



# Life + Style

Winter  
February 2024

La Vida Real  
Independent Living



*Your lifestyle  
continues here*

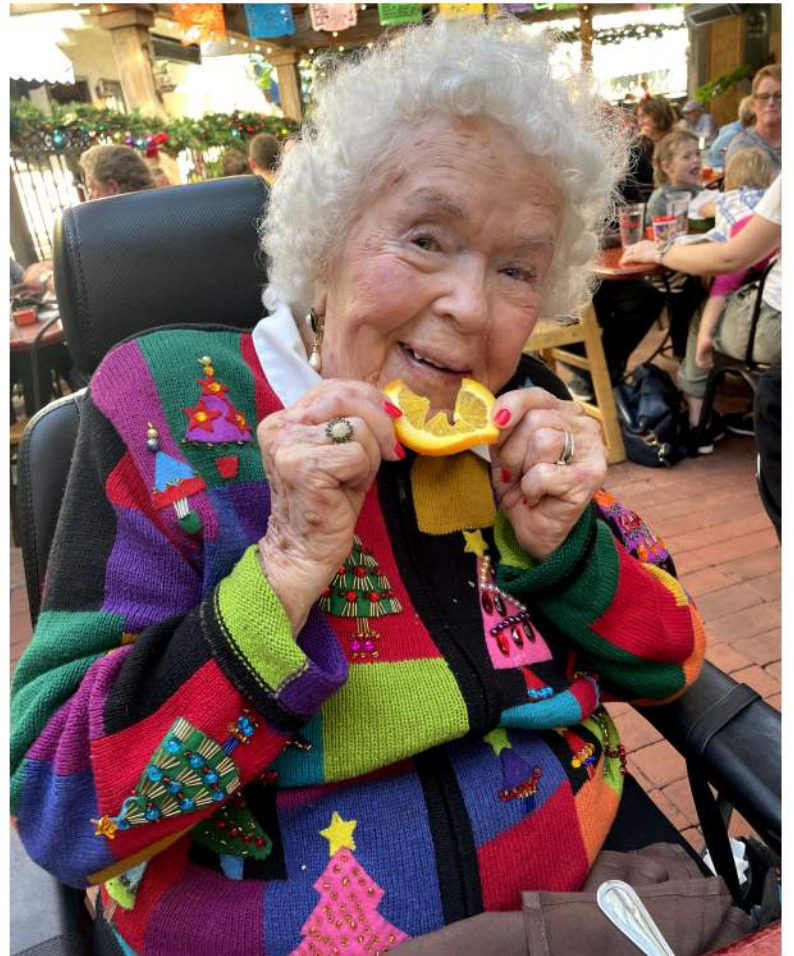
**Zest**  
MIND • BODY • SOUL



January

Wrap-Up

Zest  
MIND • BODY • SOUL





# Community Happenings



## February



Zest Fair  
Independent Living Room  
12:00 pm-1:00 pm

Want to know how to get more out of your 2024?! Join us in the independent living room at noon to take a deeper dive into our activities program here at La Vida Real! There will be class demonstrations, fresh zest samples and introductions to other clubs and programs we offer.



Lunar New Year Celebration  
Main Courtyard at 3:30 pm

Let's Celebrate the year of the Dragon! We'll be serving traditional bites paired with a Dragon Dance performance from a local youth group. Wishing you success and good fortune in the new year.



Superbowl Party!  
Bar at 2-3 pm  
Who are you rooting for? Grab an ice cold beer and your favorite super bowl snacks for the 2024 game! Wear your favorite football jersey and join in on some fun!



Mardi Gras Parade  
Lobby at 2-3 pm

You are invited to enjoy the finest food and king cakes in town! Mardi gras dishes and wear a mask if you wish! We'll open our Mardi Gras Celebration with a parade of floats from different departments and a live jazz band. Followed by dancing on our dance floor!



Lost Boys Presentation  
Valencia Room 2-3 pm

Daniel Yamun Ukang, president of the California Sudanese Lost Boys and Girls Foundation (CSLBGF), and Koor Gai, the foundation's vice president, welcomes you. He will be doing a presentation about his journey and how he helps the children of South Sudan.





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.

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.



# Resident Birthdays & Anniversaries

Dianne D. -4th  
Suzanne F. 4th  
Katherine H.-7th  
Robert P. -7th  
Elaine L. -10th  
Mary G. -12th  
Graldine B. -13th  
Marva W. -15th  
Sharon W. -16th  
Beth W. -19th  
David S. -19th  
Georgina S. -21st  
Zane H. -25th  
Doris M. -27th  
Lynda M. -27th  
Rest D. -27th  
Christine L. -28th





# 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

David Armour, Executive Director  
david.armour@srg-llc.com

Jessica Mallory, Business Office  
Manager  
jessica.mallory@srg-llc.com

Tasha Smith, HR coordinator  
tasha.smith@srg-llc.com

Jessica Nguyen-Lozares, Zest Director  
jessica.nguyen@srg-llc.com

Kennia Nguyen/ Anne Handley, Sales  
Directors  
kennia.nguyen@srg-llc.com/  
anne.handley@srg-llc.com

Luis Jaramillo, Housekeeping Director  
luis.jaramillo@srg-llc.com

Daniel Ibarra, Maitenace  
daniel.ibarra@srg-llc.com

Kevin Arthur, Food Service Director  
kevin.arthur@srg-llc.com

---

**LA VIDA REAL**  
AN SRG SENIOR LIVING COMMUNITY

<https://www.srgseniorliving.com>  
619.695.0553

11588 Via Rancho San Diego  
Rancho San Diego, CA • 92019

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.

