



Birthdays  
of the Month

Employee Birthdays

*Tammy Thomas.....9-3*  
*Ada Whitehead.....9-16*  
*Alan Judd.....9-21*  
*Cheyenne Riley.....9-21*  
*Dawn Aushman.....9-28*  
*John Fleenor.....9-30*

Resident Birthdays

*Anne Heller.....9-5*  
*Lois Baker.....9-8*  
*Joyce Pieloch.....9-10*  
*Franklin Strickler.....9-11*  
*Robert McVey.....9-16*  
*Dorothy Powell.....9-17*  
*Patrece Bennett.....9-19*  
*Peggy Burke.....9-26*  
*Winona Lawrence.....9-30*

Anniversaries

*Daryl & Vicki Davison...9-1-84*

September Birthstone: *Sapphire*  
September Flower: *Morning Glory/Aster*

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

“**Healthy Aging Month**” is designated to focus national attention on the positive aspects of growing older. Thanks to improvements in medicine and health, we are living longer lives. Therefore, it is more important than ever to be aware of how physical and mental health, diet, and social skills contribute to **healthy aging**.

Act how you feel instead of acting your age! The residents of Hidden Springs Senior Living are encouraged to take charge of their health by aging with a healthy mindset and a healthy body. To keep physically fit, our residents begin their days by walking just ten or fifteen minutes and many participate in chair aerobics, gardening, and yoga. Healthy eating is a big part of staying healthy. HSSL’s Dining Department plan menus that offer a variety of vegetables and fruits, lean meat, poultry, and fish. In addition, we promote hydration with a variety of beverages.

A sedentary lifestyle lacking interaction with friends and family leads to health issues and isolation, and isolation can lead to depression. Instead of feeling lonely and bored, the residents of HSSL are socializing with others and looking forward to the variety of scheduled activities. Cards/games, crafts, conversation, and scenic drives are just a few of the many activities that keep our residents engaged and on the journey to **healthy aging**.

You can beat some genetic diseases by adopting a healthier lifestyle. Our health team is comprised of Thomas Ball, M.D., Katherine Winter, CFNP, and five HSSL licensed practical nurses. They provide our residents with healthy options and preventive measures as they move into their 70s, 80s, and beyond. They know our residents well enough to detect if there is something out of the ordinary. Additionally, our health team makes sure the residents take their medications and vitamins/supplements as prescribed. Many diseases can be managed when caught early.

Residents of Hidden Springs Senior Living stay active and engaged. They are physically and mentally stimulated. Our residents have a positive outlook about growing older. HSSL promotes **healthy aging!**

*“Offering Something Different in Senior Living”*

## Activity Corner

As the weather cools down this month, we will be spending a lot of time outside taking in the beautiful colors while tasting sweet apples and apple cider. The first holiday of September is Labor Day when we will pause to recognize the various careers of our residents. Next, we will honor our HSSL grandparents for Grandparents Day. This is a time to celebrate the folks with whom we share a home. Later in the month, we will reflect on the past while studying the history of our Constitution along with celebrating the birthday of the United States Air Force.

Throughout the month of September, we will be getting together outside for "Parking Lot Parties". These opportunities allow our residents to listen to different musical genres while playing games such as corn hole, ring toss, and noodle ball. Returning this month are two crowd pleasers, Passage Creek Rising and John Landes.

New this month is an activity called "Film and Friends". It's a unique activity involving disposable cameras and residents documenting their day. Music, games, and celebrations with friends help keep HSSL residents **aging healthy**.

## Nurses' Advice

Scientists have proven that cooler temperatures weaken our immune system, making us more susceptible to illness and infection. Additionally, cooler weather toughens the outer shell of viruses making it easier for them to travel from person to person. As we age, the immune system weakens which means winter can be even more dangerous for older adults.

Here's a list of four vaccines that seniors over the age of 65 should consider: Influenza, pneumonia, shingles, and Tdap ( tetanus, diphtheria, and pertussis).

Consider getting a vaccination for COVID-19. For many older adults and those with ongoing conditions like heart disease and diabetes, the vaccine can prevent severe illness or death from the coronavirus.

Being vaccinated from these diseases is an important part of **healthy aging**, and they also help ensure the health of your friends and family. Call your doctor today to see if these vaccines are right for your health.

# Hello, September!

The readers of The Northern Virginia Daily voted:

**Hidden Springs Senior Living**  
**BEST**

**Assisted/Senior Living Facility  
and Retirement Community  
in Front Royal/Warren County!**

*Thank you everyone for your  
continuous love and support!*



## DAYS TO REMEMBER:

*Labor Day... 9/6*

*National Read a Book Day... 9/6*

*Patriots' Day... 9/11*

*Grandparents' Day... 9/12*

*Fall Equinox ... 9/22*

*Resident Snapshots*



Frank Brandon, 101 years young,  
Cornhole Champion!



Pat and Linda taking a  
morning stroll!



Delma enjoying the local Heard's Cedar  
Hill Farm Market in Bentonville.



Stephanie and Claudia painting  
a gorgeous sunset.



Dotsy enjoying homemade  
peach ice cream!



These ladies are enjoying  
an outdoor picnic!



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“The Best Kept Secret in the Region”

## *Chef's Table*

### Savory Stuffed Acorn Squash

Prep Time: 15 minutes  
Cook Time: 25 minutes  
Total Time: 40 minutes  
Yield: Serves 4



- 2 medium acorn squash, halved and seeded
- 1 Tbsp. olive oil
- 1/2 medium onion, finely chopped
- 1 generous cup crimini mushrooms, finely chopped
- 12-16 oz. ground chicken or turkey breast
- 1/2 tsp. smoked paprika
- 1/4 tsp. cayenne pepper
- 5 oz. bag of baby spinach
- 1 Tbsp. fresh parsley, chopped
- salt and pepper to taste
- 1/2 cup crumbled feta cheese

Preheat the oven to 375. Place the acorn squash halves face down on a baking sheet and roast for 15 minutes. While the squash cooks, heat the olive oil in a large skillet over medium heat. Add the chopped onion and mushrooms and saute for about 5 minutes, until soft. Add the ground poultry and spices and cook, stirring frequently, until the meat is browned and cooked through. Add the spinach and stir it into the mixture until it wilts. Stir in the fresh parsley and season the mixture with salt and pepper to taste.

Remove the squash from the oven and flip the halves over to create boats. Distribute the filling evenly among the squash and top each half with crumbled feta cheese. Return the squash to the oven and bake for another 10 minutes.

## *Musings with Mazie*



I make sure my family gets enough exercise. I bring them my ball or leash to let them know it's time to get up and get moving. — **Mazie**