



Life + Style

Winter
February 2024

Maravilla at Santa Barbara
Independent Living



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

January

Wrap-Up

MARAVILLA

AN SRG SENIOR LIVING COMMUNITY



Community Happenings

February



Grace Fisher short Movie and In Person Presentation : Wed, Feb 7th at 1pm-Theater
In 2014 during her senior year of High School, Grace Fisher's spine was ravaged by a virus leaving her paralyzed from the neck down. She was introduced to music therapy and adaptive art using her mouth. Grace's wish before she turned 18 was to help other children with disabilities through art and music. This is her way to pay it forward to travel to persons who she can tell her story of courage and hope.



Super Bowl Party - 3:30pm Club del Mar Lounge, Sunday February 11th
Keeping the competition alive with party games, like city trivia and football bingo. we are going to bake some football-shaped cookies to hand out as prizes, along with chili, cornbread, popcorn, and cupcakes ...everyone can swing by for a bit and grab and go, do a side bet on whose going to win, and please wear your teams' colors , staff can all dress in jerseys for the day....



Mardi Gras Sing with Steve! Club del Mar 3pm
Start with masks, King Cake, specialty drinks and live music with crooner Steve! We then challenge guests for trivia questions on the history, legends, traditions and foods associated with the weeks-long celebration that is Mardi Gras.



Wednesday, February 21st, 10am pickup - Forrest Bathing at Botanic Garden
Relax, restore, and reconnect with nature and the more-than-human world. Honoring ancient human practices of nature connection we will practice slowing down and observing with all of our senses. As you "bathe" in the fresh air, and immune-boosting phytoncides, you may begin to notice things in a way you may not have ever noticed them before. (This practice is popular in Blue Zone countries)



UCSB Men's Basketball vs. Hawaii
Saturday February 24th | 1pm | Lobby pick up.
College basketball in America is one of the most beloved and followed sports in the country. UC Santa Barbara has a wonderful team and we can't wait to join the crowd in the Thunderdome!



The Art & Science
of WellBeing

Zest. For Life.

The Wellculator™: Small Steps to Big Health

By Celynn Morin (Wellbeing Whisperer)

Navigating health advice can feel like wading through a maze of confusion. For those in the golden years, starting on a new health path can seem daunting, especially when old habits are like comfortable slippers - easy to slip into and hard to replace. Enter the Wellculator™ - a friendly Lifestyle Assessment tailored for seniors, providing clarity amidst the clamor of health advice. This handy tool doesn't just gauge where you stand health-wise; it charts a practical roadmap to enhance your wellbeing with manageable adjustments.

With the Wellculator™, there's no need for drastic changes. The accompanying Express program brings you a collection of videos brimming with actionable insights. They're your personal guide to making the Wellculator™ work for you, fitting snugly into your routine. Why not watch the welcome video and find out what your Wellculator™ score is right now? You can access the program on the Zest app or using this link:
<https://www.celynnmorin.com/srg-residents>.

If your Wellculator™ score has left you pondering your next step, consider embracing the philosophy of tiny habits. Prof. BJ Fogg's concept is simple: start small, anchor new behaviors in your daily life, and celebrate growth. This approach transforms mountainous goals into walkable hills.

Suppose your Wellculator™ score suggests more hydration or stretching could benefit you. Here's how tiny habits might look:

- Pair a glass of water with your morning coffee.
- Integrate five minutes of gentle stretching into your bedtime routine.

It's about consistency, not complexity. Small, daily actions can lead to significant health improvements over time. Also feeling good and celebrating every small step helps to reinforce the behavior!

So, what's your Wellculator™ inspired tiny habit?
What small step will you take towards a healthier life today?
Remember, every big journey begins with a small step.
Let the Wellculator™ guide yours.



