

# Life+Style

Winter  
February 2024

Maravilla at the Domain  
Independent Living



*Your lifestyle  
continues here*



January

Wrap-Up

Maravilla  
@ THE DOMAIN





# Community Happenings



## February



Blue Zones Explained part II. and Heart Health. Presentation by Paul Linson. 10:30am Austin room.

Join us as we learn about the blue zones and their importance to our health and well-being. Blue Zones" are geographic areas with lower rates of chronic diseases and a longer life expectancy. Diet, fasting, and exercise are factors associated with Blue Zones. Italy, Greece, Japan, Costa Rica, and the US have a Blue Zone.



Celebrate Mardi Gras with the Zydeco Angels 3pm Bar area.

Laissez les bon temps roulez!

Music, parade, beads, and cajun food. Find your baby in the cake and dance away in the second line! Wear your colors! Happy Hour with food from Louisiana, a parade (dress up in gold, purple, and green and crazy hats), throwing of beads and silliness galore.



Peter Bay, Music Director and Conductor of the Austin Symphony Orchestra 11am Majestic Theater

Come hear world renowned Music Director and Conductor of the Austin Symphony Orchestra. Bay is also Conductor of the Bravo! Big Sky Classical Festival Orchestra (MT) and Arizona Philharmonic. He is also the primary conductor for Ballet Austin. For Austin Opera he has conducted A Streetcar Named Desire, and many others.



Candy Candy Comedian 4pm

Bar Area. Come hear side splitting comedy from Candy Candy. Jokes, stories, giggles and more. Originally from Chicago, Candy moved to Los Angeles in the mid-70's after discovering one could tan in December. She has been a comedian since she could talk (according to her parents.)



Celebrate Chinese New Year with the Love of China School of Dance. 1pm Austin Room

The Love of China School of Dance, gives young people the rare opportunity of learning traditional Chinese dances. Join us for this annual tradition of learning about the culture of China and their gorgeous dance movements. Followed by Chinese tea and cookies.





# 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 & Anniversaries

## Birthdays in February

Ciro Cid L 2/1  
Frank S 2/2  
Darlene Reitmyer 2/4  
Karen O 2/4  
Harriet Melitz 2/5  
Eileen O'Neill 2/5  
Mary Ann G 2/8 Ito P 2/15  
Steve B 2/20  
Nancy M 2/21  
Catherine J 2/21  
Alice S 2/21  
Sarah M 2/25  
Ethel T 2/25  
Jan A 2/26  
Francis L 2/27

## Anniversaries

Alton & Carolyn Macon 2/2  
John & Sharon Walther 2/2  
Erle & Ann Wiesenthal 2/15





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

I'd like to wish all residents a happy month of February. As everyone knows, February is the month in which we celebrate Valentine's Day. However, perhaps lesser known is that every February is American Heart Month in the United States. Put simply, American Heart Month raises awareness about heart disease and helps people learn ways that they can protect their heart health. Sadly, cardiovascular disease ranks #1 as the leading cause of death in America. But the good news is that one's heart health can be improved, and the risk of heart disease mitigated with exercise, healthy eating, being physically active, and monitoring your heart health stats. To this end, Maravilla is committed to supporting your heart health by offering a wide array of healthy lifestyle choices including our Zest Department's exercise and fitness classes, our Restaurant's fresh Zest plant-based menu options, and EmpowerME's therapy services and wellness clinic - just to name a few. I encourage all residents to take advantage of and to participate in the plethora of healthy lifestyle offerings here at Maravilla and be heart-health aware this month and always. Best wishes for a happy month of February. Should you have any questions or concerns, please know my door is always open for you.



## Staff Directory

Mark Ranno,  
Executive Director

Emily Vaughan, AL  
Director

Alex Burdette,  
Executive Chef

Kit Baumann &  
Raquel Hebben, Sales  
Directors

Aliza Orent, Zest  
Director

Sarah Bailey, Human  
Resources Director

Brian Burris,  
Maintenance Director

Manuel Aguilar,  
Business Office  
Manager

Cheryl Rabb, Enliven  
Director

DeDe Mancias,  
Housekeeping  
Director

Tim Murphy & Jay  
Scheuer, Dining  
Room Managers

Maravilla  
@ THE DOMAIN

[www.srgseniorliving.com](http://www.srgseniorliving.com)  
512-953-2985

11001 Austin Lane  
Austin, TX 78758

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.

