

# Life+Style

Summer  
August 2024

Peninsula Del Rey  
Newsletter



*Your lifestyle  
continues here*

**Zest**  
MIND • BODY • SOUL

# Community Happenings



## **Sip and Paint**

2:00pm | Programs Room

Enjoy a nice afternoon with friends as you sip and paint. Just bring your creativity and we will provide the rest. Sign-up on **ZestConnect**.



## **James Bond Movie Marathon**

10:00am | Theater

Check out 007 in action in seven of the best James Bond movies including Casino Royale and On Her Majesty's Secret Service. Sign-up on **ZestConnect**.



## **An Evening with Lee Allen**

4:00pm | Galleria

Enjoy an hour of spirited and uplifting music that captures the heart and soul of jazz, while sipping on a glass of wine with friends. Sign-up on **ZestConnect**.



## **Casino Royale**

2:00pm | Community

A night that will include live music, surprises, and secret agents. Guests are encouraged to dress in black tie or channel their inner Bond character. The event supports a worthy cause and may include Casino type games and raffles. Sign-up on **ZestConnect**.



## **National Beach Day**

10:30am | Valet

The holiday is meant to raise awareness about the beauty of beaches as well as the importance of keeping them clean and safe. The date is placed at the end of the summer season to remind us to make the most of the coast before the weather turns to Fall. Sign-up on **ZestConnect**.



# Your Community Spotlights

## Employee Spotlight



Meet Zenaida C., Receptionist. Zenaida was born and raised in the Philippines. She went to University of Santo Thomas in the Manila, Philippines and studied to be a midwife before coming to the US in 1988. Zenaida has 3 children; they all have their own families, and she is a proud grandma to 9 grandkids. In her free time, she likes to go hiking, go to the beach, and seeing and playing with her grandkids. She also likes to dance; she does of ball room dancing. Favorite food is Asian, Thai, Korean food. What she like about working in PDR is getting to know residents and learn about their life experience

Meet: Clifford L. Clifford was born and raised in SF. He went St. Mary's School, Marina Middle School, and Galileo High School, and later City College of San Francisco. He has 2 children, daughter and a son, they both live in the bay area. Before PDR, he worked in his family bakery in Chinatown until it was sold in 1985. After the bakery got sold, he worked in the grocery store business until January of this year. His favorite hobbies are he likes to fix cars. In his free time, he likes to go and search on the internet. He also likes to hang out with friends and watch sports on TV. He likes Chinese Cantonese food; He looks forward to going to outings and have better health.

## Resident Spotlight



## Celebrations!

### August Birthdays

#### RESIDENT BIRTHDAYS

Jung, P	8/1
Van Zandt, M	8/1
Louie, J	8/3
Iwasa, I	8/5
Sheppard, R	8/8

Huey, H	8/8
Schultz, J	8/9
Diaz, C	8/12
West, P	8/24
Chow, M	8/24
Dinner, S	8/28



# Sweet Dreams: Sleep Strategies for Seniors

By Celynn Morin



As the years pass on, you might notice that you toss and turn more, wake up earlier, or need to rest more during the day. Lack of sleep is common among seniors and can lead to memory issues, difficulty focusing, mood swings, falls, and weakened immunity. Adjusting our rest habits can enhance our sleep quality and daytime vitality.



Insomnia, the most common sleep disorder in those over 60, makes falling and staying asleep difficult. Sleep apnea, where breathing repeatedly stops during sleep, can lead to serious health problems if untreated. If you feel extra sleepy during the day or snore loudly, consult your doctor. Make your bedroom a sleep zone—if you're awake 20 minutes after lying down, get up and return only when you feel sleepy.

**Morning  
sunlight  
exposure helps  
regulate your  
sleep-wake  
cycle.**

## *Consider sensory strategies to aid sleep:*

- **Sight:** Reduce bright light exposure in the evening to boost melatonin production.
- **Hearing:** Gentle sounds or music can help you fall back asleep.
- **Smell & Breathing:** Aromatherapy and deep breathing exercises can induce calm.
- **Taste:** Herbal teas can signal the end of the day without caffeine or sugar.

**Join us for Module 6 on the Wellculator Online Program to explore practical ways to enhance your ability to rest well.**

Scan the QR Code to access the Wellculator and learn more!



# Unleash Your Inner Power: Supercharge Your Mitochondrial Energy

By: Amanda Archibald

FreshZest™



Imagine your body as an intricate, finely-tuned machine that constantly requires energy to function. Deep within your cells, there are tiny powerhouses called mitochondria, which play a pivotal role in converting the food you eat into energy. This energy fuels essential activities such as walking, thinking, and even the beating of your heart.

