

# Life+Style

Summer  
August 2024

Villa Hermosa  
Newsletter



*Your lifestyle  
continues here*

**Zest**  
MIND • BODY • SOUL

# Community Happenings



## High Stakes Bingo

3:00pm | Belle Starr Saloon

High Stakes Bingo is surely a blast. Come play the regular game your use to for a shot at wining a cash prize. Make sure to bring your \$5 to play.



## Tie-Dye Workshop

1:00pm | Arts & Crafts Room

Get ready to unleash your creativity and add some color to your life! Come to a fun-filled Tie-Dye Workshop. All you need to bring is yourself and a white shirt to dye. Don't miss out on this event.



## Cocktail Hour and Live Entertainment with Peter Davis

2:00pm | Belle Starr Saloon

Come enjoy a drink with your friends and neighbors on a Tuesday afternoon. There will be live entertainment by the energy pumping Peter Davis.



## International Dinner- Greece

5:00pm | Belle Starr Saloon

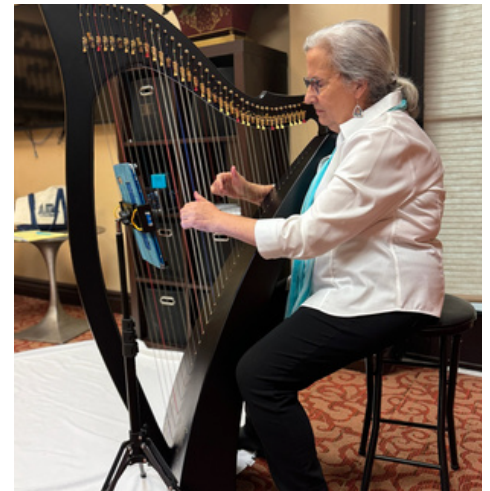
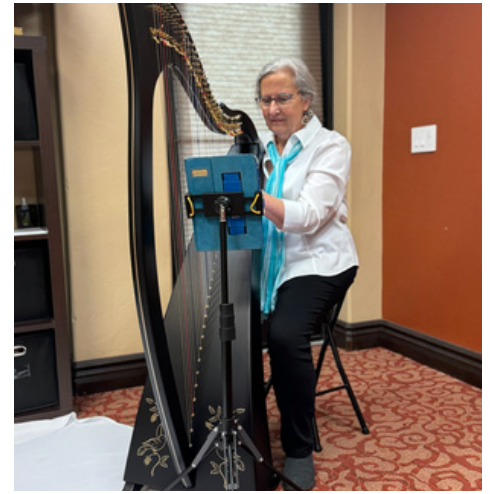
Join us for an evening of delicious flavors and delightful company as we celebrate the rich culinary traditions of Greece!





# Last Month's Wrap-Up

VILLA  
HERMOSA  
AN SRG SENIOR LIVING COMMUNITY



## Celebrations!

### Birthdays

Betsy Bowen - 2nd  
David Reikofski - 4th  
Joanne Small - 9th  
Annetta Brady - 12th  
Pamela Parkinson - 13th  
Sharon Wagner - 13th

Isabel Greene - 18th  
Mickie Sommer - 19th  
William Roberts - 19th  
Renee Dolgoff - 20th  
Jeri Poole - 22nd  
Mary Louise Roberson - 22nd

Miriam Furst - 25th  
Bill Cirrito - 30th



# 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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V I L L A  
HERMOSA

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.

