

# AUGUST The Canopy Newsletter

The Canopy at Beacon Woods | 14025 Little Rd  
Hudson, FL 34667

📅 August 4, 2023

## Celebrating August

Independence Day

Lung Cancer Awareness Month

National Chocolate Chip Cookie Day

We're excited to celebrate once our Community opens in October.

## Virtual Dementia Tour

The Virtual Dementia Tour temporarily alters participants' physical and sensory abilities using sensory tools and instruction based on research conducted by P.K. Beville, geriatric specialist and founder of Second Wind Dreams®.

When used regularly, the Virtual Dementia Tour has been shown

to decrease psychoactive medication and acute hospitalization for behavioral incidents.

The Virtual Dementia Tour offers hope by providing practical ways to provide insight and support.

More than 3 million people have experienced the Virtual Dementia Tour and it is used in a variety of settings including healthcare, higher education, and the community.

The Virtual Dementia Tour meets and exceeds federal mandates for additional training for every healthcare entity providing care to people with memory impairments.

Trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The Tour enables caregivers to experience for

themselves the physical and mental challenges those with dementia face, and use the experience to provide better person-centered care. And here's another special feature...

proceeds from the Virtual Dementia Tour are used to fulfill the mission of Second Wind Dreams to make dreams come true for elders who live in long-term care.

## Fit & Fabulous



Selecting the right exercise options Though finding the time and motivation to get moving can be a challenge, there are a number of great ways to get active, sufficient for virtually every budget,

schedule, and physical capacity. Below are some options and ideas to help you or your loved ones get started – and get inspired.

At the gym or senior center. Some great senior-friendly options that can be done either individually or in a group setting include: water or floor aerobics, stretching, yoga, pilates, tai chi, golf, tennis, racquetball, swimming, cycling, or weights. The nice aspect about group classes is that the instructor will assist in adapting the exercises for each individual's body and capabilities throughout the class.

Exercises to try out at home. Several of the activities mentioned above can be adjusted for the house (such as yoga, tai chi, stretching, etc.). Some additional ideas include walking or biking around the neighborhood (these can also be great in a group), or even tasks around the house (cleaning, gardening, laundry, walking up stairs, etc.), as well as resistance bands, dancing, or exercise videos.

Mental health exercises. Though physical activity is a vital aspect of healthy aging, mental aspects of health certainly shouldn't be ignored. Taking part in the right mental health activities can improve mood and stress levels. In addition to the combined mentally and physically stimulating activities like yoga, pilates, tai chi, or walking and cycling in nature,

[Seniorsafetyadvice.com](http://Seniorsafetyadvice.com)

## More Articles

### The Caregiver's Dilemma: Knowing When to Prioritize Self-Care and Reconnect as a Loved One

The growing responsibility of caregiving has become an increasingly common reality for many individuals who find themselves taking care of their elderly loved ones. As ...

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### SPiRiT: Enriching Memories – Atlas Senior Living's Memory Care Program

📅 July 13, 2023    💬 No Comments

Memory care is a crucial aspect of senior living communities, especially for individuals dealing with cognitive impairments or conditions such as Alzheimer's disease. At Atlas ...

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## August Recipe Spotlight: Summer Greek Salad



### Ingredients

- 6 tablespoons Extra Virgin Olive Oil
- 2 tablespoons Fresh Lemon Juice
- ½ teaspoon Garlic (fresh chopped)
- 1 teaspoon Red Wine Vinegar
- ½ teaspoon Dried Oregano (or 1 teaspoon chopped fresh oregano)
- ½ teaspoon Dried Dill (or 1 teaspoon chopped fresh dill) add Salt (and freshly ground black pepper)
- 3 Large Plum Tomatoes (seeded, coarsely chopped)
- ¾ Cucumber (peeled, seeded, coarsely chopped)
- ½ Red Onion (peeled, chopped)
- 1 Bell Pepper (seeded, coarsely chopped)
- ½ cup Black Olives (pitted, preferably brine-cured, coarsely chopped)
- 1 heaping half cup Feta Cheese (crumbled)

### Instructions:

Mix in a bowl

## Brain Spark



### Weighing the Evidence

The Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) study is often cited in favor of brain training's benefits for older people. The trial included more than 2,800 people, ages 65 and up. Researchers designed it to test whether different kinds of brain training could help people stay independent with age by improving their mental abilities.

Overall, the findings showed that several weeks of brain training worked. People generally got better at the skill their training targeted. So, those who trained to do visual searches quickly got faster at them. Those who worked on problem-solving usually improved in that area. Memory training led to some improvements, too, though less often.

WebMD

## Collaborators



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