

Life+Style

Summer
June 2024

Maravilla at the Domain
Independent Living



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Community Happenings



Incredible Egg Drop Challenge

3pm Austin Room

Get a team together to construct a contraption that will protect an egg when dropped from a high distance. Eggs and supplies provided. The drop will occur on June 13 from our tallest ladder.



Brain Health Presentation with Paul Linson, Nurse Practitioner

10:45am Austin Room

Join us for a lecture that offers the newest information about lifestyle behaviors that can impact brain health. You will learn about the tools needed to optimize daily brain performance.



Father's Day Celebration

1pm in the front parking lot

Get your heart racing and meet the motorcycle sports club affiliated with our very own Johnnie Tyler. Learn about the history of this bike club and how they fell in love with the sound and feel of their bikes and how they contribute back to the community.



Juneteenth and the Civil Rights Movement in the 1960's in Austin

3:30pm in the Austin Room

Come learn about the history and significance of the Civil Rights movement in Austin in the 1960's and the history of segregation in Austin. With Bettye Taylor and faith leaders from the Union of Black Episcopalians.



Get a Taste of the Good Life with Special Guest Performers *Swing Shift*

1pm-3pm First Floor

Enjoy an Italian themed afternoon with a chef demo, bocce ball, grappa wine, olive tasting viewing of a documentary about Sardinia (a blue zone community) how to make a lemon drop, and much more.



Last Month's Wrap-Up

Maravilla
@ THE DOMAIN



Celebrations!

Birthdays

Rusty O 6/1
Jeanette A 6/2
Fred W 6/3
Mary T 6/4
Robyn J 6/17
Jane C 6/10
Jane B 6/20
Margot M 6/23

Sandra P 6/25
Marshall S 6/27
Betty C 6/28
Marianne W 6/28
James C 6/30
Jeannette S 6/30



Water: Your Lifeline to Health

By Celynn Morin



Water is essential, not just beneficial, for your health. It acts as a lubricant for your joints and keeps your skin radiant. More crucially, it aids in transporting vital nutrients and oxygen to your cells and ensures the efficient removal of waste by your kidneys.



As seniors, staying hydrated is critical yet challenging due to diminished thirst and changes in body composition that reduce water reserves. Additionally, many medications can dehydrate the body further. Embrace hydration as a part of your daily routine and celebrate the life you live with each healthy choice you make.



How Much Water Do I Need?

How much water do you need? An approximate guideline is to drink 8 ounces of water for every 22 pounds of body weight, daily. However, individual needs can vary, especially if you are on medications like diuretics. Consult your healthcare provider for tailored advice.

Enjoying herbal teas can boost your hydration without extra calories. For more practical tips, scan the QR code to access the Wellculator

Express
Program
Module 4 -
Hydration.



Foods that Support Gut Health

By: Amanda Archibald

FreshZest™

Your gut is like a garden, vibrant and alive with tiny organisms that are essential for your well-being. Nurturing it is crucial for optimal health. Let's explore how to seed and feed your gut for optimal health.



Seeding your gut with good bacteria is the first step. By maintaining its health, you create an environment

where beneficial bacteria can thrive. Aim to include one probiotic-rich food in your daily diet, like yogurt, kefir, or sauerkraut. These foods introduce beneficial bacteria to your gut, helping to crowd out harmful ones.



Once you've seeded your gut, it's time to **feed those good bacteria**. This is where prebiotic-rich

ingredients come into play. Prebiotics are like fertilizer for your gut, nourishing the beneficial bacteria already present.

By seeding and feeding your gut with care, you can promote a thriving ecosystem within your body. Just like a well-tended garden blossoms with beauty and abundance, so too will your gut flourish with health and vitality.

LET'S ADD ON TO OUR BASIC TOOLBOX WITH THESE SUPPORTIVE FOODS



Fruits

Blueberries
Guava
Pomegranate

Vegetables

Green Peas
Parsnip
Winter Squash

Legumes

Split Peas

Probiotic Rich

Buttermilk
Kefir
Kimchi
Kombucha
Miso
Sauerkraut
Soy Sauce
Tempeh
Natural Yogurt

Prebiotic Rich

Apples
Asparagus
Burdock Root
Chicory
Dandelion Greens
Eggplant
Endive
Honey
Jicama
Radicchio
Sunchoke

Challenge: Identify which foods you currently enjoy and which foods you would be willing to add to your diet.

