

# JULY The Canopy Newsletter

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

August 1, 2023

## Celebrating July

Independence Day  
July 4

National Friendship Day  
July 30

### RESIDENTS BIRTHDAYS

We are excited to opening up our Community in a few months to be able to celebrate our Resident Birthdays.

## July Event Spotlights

## Dog Days of Summer Ice Cream Social



One of the great opportunities we find in opening a new building is how to best convey what are culture is all about. The Canopy at Beacon Woods will be a pet friendly Community. This means that if you live with us, you will have your fur baby by your side. Also, having different animals coming in to our Community for our residents to look at, learn about and pet, will be a big part of our programming. We know, from studies

conducted, that animals help to decrease loneliness, blood pressure as well as solving for loneliness in the senior population.

### Why Pets Are Good for the Elderly

A peer-reviewed study cited by the U.S. National Institutes of Health notes that human-pet interaction is a key component to good health and well-being in older adults.

### Pets can be incredibly beneficial for the elderly for a variety of reasons:

**Companionship:** Pets provide companionship, which can be especially important for elderly individuals who may live alone or far from family. They can help alleviate feelings of loneliness and isolation.  
**Routine:** Having a pet can provide a routine, as they require feeding, exercise, and care. This can give structure and purpose to an elderly person's day.

**Physical Activity:** Pets, especially dogs, require exercise which can encourage elderly individuals to stay active and mobile. This can help maintain their physical health.

**Mental Health:** Interacting with pets has been shown to reduce stress and anxiety.

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



## July Recipe Spotlight: Banana Pancakes



### Ingredients for 4 servings:

2 large ripe bananas • 2 eggs • 1 teaspoon vanilla extract • 1 teaspoon cinnamon

**Instructions:** In a bowl, mash bananas. Mix in the egg, then vanilla and cinnamon. Pour pancake batter in ¼ cup (60 ml) amounts on a griddle or skillet over medium-high heat. Cook until bubbles pop on the surface of the pancake, then flip and cook the other side. Enjoy!

## 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



Amy Jordan



Jada Byrne

## 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

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