

# Life+Style

Summer  
August 2024

The Heritage Tradition  
Independent Living



*Your lifestyle  
continues here*

Zest  
MIND • BODY • SOUL

# Community Happenings

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## **Trip to see Cinderella at Hale Theater**

Meet in the lobby at 2:15 pm

Experience the timeless tale of a young woman and her fairy godmother and one enchanted morning you'll never forget! Join us for this Rodgers & Hammerstein's musical.

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## **Celebrate National Root beer Float Day!**

12:00 noon in the Atrium

Come and enjoy a classic treat while mingling with neighbors and making new friends. A delightful afternoon of fun, friends and delicious root beer floats. Put on your wackiest, wildest and funky sunglasses for an afternoon of fun at our summer photo booth.

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## **National Wellness Health Fair**

10:00 - 12:00 in the Atrium

Celebrate wellness and take charge of your health at our Community Wellness Health Fair! Explore a variety of health and wellness activities, including, nutrition advice, free health screenings, healthy living resources and more!

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## **National Senior Citizen's Day Fun!**

2:30 pm in Heritage Hall

What a great way to celebrate Senior Day, with community horse races! We know how much you love this game, be ready with your betting sheets, you can't win if you don't play. Spectators are always welcome to join the fun!

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## **Painting with Cindy**

10:00 am in the Craft Room

Unleash your creativity and join us for a fun-filled painting class with friends. Whether you're an experienced artist or just looking to try something new, this class is perfect for everyone! All materials will be provided and Cindy, will guide you through creating your very own masterpiece.



# Your Community Spotlights

## Employee Spotlight



This month we spotlight Imani Hayes, a Med Tech with The Legacy. Imani, born in Milwaukee, WI has worked at The Legacy for six years. Imani has four older sisters and her mom, who lives in Wisconsin. Imani has one cat and a new puppy named Malibu. When not working, Imani enjoys reading, cooking, swimming and spending time with her nieces and nephews. She loves helping people and definitely loves working with the residents! She really loves being here to help the residents and enjoys being able to make a difference in their lives!

Please join me in welcoming Barbara Largomarsino to the community. Born in Kentucky, Barbara retired to SC before deciding to make AZ her permanent home. Barbara has a degree in Elementary Education from Morehead University, where she met her husband. She and her late husband raised three kids in NJ. Barbara enjoyed horse back riding and was a member of the Hilton Head Animal Association. She still sponsors two thoroughbred race horses. Barbara is a dog lover and also enjoys shopping, shopping and more shopping! Thanks for choosing The Heritage Tradition as your home!

## Resident Spotlight



# Celebrations!

## Birthdays

1 I. Merrill  
2 D. Friedman  
3 G. Allds  
5 R. Wertz  
6 J. Kane  
13 L. Cryer  
13 D. Reinhardt

13 B. McCurdy  
14 G. Decker  
14 B. Elliot  
15 C. Shanks  
15 D. Crosby  
17 P. Rolfe  
18 J. Vandaalen  
20 B. Struthers

21 M. Rivera  
22 V. Casstevens  
22 M. Rubendunst  
22 H. Trangsrud  
23 R. Gliot  
24 B. Shanks  
25 N. Smessaert

25 A. Ashbeck  
27 S. Compton  
27 J. Owens  
29 L. Lucchetti  
29 C. McGarity



# 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!

# A Word from our Executive Director

Welcome to August which is also National Wellness Month. Our wonderful Zest team will work throughout the month on a number of different wellness subjects and events. We are just finishing the Annual Tour De Zest and we have high hopes for a good finish. There are also links to our resident wellculator in newsletters and the Zest office so please stop in and get some information. Congratulations goes out to Chef Rapha for a third place finish in the SRG Culinary Creation Competition which covered all areas of Dining. As always please stay hydrated and out of the heat this month and Thank You for choosing The Heritage Tradition.



## Staff Directory

Mike Dockham, Executive Director

Cindy Starr, Business Office Manager

Joan Vere, Zest Director

Brandi King, Director of Assisted Living

Karen Ashfield, Sales Director

Debbie Josephson, Sales Counselor

Betsi Bassett, Sales Coordinator

Raphaud Gouribera, Executive Chef

Marcus Edwards, Maintenance Director

Marisol Mandera, Housekeeping Director

Diana Nolasco, Dining Room Manager

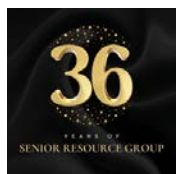
## The Heritage

AN SRG SENIOR LIVING COMMUNITY

[www.srgseniorliving.com](http://www.srgseniorliving.com)  
(623) 546-9500

19303 N. New Tradition Road  
Sun City West, AZ 85375

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.**