

Life + Style

Fall
September 2023

Maravilla Scottsdale
Independent Living



*Your lifestyle
continues here*

Your Community Spotlights

Employee Spotlight

Employee Spotlight: Tracey Lundgren

It is hard to miss Tracey Lundgren's big smile and warm and welcoming personality as she shows new prospects around the campus at Maravilla. Upon meeting Tracey, you quickly understand why she is the Director of Sales and Marketing. Tracey brings an amazing skill set along with plenty of experience working in sales and administration in senior communities. Her enthusiasm is contagious, and her love of people translates into new prospects feeling as if they would want to make Maravilla their next home.

Originally from Alberta Canada, it was a job transfer and Tracey's equestrian dreams

that brought her to Scottsdale where she trained Hunters and Jumpers. Tracey and her husband Matt have two sons, Kyle, twenty-two a graduate of Wisconsin University and Lukas, twenty-four who attended Arizona State University.

Tracey and her family recently moved back to Phoenix from Wisconsin. Tracey said, her family enjoyed the lifestyle change from Arizona to Wisconsin where her sons loved to play winter sports, particularly ice hockey but now it is time to embrace another lifestyle change here in "The Valley of the Sun". WELCOME to Maravilla Tracey!



Resident Spotlight

Resident Spotlight: Phyllis and Joe V.



In April 2023, Maravilla Scottsdale warmly welcomed new residents, Phyllis and Joe. Phyllis spent her formative years on a farm in rural Oklahoma, while Joe's roots were in Kentucky before he grew up in the serene countryside of Arizona. Entrepreneurial spirit ran in Joe's family, as his parents owned grocery stores and stands along Baseline Road, selling an array of fresh fruits and vegetables.

Fate brought Phyllis and Joe together during their time at Anderson University in Indiana, where she pursued accounting and he delved into marketing and finance. Their shared passion for adventure led them on a journey across states, from Arizona to Virginia and even Minnesota, following the path of their growing business ventures. Starting with the acquisition of a transportation company, they continued to expand their endeavors into the citrus wholesale packing industry. Joe collaborated with the Small Business Administration (SBA) to help other small businesses secure financial support.

It was during this period that Joe got into the food industry, specifically with Schlotzsky's Deli. Eventually, this led Joe to become the owner/franchisee developer of 55 Del Taco locations across the state of Arizona. Phyllis and Joe are proud parents of twin sons named Brett and Brent, each blessed with three children. Throughout their lives, they have been active members of their church and cherish the memories of hosting various themed parties with family and friends. While Joe relishes playing golf, Phyllis finds joy in creating cards on her computer. Together, they share a love for traveling, with their most cherished adventure being their missionary work in the Czech Republic.

Celebrating an incredible 61 years of marriage, Phyllis and Joe are overjoyed to be part of the Maravilla Scottsdale community. They attribute the ease of their transition to the warm embrace of the community, the invaluable friendships they've formed, and the delightful dinners shared with amazing people.

Community Happenings



September



Jewels & Gems

1pm, Arts & Crafts Room

Join us for a beaded jewelry workshop with Courtney as she guides you through the art of crafting handmade beaded bracelets using gemstones and lava rocks, each infused with the invigorating scents of essential oils. Take home your very own uniquely created piece of jewelry.



Warhol & Schenck Exhibit at Scottsdale Museum of the West

12:15pm, Maravilla Lobby

Enjoy a docent led tour of "Two Iconic Pop Artists: Explore and compare the nostalgia of the American West through the eyes of two iconic American Pop artists. Andy Warhol and Billy Schenck's work showcases the diversity of perspectives and the richness of the American West's cultural heritage."



Who's Who Trivia Game

4pm, Bistro Bar

Can you guess who's who? View old photos of your friends and neighbors from their early years and see who you can identify.



Lifelong Learning: "Diamonds are a Girl's Best Friend" - Romantic Comedy Films in the 1950s and 1960s

3pm, Majestic Theater

ASU Professor Chris LaMont will be presenting on Post-World War II America as it celebrated a victory over the Axis. In Hollywood, the rebirth of Romantic Comedies was a major opportunity to help American laugh. This discussion will focus on the movies that lit up the silver screen and made us fall in love all over again.



Live Music with the Sosco Duo

3pm, Maravilla Room

Enjoy classical flute and guitar with the Sosco Duo based locally in Phoenix. They won "Best Musician/Band" by Best of Our Valley for three years in a row – 2017, 2018 and 2019. And were nominated for the Governor's Arts Award in the small business category, an award presented by the Arizona Citizens for the Arts in partnership with the Office of the Governor.



