

# Life+Style

Summer  
July 2024

The Village at Northridge  
Independent & Assisted Living



*Your lifestyle  
continues here*

# Community Happenings



## **4th of July BBQ**

11:30am | IL Dining Room

Let freedom ring at TVN this 4th of July! Join us for a sizzling 4th of July BBQ as we commemorate this special day with good food, great company, and an amazing patriotic singing group you won't want to miss!



## **Beach Themed Mixology Class**

2:00pm | Internet Cafe

Shake Up Your Summer with Our Summer Themed Mixology Class! Mix and mingle with fellow cocktail enthusiasts as you sip on your handcrafted creations and soak in the laid-back summer vibes.



## **Summer Pool Party**

11:30am | Pool

Let's make a splash and celebrate summer at TVN! Get ready to soak up the sun and make a splash at our Community Pool Party! Join us for an afternoon of endless fun, games, refreshing drinks, and mouthwatering summer snacks! Don't miss out on all the fun!



## **Kitchen Tour with Executive Chef**

11:00am & 1:00pm | Bar

Step behind the scenes for an exclusive tour led by our Executive Chef, where you'll get an insider's look at the heart and soul of our culinary operations. There will be two time slots for the tour, please register with the Zest Department to secure a spot.



## **Summer Concert at the Roundabout**

1:00pm | Roundabout

Summer Vibes & Smooth Grooves Await! Join us for a live performance with The Ralph Mathis Band that will have you dancing all afternoon long. Come ready to sip refreshing Pina Coladas and let the music transport you to paradise!





# Your Community Spotlights



Marilee grew up and went to college at L.A. State (now Cal State Los Angeles). From there Marilee went on to teaching in the Pasadena Unified School District. She enjoys writing short stories, and pencil drawing. Wendy was born in Illinois. She taught elementary school for thirty-eight years in Altadena. Additionally, she was very much involved in Gay and Lesbian rights in the 1970's and 1980's. Wendy has enjoyed photographing thoroughbred racehorses professionally for about fifteen years. Her photographic work was both on the track and on the farms in California and Arizona. Wendy and Marilee, have been together for nearly forty years, and are currently enjoying their time at TVN, while making new friends and enjoying new experiences!

## Resident Spotlight



## Celebrations!

### July Birthdays!

Irene S. 7/1

David A. 7/7

Rae F. 7/12

Arda S. 7/27

William P. 7/31

Carol B. 7/1

Ethel G. 7/7

Tedra W. 7/13

Don L. 7/27

Allan S. 7/31

Nicole L. 7/1

Suzanne R. 7/7

Judith L. 7/18

Jackie M. 7/27

Gaye B. 7/2

Nathan S. 7/10

Jean S. 7/20

Sharon H. 7/30

William M. 7/4

Jill S. 7/11

Rea N. 7/23

Jack G. 7/31

Edward K. 7/5

William C. 7/11

Lucy P. 7/25

Mary S. 7/31



# Know Your Health Numbers: Medical Must-Dos for a Healthy Life

By Celynn Morin



As we grow older, maintaining our health becomes essential to enjoying life with peace of mind and vitality. Regular health check-ups enable us to anticipate potential issues, empowering us to fully enjoy each day. Prevention truly is better than cure. Beyond numbers, the goal is to enhance the quality of life.



Embrace the Tibetan secret to longevity: "Eat half, walk double, laugh triple, and love without measure." Each day is an opportunity to improve your health and spirit. Start small, with a new healthy recipe or a walk in the park. Celebrate your health with regular check-ups, nutritious meals, time spent in nature and with loved ones. Here's to a life filled with health and happiness!

**"Eat half, walk double, laugh triple, and love without measure."**

## *Key Health Indicators to Monitor*

- **Cholesterol:** Keeping an eye on your lipid profile helps maintain heart health.
- **Blood Glucose:** Regular HbA1C tests provide insight into long-term blood sugar levels.
- **Blood Pressure:** Monitoring this can prevent circulatory problems.

## *Healthy Living Tips*

- **Stay Informed:** Keep up with the latest health screenings
- **Eat Well:** A diet rich in various plant-based foods supports overall wellness.
- **Seek Professional Guidance:** Work with healthcare providers who understand lifestyle medicine to personalize your health journey.

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





# Boost Your Immunity: Essential Nutrients for a Healthy Defense

By: Amanda Archibald

FreshZest™



We are building the framework for a nutritious diet. Each month, we highlight key ingredients crucial for health. In the Spring, we emphasized laying a strong foundation by incorporating foods that bolster cellular defense and detoxification. Now, with this groundwork set, our focus shifts to boosting health by integrating nutrient-dense

foods that enhance immune function. A robust immune system defends against illness by combating invaders such as bacteria and viruses. Essential nutrients like Vitamins A, D, and C, as well as minerals such as zinc, selenium, and Omega-3 fatty acids, play vital roles in supporting this immune response. Below are foods rich in nutrients that will enhance your immune function. Choose your favorites and incorporate them into your daily diet.



