



# Life+Style

Winter  
February 2024

La Siena  
Newsletter



*Your lifestyle  
continues here*

**Zest**  
MIND • BODY • SOUL



February

Wrap-Up

**LA SIENA**  
AN SRG SENIOR LIVING COMMUNITY





# Community Happenings

## February



Piano Concert with Deborah Offenhauser  
February 7 / 3-4P / Fitness & Dance Room

Join us for a piano concert featuring the talented Deborah Offenhauser. Deborah is a world renowned pianist and composer and pianist for many Broadway tours including: Grease, West Side Story, Beauty and the Beast to name a few. She has performed on stage with artists such as Isola Jones, The Moody Blues, and many more! Her shows are exciting, fun and informative and her stories are a delight.



National Send a Card to a Friend Day  
February 8 / 1-2P / Pub

Everyone loves a handwritten note. National Send a Card to a Friend Day is a day people send cards to their friends saying how much they appreciate them. Reaching out to your friends is not only a sweet gesture, it can actually make you happier and healthier too! We'll encourage our residents and staff to join us in writing cards to a friend or two with cards and envelopes provided by us.



Superbowl Watch Party  
February 11 / 4:00 / Pub

From the NFL gameplay and halftime performances, to fun Super Bowl commercials and great football fare prepared by our culinary team, Sunday's biggest game is always a treat and a tradition at La Siena. We'll turn on the large screen tv's and open up the Theater at 4:00P to start the pregame fun. You're invited to gather to watch the game or drop in for a quick snack.



Mardi Gras / February 13 / 11 - 12A / Pub

Grab some beads and a mask when you arrive and join our Mardi Gras celebration! Listen to live jazz music from Rossi Ross while enjoying a delicious selection of Cajun dishes and themed beverages. Join the party as we celebrate Mardi Gras in style at La Siena.



For the Love of Friendship / February 14 / 3:00 - 4P / Pub

Valentines Day gives us the opportunity to celebrate a different kind of relationship: that of the friends in our lives. So we'll distribute written heartfelt messages to a close friend or resident on Valentine's Day. Our social hour will include Peter Davis who will provide entertainment for this elevated social hour with themed appetizers and drink.







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.



# 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>



# Resident Birthdays

**Happy Birthday  
to you !**

**Robert H. - 2nd**

**Charles B. - 4th**

**Nikki A. - 5th**

**Beverly M. - 6th**

**Winnifred A. - 7th**

**Vera D. - 10th**

**Mary G. - 13th**

**Patricia W. - 15th**

**Pushpa G. - 15th**

**Kenneth B. - 21st**

**Rita G. - 21st**

**Edward G. - 24th**

**Carolyn F. - 25th**



**Vera**



**Mary**



**Nikki**



Mind



## SRG Zest Trivia Week

Get ready for a week of intellectual excitement and camaraderie as we present the SRG Trivia Week! Each day, challenge your knowledge with our engaging daily trivia questions, covering a wide range of topics. The highlight of the week is our much-anticipated end-of-week happy hour trivia session – a chance to unwind, socialize, and showcase your trivia prowess. Gather your friends and fellow enthusiasts and join us for an evening of fun and friendly competition. Plus, there are prizes waiting to be claimed by the sharpest minds.

Body



## ZestFit: Cardio Circuit

Cardiovascular exercise, also known as aerobic exercise, has numerous benefits for the cardiovascular system and overall health. Participating in regular cardiovascular exercise can improve your heart health by strengthening the heart and making it more efficient at pumping blood throughout the body. This month try our ZestFit Cardio Circuit class to help improve cardiovascular endurance. Cardio Circuit is a ZestFit Program designed specifically for you by our fitness experts. This class will take you through multiple stations of bodyweight and loaded exercises that will challenge your cardiovascular system no matter your fitness level. As with starting any new fitness program, we recommend consulting your doctor before giving it a try!

Soul



## Edible Art Series: Fruit Bouquets

Indulge your creative cravings with our enticing edible art classes, where we delve into a captivating array of delectable and visually stunning arrangements. This month's session invites you to immerse yourself in the world of edible aesthetics, as you sip on a glass of wine and learn the art of crafting a beautiful fruit bouquet. During the class, relish the opportunity to experiment with different techniques and styles, learning the nuances of presentation that transform ordinary ingredients into extraordinary works of edible art.

# A Word from our Executive Director

*In just the last few months, we have seen many new residents move in to La Siena. So many new faces and new stories to share. It is always hard moving, no matter what your age. Where to go, who to sit with, how to find your mail. We all at one point or another have gone through these same struggles. If you do happen across an unfamiliar face, offer a smile and maybe answer a quick question they might have. You might even end up making a new friend! Invite that new neighbor to join you for happy hour, or one of the other events. We are always looking for more residents to join our new welcoming group to welcome the new neighbors to your "neighborhood". - Jonathan*



## Staff Directory

Jonathan Burningham, Executive Director

Stephanie Wilson, Director of Sales

Sherri Miller, LPN, Director of Assisted living

Mitchell Thomas, Executive Chef

Victor Alvarado, Dining Manager

Deborah Wahl, Zest Director

Carlos Verdin, Maintenance Director

Ramona Valdez, Housekeeping Director

Cheryl Marino, Business Manager

Theresa Tsaninos, HR Coordinator

# LA SIENA

AN SRG SENIOR LIVING COMMUNITY

[www.srgseniorliving.com](http://www.srgseniorliving.com)  
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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.