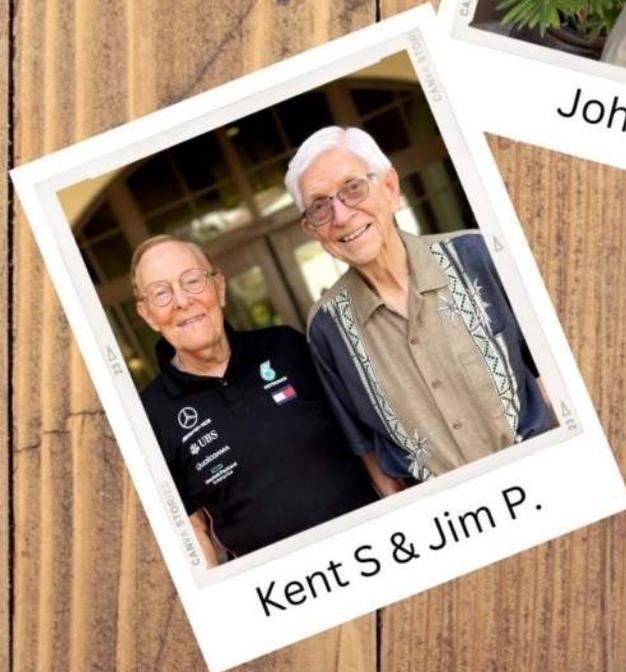
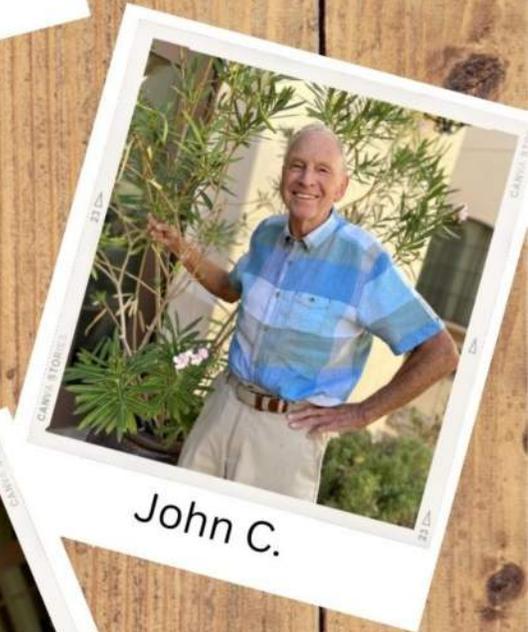
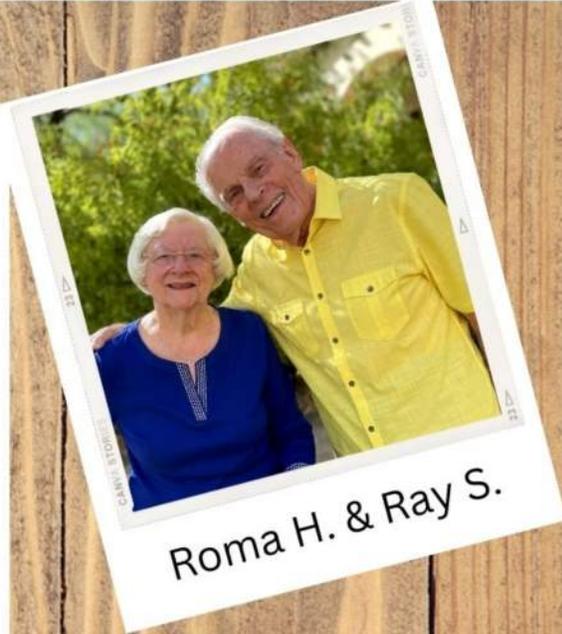
Resident Birthdays & Anniversaries

Birthdays

Clark L. - 2nd
Jim P. - 2nd
Kent S. - 2nd
James "Pete" K. - 14th
John C. - 14th
Eileen M. - 16th
Jeanne L. - 22nd
Charles N. - 24th
Ray S. - 25th
Isolina R. - 26th
Roma H. - 26th
Suzanne B. - 26th
Linda M. - 27th
Don C. - 29th

Anniversaries

Chuck & Nancy B. - 8th
Kent & Lois S. - 9th
Jerry & Sue G. - 15th
Ed & Jackie F. - 17th
Chuck & Grace L. - 23rd
Jill & Larry M. - 23rd
Edith E. & Len G. - 24th
Arlene & Stanley S. - 25th





The Art & Science
of WellBeing
Zest. For Life.

