

# Life + Style

Summer  
August 2024

The Village at Ocotillo  
Independent & Assisted Living



*Your lifestyle  
continues here*

# Community Happenings

01

## **William Shakespeare – The Question of Authorship** by Ken Sorenson

11:00am/ Saguaro Theater

The life and times of William Shakespeare are very interesting because there is a lot that we know and a lot that we don't know. He became well known during his lifetime and after his death. Join Ken and hear about Shakespeare's success.

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## **Empowering Women one sip at a Time : Women's Equality Celebration**

1:30pm/ Living Room/ Bistro

Let's raise our cups to the strength, resilience, and achievements of women around the world. There is no limit to what we, as women, can accomplish.

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## **Ice Cream Sandwich Social**

2:30pm/ Living Room

Join us to cool off with one of our favorite frozen treats. Whether its Vanilla, Strawberry or Neapolitan between two chocolate wafers, these flavors will sure hit the spot on a hot summer day.

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## **As the Pages Turn: Book Lover's Chat**

11:00am Cypress Room

A day for those who can't live without reading a book. Time to read, chat & have a relaxing time . Enjoy Mimosa & Chocolate cookies as you turn the pages with friends.

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## **Meditation & Relaxation** by Tugba

1:30pm/ Saguaro Theater

Enjoy more peace of mind & the many benefits of meditation including less stress, better sleep & more flow in life. Don't miss the opportunity to rejuvenate your mind and body with meditation.



# Your Community Spotlights

## Employee Spotlight



Codi Mesa was born and raised right here in Chandler, AZ. She grew up playing softball and played all through high school. Codi started working at The Village when she was a junior in High School in the restaurant. After high school she attended Northern Arizona University and majored in Communications and Advertising and got a minor in Spanish. The minor in Spanish allowed her to do a study abroad program in Costa Rica where she spent seven weeks immersed in the culture, learning about Costa Rican history, travelling and enjoying the cuisine. After Graduating, she did a six-week backpacking trip through Europe, visiting England, France, the Netherlands, Germany, Italy, and Spain, Madrid was her favorite. Later that year Codi took a trip to Thailand and spend 24 hours in China where she got to see the great wall of China. After her adventurous year of taking different trips, Codi wanted to find her next step in life and find a role where she could grow. The Village then offered her a position as Zest Assistant and she jumped at the opportunity. Less than a year later she was promoted to Zest Director and spent the next three years working in that role. In 2020 Codi met her now Fiancé, Hunter, who is a CPA at Deloitte. In the same year she also got her dog Canyon. After 3 years of dating, Hunter proposed, and Codi and Hunter will be getting married in November.

Beverley was born in St. Paul, Minnesota. She met her first husband, Jerry, while teaching at the United Stewardess School in Cheyenne. They have four sons. After Jerry passed, she met and married Clyde. She now has grandchildren and even great-grandchildren. Beverley has enjoyed working as a stewardess with United Airlines where she was able to travel globally. She also worked as a teacher and a minute clerk for the Senate. Today, she enjoys watching television, listening to music, and playing bingo, bridge and mahjong. Feel free to strike up a conversation to get to know her better.

## Resident Spotlight



# Celebrations!

## Birthdays

Gloria H.	08.01	Martha L.	08.07	Maureen S.	08.16
Jim G.	08.01	David G.	08.08	Francesca D.	08.17
Margot R.	08.02	Jacqueline M.	08.11	Ken C.	08.21
		Egilis L.	08.12	Jana J.	08.26

# 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.

## *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!



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

# 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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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.