Strengthen Your Daily Life with Pull Exercises

By Amanda Archibald & Celynn Morin

Maintaining strength in our upper body becomes crucial for maintaining our autonomy. This June, we're shining a spotlight on Fundamental Movement #5 – The Pull: An essential part of our wellness offering tailored for our vibrant community of residents.

Why Pull Exercises Are Essential

Pull exercises help strengthen your muscles, making your body more capable and robust. Several of our day to day activities require use of the muscle groups that are engaged when working on your pull exercises.

The pull fundamental movement is essential because it targets, strengthens and balances key muscle groups, improves posture, grip strength, cardiovascular health, and reduces pain.

Pull exercises strengthen your ability to handle daily tasks with more ease. What once seemed challenging, like lifting a heavy pot or picking up your Amazon package, becomes more manageable, helping you maintain or improve your mobility and minimize risk of injury.

How to Integrate Pull Exercises

Integrating basic pull exercises into your routine is straightforward. Need some inspiration? Explore simple and effective strategies in Module Five of our FUNdamental Fitness Program. Spend 12 minutes with Darryl as he guides you through an introduction to this fundamental movement, practice exercises and practical application.



Scan the QR code to get started!



Mind



Be Good To Your Brain

Celebrate Brain Health Month with Senior Resource Group! We're dedicated to promoting mental well-being by integrating brain and body exercises into our fitness classes. Enjoy enlightening TED talks on brain health, and participate in an interactive live brain health workshop. Join us for a month filled with activities designed to enhance your cognitive vitality and overall wellness. Don't miss this opportunity to engage your mind, invigorate your body, and connect with a community committed to lifelong brain health!

Body



ZestFit: Aerobics

Join us for a lively aerobics class designed to boost your energy and improve your overall well-being! Our routines are adaptable and can be performed either seated or standing, ensuring a comfortable experience for everyone. Enjoy a fun and supportive environment where you can enhance your flexibility, strength, and cardiovascular health. With easy-to-follow movements set to uplifting music, this class is perfect for anyone looking to stay active and healthy. Come and be part of a community that values fitness and fun!

Soul



DIY Skin Care: Natural Face Masks

Join us for an engaging program focused on skin health! Discover the benefits of natural skincare and learn why it's essential for maintaining healthy, glowing skin. Explore how using a face mask after shaving can soothe irritation and replenish moisture for men, while women can enjoy deeply cleansed and hydrated skin. After the presentation, join our hands-on DIY sugar scrub workshop to rejuvenate your skincare routine. Don't miss this chance to pamper yourself and promote radiant skin!

A Word from our Executive Director

I'd like to wish all residents a happy month of June and a pleasant start to the summer season. By way of this month's newsletter article, I want to share with you that Maravilla at the Domain was recently named one of the Top 3 senior living communities in the Southwest Region for 2024 by Seniorly, a national firm that helps seniors identify the best senior living facilities in the United States. Seniorly identified the 334 best senior living communities from a network of more than 60,000 nationwide and Maravilla was selected as one of the top three in the Southwest United States. We are very proud to receive this recognition and want you to know that we will always be fervently committed to your satisfaction as well as maintaining the highest quality standards possible. You may also know that in March of 2023, we received the distinguished Commission on Accreditation of Rehabilitation Facilities (CARF) highest level of accreditation. CARF accreditation has been the recognized benchmark of excellent health and human services for more than 50 years and our CARF accreditation demonstrates our dedication and commitment to you. Should you have any questions or concerns, please know my door is always open for you.



Staff Directory

Mark Ranno,
Executive Director

Alex Burdette,
Executive Chef

Aliza Orent,
Zest Director

Brian Burris,
Maintenance Director

James Ardoin,
Enliven Director

Angela McCalister,
Housekeeping Director

Kit Baumann &
Raquel Hebben, Sales
Directors

Sarah Bailey,
Human Resources Director

Manuel Aguilar,
Business Office Manager

Tim Murphy &
Jay Scheuer, Dining Room
Managers

Emily Vaughan,
AL Director

Maravilla
@ THE DOMAIN

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For over 35 years, we've been developing and operating award-winning senior living communities throughout the United States. Although we're known for our distinctive designs and innovative amenities, SRG communities are fueled by passion. We're truly driven by the desire to create environments that enhance the quality of people's lives - now and in the future.