Ensuring these mitochondria operate efficiently is crucial for maintaining overall vitality and well-being. Mitochondria perform the remarkable task of transforming nutrients into ATP (adenosine triphosphate), the primary energy currency of your body. When these mitochondria are functioning optimally, they efficiently generate energy. A balanced diet that includes a variety of vitamins and minerals, particularly B vitamins, is essential to support this energy production process. B vitamins are found abundantly in foods like animal proteins and whole grains, which are part of the Foundation Ingredient Toolbox. By incorporating both of these food groups into your diet, you can optimize your intake of essential nutrients needed for efficient energy production within your cells.

## LET'S ADD THESE IMMUNE ENHANCING INGREDIENTS TO OUR BASIC TOOLBOX

### Animal Protein

Beef Liver  
Chicken Liver  
Gruyere Cheese  
Lamb Liver  
Parmesan Cheese  
Ricotta Cheese

### Herbs

Parsley

### Other

Sesame Oil

### Seafood

Catfish  
Cod  
Crab  
Halibut  
Herring  
Mackerel  
Red Snapper  
Rockfish  
Sardines  
Trout

### Nuts

Macadamia

### Vegetables

Acorn Squash  
Asparagus  
Bell Peppers - All  
Butternut Squash  
Carrots  
Chicory  
Escarole  
Potatoes

### Legumes

Green Peas  
Snow Peas  
Split Peas

### Fruits

Cantaloupe  
Cherries (Acerola)  
Grapefruit  
Kiwi  
Lemons  
Limes  
Papaya  
Sweet Corn

### Grains

Rice Bran  
White Rice  
Wild Rice



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

# The Reach Exercise for Everyday Life

By Amanda Archibald & Celynn Morin



In August, we're focusing on exercises that help you reach with ease and confidence. Reach exercises help you maintain freedom of movement in your shoulders, upper back, and arms. They increase your range of motion, making upper body movements smoother and less restrictive.

## Daily Examples of Using a “Reach” Motion

1. **Reaching High Shelves:** Getting items from kitchen cabinets or closets.
2. **Picking Up Objects:** Bending to pick up something from the floor.
3. **At Home:** Opening and closing curtains or shades.
4. **Grocery Shopping:** Reaching for products on high or low shelves.
5. **Gardening:** Pruning plants or picking fruits and vegetables.
6. **Personal Care:** Brushing your hair or reaching behind to fasten clothing.
7. **Social Interactions:** Waving hello or giving someone a hug.

## Why Bother with Reach Exercises?

Exercises that improve your strength and flexibility are important regardless of age. Maintaining upper body strength and flexibility helps you stay independent and perform daily tasks with ease. It also reduces the risk of injuries from strains or falls. By incorporating the Reach Exercise into your routine, you ensure that your upper body remains strong and capable, enhancing your overall quality of life.

Explore simple, effective and easily adaptable ways to try out the reach exercises for yourself in Module Seven of our FUNdamental Fitness Program. Spend a few minutes with Darryl every day to enhance mobility and flexibility in your life every day.



Scan the QR code to get started!

## What Do Reach Exercises Look Like?

- **Forward and Backward Reaches:** Reaching your arm forward and down, or backward and down to simulate picking up something from behind you.
- **Side Reaches:** Reaching to the side or across your body to simulate picking up something next to you.
- **Rotation Reaches:** Twist from your core to gently reach behind you or across your body





Mind



## Dive Into History

Join us for an exciting history lecture, where we delve into fascinating events and figures that have shaped our world. This engaging session not only offers a chance to expand your knowledge but also provides a deeper understanding of the past, helping us appreciate the present and make informed decisions for the future. Come connect with fellow residents, share your insights, and enjoy stimulating discussions that bring history to life. We look forward to seeing you there!

Body



## ZestFit: Move and Flex

As we age, our bodies undergo various changes that can affect our mobility and balance. This can lead to a higher risk of falls and injuries. However with the right training and exercises we can improve mobility and reduce risk of falls. Mobility training is a type of exercise that focuses on improving flexibility, strength, and balance. Try our mobility training class, ZestFit: Move and Flex to improve your flexibility and mobility

Soul



## Actors Showcase

Get ready to showcase your theatrical talents at our upcoming Actors Showcase event! Each community has the unique opportunity to put their spin on this exciting event, whether it's through a readers theater group doing a table read or residents putting on a full play. This is your chance to shine on stage, share your love for acting, and entertain your fellow residents. No prior experience is needed – just bring your enthusiasm and creativity. Join us and be part of an unforgettable performance!

# Staff Directory

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PENINSULA DEL REY  
AN SRG SENIOR LIVING COMMUNITY

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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.



The Art & Science of WellBeing  
Zest. For Life.