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

### Animal Protein

Beef Liver  
Lamb Liver

### Seafood

Herring  
Macarel  
Sardines  
Shrimp

### Vegetables

Bell Peppers  
Carrots  
Dandelion Greens  
Potatoes  
Winter Squash

### Fruits

Cantaloupe  
Cherries (Acerola)  
Grapefruit  
Kiwi  
Lemons  
Limes  
Papaya



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

# The Power of The Lift in Daily Life

By Amanda Archibald & Celynn Morin

Think about how many times you perform a lift every day:

## Organizing and Cleaning:

Moving furniture, lifting storage boxes, and handling household objects especially if placing them onto shelves.



## Travel and Recreation:

Handling luggage when traveling, lifting grandchildren or lifting equipment for hobbies, like golf bags or coolers in the Summer.



**Social Activities:** Various tasks like putting away books for the Library Committee or setting up chairs and tables for the Event Set-Up Committee

**Proper lifting techniques can significantly reduce strain and prevent injuries that would otherwise make these daily tasks quite difficult and painful for you.**

"The Lift" isn't about fancy moves or high-energy antics. It's about improving your quality of life and preventing painful and debilitating injuries in a practical way.

Explore simple and effective strategies in Module Six of our FUNdamental Fitness Program. Spend 10 minutes with Darryl as he guides you through this fundamental movement and start enhancing your daily life today.



Scan the QR code to get started!

## Some basic tips to prevent sprains and strains related to daily movements:

- **Lower Back Strain:** When lifting objects, always bend your knees and hips instead of your waist. Keep the load close to your body while lifting to reduce strain on your lower back.
- **Shoulder Injuries:** Before starting any physical task that involves your shoulders, gently warm up with light movements and stretching. This prepares your muscles and joints for activity, reducing the risk of injury.
- **Knee Injuries:** Strengthen your leg muscles with exercises like gentle squats and leg lifts. Strong legs provide better support for your knees during daily movements and activities.
- **Hernias:** Picking up heavy objects without using your core muscles properly can lead to hernias, where internal tissues push through a weak spot in your abdominal wall.

Mind



## Write Your Story: Writing Retreat

Join us for an enriching experience as we set pen to paper to capture the cherished moments of our lives for our loved ones. Writing not only preserves our memories but also enhances our mental clarity, reduces stress, and fosters emotional well-being. Through this creative process, you'll delve into topics such as love, friendship, and happiness. This event is more than just a writing session—it's a journey of reflection and connection. Share your stories, impart your wisdom, and create a lasting legacy that will be treasured for generations. Embrace the power of writing to celebrate your life's journey and to connect with your loved ones in a meaningful and enduring way.

Body



## ZestFit: Tour De Zest

We all know that movement is medicine and that physical activity enhances our well-being. What better way to honor and celebrate our bodies than with a thrilling movement competition? Join us for the fourth annual Tour De Zest, where teams will engage in a dynamic array of movement activities, accumulating points in a spirited quest to claim the coveted trophy. This is more than just a competition—it's a vibrant celebration of community, vitality, and the joy of movement.

Soul



## Summer Afternoon Tea

Experience a delightful Summer Afternoon Tea, where you can unwind and savor an exquisite selection of fine teas, celebrated for their calming and health-boosting properties. Enjoy a variety of delectable treats in a picturesque setting, creating the perfect ambiance to relax and catch up with friends. Savor the flavors of summer while reaping the benefits of tea, including improved mental clarity and reduced stress. This serene afternoon promises a blend of delightful company and refreshing indulgence. We look forward to welcoming you to this summer soiree.

# A Word from our Executive Director

Residents and Families of TVN,  
The month of July marks the midway point of the year. If you're falling short of your New Year's resolutions, you now only have 6 more months of 2024 left!! July is also considered the biggest patriotic party of the year with the celebration of the 4th of July!! Look forward to our TVN celebration along with many other fun summer activities planned. Stay cool, stay hydrated and remember to include a friend to make the most of every July day!!

Executive Director, Tom Rekowski



## Staff Directory

Tom Rekowski, Executive Director

Satina Warner, Human Resources Partner

Lynda Wiggins, Business Office Director

Mary Rose Okahata, LVN, Director of Assisted Living

Karla Medina, Zest Director

Miguel Lopez, Executive Chef

Steven Rubio, Maintenance Director

Tony Rojas, Dining Room Manager

Leigh Ikeda, Housekeeping Director

Maridy S. Curry, Director of Sales

The  
VILLAGE  
AT NORTHRIDGE

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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.

