



## Happy Birthday

Michelle Waters.....5-3  
Charlotte Mobley.....5-5  
Hannah Becker.....5-7  
Richard Settle.....5-7  
Rosa Lee Griffith.....5-8  
Geri Ebert.....5-11  
Oney Pittman.....5-12  
Michael Dodson.....5-15  
Anneslee Cockrell.....5-17  
Chet Reynolds.....5-18  
Etta Nossett.....5-22  
Kristen Powell.....5-22  
Daryl Davison.....5-26  
Ellen Parkes.....5-29  
Harvey Snapp.....5-30

**May Birthstone:**

*Emerald*

**May Flower:**

*Lily of the Valley, Hawthorn*

### Greetings from Daryl, Vicki, and Aron,

May is **National Mental Health Awareness** month and according to the National Institute on Aging, an estimated thirty-three percent of American seniors suffer from mental illness associated with living alone. There is nothing wrong with seniors living alone, but it is important to recognize the benefits of socialization and how to avoid the dangers of isolation. People are social by nature; we tend to function better when we are in community settings and around others. Unfortunately, seniors are more likely to experience isolation and loneliness than people of other age groups and as seniors age, their risk of isolation increases. According to AARP, social isolation and loneliness in seniors has been associated with **mental health conditions** such as **anxiety, depression, and dementia**. Fortunately, **socialization** has been shown to be one of the most effective ways for seniors to **improve their mental health**.

Senior living communities, such as Hidden Springs Senior Living, offer plenty of options for seniors to socialize. Some social activities to choose are exercise classes and walking groups. Throughout the week and month, HSSL provides spiritual support to help seniors cope with difficult issues. Additionally, there are many opportunities for social engagement every day. Residents easily find people with similar interests through Bingo, card games, crafts, and happy hours. Communal dining offers another way to meet people while sharing stories. Having neighbors means always having a friend nearby and not feeling alone.

According to a recent study conducted by the Mayo Clinic, an estimated twenty-five percent of families reported their loved ones suffer from some form of **dementia**, making it unsafe for them to live alone. Here are signs of serious memory issues: asking repeatedly for the same information or having difficulty concentrating, forgetting how to do familiar tasks or being more confused and easily upset. In addition to assisted living, HSSL offers a **secure memory care** community that is designed to provide the best possible quality of life for seniors with dementia. Residents live in a safe and secure environment and participate in meaningful programs and social activities designed to meet their needs. Families can have peace of mind knowing their loved ones have a regular daily routine and staff make it a priority to get to know the residents--what they like and don't like, what their schedule preferences are, and how they best communicate.

As a family, you want the best for your loved one, and that includes their mental health. If you or a senior loved one is suffering **the effects of loneliness and isolation** or your loved one suffers from **memory impairment**, now is the time to consider senior living at Hidden Springs Senior Living!

*“Offering Something DIFFERENT In Senior Living!”*

## Activity Corner

Warm spring days give way to opportunities for outdoor fun. During May we are planting herbs, vegetables, and flowers in our raised garden beds. Weekly we take scenic drives to view the many signs of spring around the valley. Nothing says spring better than a picnic at the Shenandoah River State Park. Local clergy regularly provide worship services and Bible studies. Spiritual health is important for our **mental health** and overall well-being.

Other celebrations this month are Cinco de Mayo and Mother's Day. All mothers of HSSL will be honored in a special way. Local musician John Landes makes our monthly birthday parties come alive with his old school tunes. Last but not least, on Memorial Day, our residents will remember all those who gave their lives serving our country.

## Nurses' Advice

**Arthritis** is an inflammation of the joints. There are one hundred different types of arthritis, with the two most common being **osteoarthritis** and **rheumatoid arthritis**. **Osteoarthritis** is a degenerative joint disease that is usually caused by injuries that arise from repeated overuse of the joints. **Rheumatoid arthritis** is an autoimmune disorder that occurs when your body's immune system attacks the tissues of the body. These attacks affect the soft tissue in your joints which will eventually wear away the cartilage that is between the bones and joints causing joint pain and stiffness.

**Arthritis** can result in discomfort in senior adults making daily tasks difficult to perform. In some cases, advanced arthritis can reduce mobility to the extent that it can be dangerous for individuals to remain independent due to risk of falls and injuries. Treatment options include topical creams, anti-inflammatories, and physical therapy. In extreme cases, joint replacement may be necessary.

At HSSL, nursing, dining, housekeeping, and activities provide assistance with tasks and everyday activities. Many residents also take part in a wellness program in an effort to stay fit and healthy. Additionally, residents can utilize the in-house physical and occupational therapy to control the pain and mobility issues created by **arthritis**.



### Fun Facts and Holidays

**May 1st — May Day.**

**This holiday is a traditional celebration of spring in many cultures.**

**May 1, 1931 — the Empire State Building was officially opened.**

**May 5th — National Teacher Day.**

**Remember all the teachers in your life. We honor school teachers, but also parents, grandparents, and other mentors in our lives.**

**May 5th — Cinco de Mayo.**

**May 10th — Mother's Day.**

**A special day to remember all mothers.**

**May 12th — Kite Day.**

**May 15, 1918 — Regular air mail service began in the United States.**

**May 16th — Armed Forces Day.**

**A day that recognizes all members currently serving on active duty in the military. We should all be thankful for those willing to serve and defend our country.**

**May 25th — Memorial Day.**

**A solemn day to remember those who have given their lives defending our country and our freedoms.**

**May 27, 1937 — the Golden Gate Bridge was opened in San Francisco.**





## *Resident Snapshots*



**Claudia Kardian**—  
Making silk tie-dye eggs!



**Carol Bentley** — Celebrating with a meal  
and new t-shirts in memory of Mr. Bentley.



**Thelma Murphy**— Having nice weather  
calls for an outside visit!



**Rosa Lee Griffith**—  
Enjoying a delicious Mocktail!



**Ross & Jeanne Montgomery**—Showing  
a sock rabbit they made for Easter!



**Etta, Carol, Linda, and Winona**— Are  
happy resuming in-person devotionals.



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



## *Chef's Table*

**Berry Spinach Salad** is the perfect spring salad recipe - and it only takes 5 minutes to make! Fresh strawberries, raspberries and blueberries are tossed with baby spinach, goat cheese, red onions and pecans, then drizzled with a sweet and tangy raspberry vinaigrette.

### INGREDIENTS

PREP TIME: 5 mins  
TOTAL TIME: 5 mins  
SERVINGS: 4 servings

- 6 cups baby spinach
- 1 cup strawberries, halved
- 1/2 cup raspberries
- 1/2 cup blueberries
- 1/3 cup goat cheese, crumbled
- 1/3 cup red onion, thinly sliced
- 1/4 cup pecans, roughly chopped
- 1/2 cup raspberry vinaigrette



Add the spinach, strawberries, raspberries, blueberries, red onion, goat cheese and pecans to a large mixing and toss together. Serve the salad with the raspberry vinaigrette dressing.

## *Musings from Mazie*



Here is my new house...nice and warm for these cool spring nights. — **Mazie**