National Healthy Aging Month

Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

1. **Get Moving** It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed. Adults should aim for at least 150 minutes of moderate-intensity physical activity each week. Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go. Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels. Make your physical activity FUN and something you enjoy doing!
2. **Maintain a Healthy Diet** Eat proper portion sizes. Overeating can lead to obesity and increase the risk of diabetes and heart disease. Eat a variety of fresh fruits and vegetables and have them make up half of your plate. Avoid excess processed foods. Stay hydrated—adults should drink between 10–16 cups of water per day, depended on gender, living environment, and activity level.
3. **Stay Social** Try something new by attending online or socially distant in-person classes that interest you. Use technology like Zoom or Facetime to stay in touch with friends and family.
4. **Balance your body and mind** Keep a positive attitude. Keep your mind active by reading or doing puzzles. Keep your body active through stretches and yoga.
5. **Be proactive** Receive regular checkups, physicals and medical tests when needed as many diseases can be prevented when caught early. Don't forget appointments with the dentist and optometrist too. Take vitamins, supplements and medications as prescribed.



Mind



Body



Soul

Connecting with your *Mind, Body & Soul* promotes physical, cognitive and emotional well-being. SRG communities embody the power of Mind, Body, and Soul connectivity through the array of holistic Zest activities offered daily.



Mind

Mindful Meditation with Zest

Meditation has its roots in ancient Eastern traditions, particularly in Hinduism and Buddhism. It was initially practiced as a means to attain spiritual enlightenment and connect with the divine. Over time, meditation spread to different cultures and evolved into various forms, each with its own unique techniques and goals. *Mindfulness Meditation* is a form of meditation involves focusing one's attention on the present moment, observing thoughts and sensations without judgment. It cultivates a state of heightened awareness and helps individuals develop a non-reactive and accepting attitude towards their experiences. Meditation is a powerful practice that offers numerous benefits for the mind, body, and spirit. Whether you choose mindfulness or another form of meditation incorporating meditation into your daily routine can bring about a sense of inner peace, improved mental health, and overall well-being.

Check on Lifeloop or with your Zest team for meditation offerings in your community!





Centenarian Celebration

We are privileged to live in a time of history during which many people are able to reach the age of 100 and beyond. In fact, there are estimates that indicate that there are over 570,000 centenarians in the world which is truly an astonishing number. In the United States we observe this unique day annually on September 22 which happens to fall on Friday this year. On this day in our SRG communities we celebrate and honor those who have reached the age of 100 and use this day to recognize the rich history and wisdom of our residents. This is a wonderful time to listen to life stories, gather up photographs, and learn from those that have a unique view of the world.



Body

Pilates is a versatile exercise method that offers numerous benefits for individuals of all fitness levels. With its focus on core strength, flexibility, and body awareness, Pilates can improve overall physical and mental well-being. Whether practiced on a mat in a chair, Pilates provides a comprehensive workout that can be adapted to suit individual needs and goals. So, why not give Pilates a try and experience the transformative effects it can have on your body and mind?



This month try our *ZestFit Core Connection* class to help improve core strength, flexibility, improve balance and reduce risk of injury! *Core Connection* is a *ZestFit Program* designed specifically for you by fitness experts. This class will use a variety of tools such as Pilates balls, yoga blocks, and resistance bands to challenge your body and focus your mind-body connection.



National Fitness Day - September 25th

National Fitness Day is an annual event celebrated on the last Wednesday of September in many countries around the world. It aims to promote the importance of physical activity and inspire individuals to lead healthier and more active lifestyles. It's important to celebrate our physical activity because of the multitude of benefits it provides. Regular physical activity is crucial for maintaining good health and well-being. It has numerous benefits, including: improved physical health, mental well-being, weight management, increased energy levels, and provides social interaction. You can celebrate National Fitness day by joining one of the many physical fitness classes provided on your Zest Calendar or by setting personal fitness goals and committing to a regular exercise routine.

Ways to Celebrate National Fitness Day

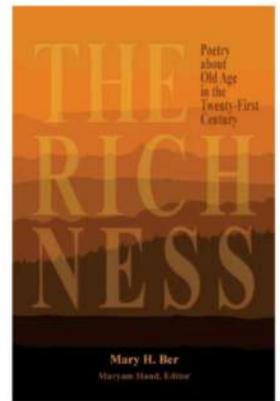
1. Try a new fitness class: Step out of your comfort zone and try something new. ZestFit offers new fitness classes monthly!
2. Try a fitness challenge with your friends: something as simple as a step challenge or workout challenge can be a fun way to motivate each other!
3. Create a playlist for your exercise routine: nothing compliments a good work out like the perfect music to keep you motivated.
4. Take your workout outdoors: keep the environment fresh and change up your workout scene.
5. Set personal fitness goals: Take this opportunity to set some or reevaluate your personal fitness goals.
6. Have a FreshZest meal: Try something new with out healthy FreshZest menu options!
7. Treat yourself to a wellness day: Take the day and indulge in a day focused on you and your wellness! Schedule in an exercise class or a fitness appointment, make time for a well balanced meal, maybe even treat yourself to a haircut, a pedicure, or a massage!

