

# SEPTEMBER

## The Canopy at Beacon Woods Newsletter

14025 Little Rd | Hudson, FL 34667

August 29, 2023

### Celebrating September

Assisted Living Week  
September 10-16  
Labor Day (U.S.)  
September 4

International Day  
of Charity  
September 5

Grandparents Day  
September 10

Patriot Day (U.S.)  
September 11

Rosh Hashanah  
September 15-17

Yom Kippur  
September 24-25

World Tourism Day  
September 27

### Resident's Birthdays

We look forward to celebrating our Resident's birthdays when we open our Community in Mid-October!

### We Celebrate

September astrological signs are Virgo and Libra, what is your sign?

### Join Us



### A Life Well Lived



growing old quietly and softly.

Seniors today are only limited by their own imagination. In this picture you see Donald and Margo, enjoying a drink in Key West for their 50th wedding anniversary.

Donald parachuted out of an airplane at 80 years old and both Donald and Margo have lived every moment as they should. Always ready for the next great adventure!

### Meditation for Peace, Health & Happiness



#### Tips for getting started

The guided meditations that follow are designed to help with all of that. Before you begin, keep the following pointers in mind.

You don't have to meditate for hours. Benefits appear pretty fast. In a study published in *Psychoneuroendocrinology*, participants who meditated just 25 minutes a day for three days reduced their levels of stress. That said, you will need to build up your own stamina. Aim for five minutes a day for two weeks and gradually work up to longer. Set the timer on your phone or follow a short meditation on an app.

When and where are up to you. "Morning could be good because it sets the stage for the rest of your day," Salzberg says. "Some people meditate at night because it helps them sleep better. Think about what's realistic for you. Back in the days when people were driving to work, someone told me they'd go to work early, then sit in the parking lot and meditate."

Choose something specific to focus on. It can be your breath, a saying or "mantra" that you repeat, or something you can fix your gaze on. "If you're anxious, pay attention to your feet because your feet are an anxiety-free zone," suggests Jud Brewer, M.D., director of research and innovation at the Brown University Mindfulness Center and associate professor of psychiatry at Brown's medical school.

Next, Brewer instructs to ask yourself simple questions about what you're focusing on, such as "Which foot feels warmer ... or tingly-er right now?" As he explains, it doesn't matter at all

### Share our good news:



Download this Newsletter as PDF

### September Recipe Spotlight:

### Apple Spice Muffins



#### Ingredients:

- 1 ¾ cups white whole-wheat flour
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- ¼ teaspoon ground cloves
- ½ cup granulated sugar
- 8 tablespoons unsalted butter (1 stick), melted and at room temperature
- ½ cup crème fraîche, at room temperature
- ½ cup reduced-fat milk, at room temperature
- 2 large eggs
- 1 tablespoon vanilla extract
- ¾ cup dried cranberries or raisins, divided
- 3 ½ cups finely chopped peeled Granny Smith apples (2-3 large)
- 1 cup rolled oats Crumb Topping
- ¾ cup rolled oats
- ½ cup white whole-wheat flour
- 1 teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 4 tablespoons unsalted butter (1/2 stick), melted
- 3 tablespoons honey
- 2 teaspoons vanilla extract

#### Instructions:

Position racks in upper and lower thirds of oven; preheat to 350 degrees F. Line 20 muffin cups with paper liners.

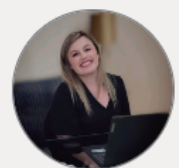
To prepare batter: Sift 1 ¾ cups flour, baking powder, 2 teaspoons cinnamon, ginger, baking soda, 1/2 teaspoon salt and cloves into a mixing bowl. Add sugar and 8 tablespoons butter and stir to combine. Add crème fraîche, milk, eggs and 1 tablespoon vanilla; beat on low speed for 10 to 15 seconds. Increase speed to medium-high and beat until light and fluffy, about 20 seconds.

Chop about half the cranberries (or raisins) into small pieces. Fold all the cranberries (or raisins), apples and 1 cup oats into the batter. Divide the batter amo

### Collaborators



Amy Jordan



Jada Byrne