puzzles!



973 Buck Mountain Road
Bentonville, Virginia 22610
www.hiddenspringsseniorliving.com
Accepting Admissions
540-636-2008



Chef's Table

Lemon-Thyme Chicken YIELDS: 4 servings

INGREDIENTS

- | | |
|---------------------------------|---|
| -1 lb. green beans, trimmed | -1/2 cup parmesan |
| -12 sprigs fresh thyme, divided | -1 14-oz can artichoke hearts |
| -2 tbsp. olive oil, divided | -1 1/2 lb. boneless, skinless chicken breasts |
| -Kosher salt and pepper | -1 lemon, halved |

DIRECTIONS

Heat oven to 425°F. On a rimmed baking sheet, toss green beans and 6 sprigs thyme with 1 tbsp. oil and 1/4 tsp. each salt and pepper, then toss with 1/4 cup Parmesan. Nestle artichokes onto pan, cut sides down, and roast on bottom rack in oven until golden brown and tender, 10 to 12 minutes.



Meanwhile, heat remaining tbsp. oil in a large oven-safe skillet on medium. Season chicken with 1/4 tsp. each salt and pepper and cook until golden brown on bottom, 3 to 4 minutes. Flip chicken over and cook 2 minutes more.

Add lemon, cut side down, and remaining 6 thyme sprigs to skillet. Transfer skillet to oven along with vegetables and roast until chicken is cooked through, 9 to 10 minutes more. Toss remaining Parmesan with artichokes and green beans, then serve with chicken.

Musings from Mazie



Spring clean-up on the farm is such hard work!
— Mazie