The Richness Virtual Book Discussion



Mary H. Ber, M.A. has been writing poetry since she learned to write at age seven. A classroom teacher of literature and writing for over fifty years, she has also created literary magazines and assisted her students in getting published, thereby helping people bring themselves to voice. She is co-founder of award-winning Moon Journal Press and its editor for thirteen years. Now she lives in a senior retirement home in Tucson, Arizona, where she has been facilitating writing and discussion groups.

The Richness: Poetry about Old Age in the Twenty-First Century is an exploration of both the positive and negative experience of old age, focusing on the often unappreciated perks. The 83-year-old author has written her experiences in easy-to-access poetry. The book is divided into six sections: "Coming Into Old Age," "Moving into the Residential Retirement Home," "Walking through Old Age," "Deepening Spirituality," "Completing Old Age," and "A Note to Caregivers." The first five sections of the book may be read as a simple collection of poems or a kind of poetic autobiography of the author's journey through this stage of her life. The author wrote the poems as she lived them.



Check LifeLoop for September book club dates featuring a zoom guest appearance by Mary Ber discussing her book, "The Richness" and reading her poetry.

The Zest Test

Zest and EmpowerMe are teaming up to bring you "The Zest Test"! The Zest Test is a benchmark cognitive and strength test designed by EmpowerMe with the help of Zest fitness professionals to help identify baseline fitness scores for our residents.

Using a benchmark testing tool is great for identifying areas of opportunity for people to gain strength, balance, and flexibility and decrease fall or injury risk.

Check LifeLoop or with your Zest team for available testing dates!

Food for Your Gut

Pre & Probiotics are the key to a balanced gut. And gut health is shaping up to be the next super big breakthrough health frontier, impacting everything from cognitive health and digestion to heart disease and immune system health. Run, do not walk, to gather up these ingredients to experience real change in your sense of health and wellbeing.



Prebiotics

Prebiotics are ingredients that feed the beneficial microflora in your gut. You can have good bacteria, provided by probiotic rich foods, but you have to feed them too. Prebiotics are fibers that humans cannot digest, but are actually fibers your bacteria feed on. Feeding your bacteria enables them to produce compounds called Short Chain Fatty Acids. These include butyrate which is actually fuel for the cells that line your gut. Pretty important as these are a major part of your immune systems, creating a barrier between the outside world (your gut), and your inner world (blood, cells, tissues). Prebiotic rich ingredients in this recipe pack include asparagus, leeks, banana and edamame to name a few!



Probiotics

Probiotics are foods that are rich in (we like to say teaming with) the type of good bacteria your gut needs. They included yogurt, kefir, miso and soy, tempeh and tofu, kombucha, sauerkraut, kimchi and more. All of these foods are created through a fermentation process that allows beneficial bacteria to proliferate. We like to say that we "seed" the gut with probiotic bacteria. We then "feed" these bacteria with prebiotic rich foods. So take a look at the recipes in this pack and pair them with our Prebiotic recipe pack. Then you have the perfect formula for your gut. Now, if you have had any gut issues, or are not used to these fermented foods go easy on them at first. Sometimes it takes a little while to get used to them. But trust me, you need them to thrive!

A word from our Executive Director

I'd like to wish all residents a happy month of September and an enjoyable start to the fall season. Over the past few months, you've undoubtedly noticed new residents moving into Maravilla and that you likely have some new neighbors joining you on your floor. As such, I thought it would be appropriate to note that September 28 is National Good Neighbor Day. We all know it is a blessing to have a good neighbor, but it is even a greater thing to be a good neighbor. Good neighbors watch out for each other, lend a helping hand, and are there for friendship and support when needed. Being kind and welcoming is always the first step. So as you see new residents move into our community and join the Maravilla family, I encourage you to introduce yourself, offer a kind word or a small compliment, and invite them to a Zest activity or dinner. Doing so will go a long way to being a good neighbor and creating lifelong friendships.

-Sandy



Staff Directory

Sandra Dangelo, Executive Director

Tracey Lundgren, Sales Director

Alissa Edwards, Zest Director

Erika Escobar, Executive Chef

Anthony Romero, Food Service Director

Ryan Abril, Maintenance Director

Raul Roa, Housekeeping Director

Rae Richardson, Assisted Living Director

Kaila Stephens, Enliven Director

Christine Wright, Business Office Manager

Kathy Dorsey, Human Resources Manager

Maravilla
SCOTTSDALE

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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.