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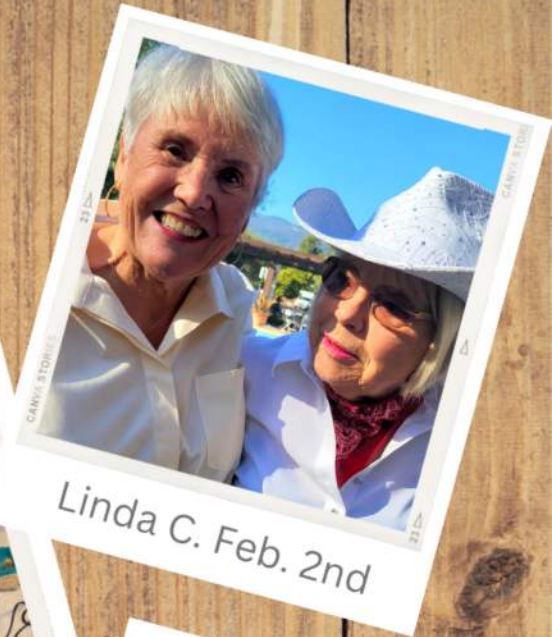
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February Resident Birthdays!

Lou W. - 1st
Linda C. - 2nd
Kenneth D. - 3rd
Sal J. - 8th
Virginia S. - 9th
Paul N. - 11th
Valorie H. - 11th
Rita A. - 12th
Sandra S. - 12th
Carla A. - 14th
Michael D. - 16th
Gery G. - 18th
Libby L. - 19th
Bob B. - 21st
Vera E. - 22nd
Jim G. - 22nd
Emi S. - 25th
Bob M. - 25th
Evelyn Z. - 26th
Susan J. - 26th



Sal J. Feb. 8th



Linda C. Feb. 2nd



Rita A. Feb. 12th



Gery G. Feb. 18th

How Food Drives Your Body's Groove

By Amanda Archibald

In January, we told you that exciting changes are on the horizon. We're introducing a groundbreaking dining experience in March designed to optimize your health from the inside out and it starts with your genes. Now we want to tell you a little bit more about this dining experience.

You, Your Genes and Your Plate

Genes are the remarkable instruction manuals within each of your cells. Genes house your DNA—which is your unique code (or recipe) for life. Picture your genes as the architects of your existence. This genetic blueprint, inherited from your parents, shapes both who you are and how your body functions. Your genetic blueprint does not sit in a drawer. In fact, it is active every moment of every day. Thanks to modern science (genomics), we now know a lot more about how to get the best out of our unique Gene Blueprint to influence our health. And the great news is that a lot of influence comes through the food we consume. Nutrients in your diet and other molecules in your food called bioactives act as signals that can turn genes on or off. This means that you can literally target different aspects of your well-being by choosing food that turn individual genes on or off depending on if, when and whether you need those genes to work.

Examples of Powerful Food-Gene Conversations

Cruciferous vegetables (think cauliflower and arugula) and other nutrient-rich foods have the power to turn on genes that produce potent antioxidants, serving as a front-line defense for your cells and overall health. B vitamin-rich legumes, mangos, oranges, and Brazil nuts can activate genes that help remove harmful molecules from your body. Pumpkin and sesame seeds can boost genes responsible for producing serotonin, the hormone that helps to enhance your mood.

A New Science for Eating and Dining

The science we are describing above is called Nutrigenomics. Nutrigenomics explores how nutrients and information in the food you eat interact with and influence your genes. It's a fascinating "food-gene conversation" that goes beyond just "good for me," allowing you to make food decisions that influence your unique gene instruction manual.

Introducing to the Menu

Starting in March your menu will feature dishes that invite you to savor and experience the potency of gene-influencing foods firsthand. It's a fresh and revolutionary approach to eating, cooking, and dining that links the food you enjoy to your overall well-being.

Get ready for a dive into the world of personalized and health-focused dining.

Learn More about how Food Talks to Your Genes: <https://www.genomickitchen.com/blog/say-hello-to-bioactives>

Staff Directory

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MARAVILLA
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.

