



Life + Style

February 2024
Winter

Peninsula Del Rey
Community Newsletter



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Your Community Spotlights

Employee Spotlight

Jeff P, Housekeeping Director

Jeff was born and raised in the Philippines.

He is married and met his wife's love at first sight. They were both political staff.

He has two kids. His oldest is seventeen and she will graduate from High School this year and his youngest son is in fifth grade.

His hobby is basketball. He likes to spend his free time with his family or rest.

He likes a bit dancing and his singing.

His greatest achievement is managing 100+ employees.

Something interesting about him is that he likes to set the mood for work to be enjoyable and fun.

His favorite movie is Ninja Assassin. He likes to eat tasty food.

He likes working in PDR because the management support is phenomenal.



Resident Spotlight



Marian P

Marian was born on March 28th, in San Rafael California. She taught herself to read early in life and developed a love for reading. In college, Marian studied Pharmacy at the University of California, Berkeley. After leaving school, she worked as a secretary for her aunt in her shipping storage warehouse in San Francisco. The holiday Season has always been one of Marian's favorites, marked by her passion for festive decorating. Over the years, she has created her own unique decorations. Her leisure time is spent reading, enjoying time with family, and embracing opportunities to gain experience. Her favorite is dark chocolate.

Community Happenings



February



Wear Red Day in Support of Heart Health Month at 1:00pm
Galleria

On Wear Red Day, we show solidarity and raise awareness for important causes. So put on your favorite red outfit and join the movement to support heart health, raise awareness about cardiovascular diseases, or any other cause close to your heart! There will be heart healthy treats and giveaways.



Chinese Lunar New Year at 11:00am
Galleria

Chinese New Year, also known as the Spring Festival, is a vibrant and festive celebration in Chinese culture. It marks the beginning of the lunar calendar year and is filled with traditions, delicious food, lion dances, fireworks, and red decorations. It's a time to gather with family and friends, exchange gifts, and wish each other good fortune and prosperity for the coming year.



Valentine's Day Soiree at 4:00pm
Galleria

Join us for an enchanted evening filled with love and laughter and a delightful surprises. Dance the night away, indulge in delicious treats, and celebrate the joy of love with friends and loved ones. Its going to be a night to remember, and we would be thrilled to have you there.



Know your Numbers Clinic/Healthy Heart Lecture with EmpowerMe Wellness at 1:00pm, Theater

Take charge of your heart health and join us for our Heart Health Clinic. Discover the secrets to a healthy heart through an informative session with Sharon of EmpowerMe Wellness. Don't miss the opportunity to learn the tools to keep your heart happy.



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

Linda M. - 1st
Rose C. - 2nd
Virginia Q. - 2nd
Giordino R. - 5th
Giglio P. - 6th
Constance S. - 8th
Mary P. - 11th
Gerde R. - 12th
Kein H. - 12th
Kathleen M. - 14th
Diane D. - 17th
Tom N. - 17th
Victoria C. - 17th
Jim A. - 18th
Roberta W. - 19th
Denton H. - 20th
Lillian "Lil" J. - 22nd
Lydia C. - 22nd
Mary Ellen F. - 22nd
Ants M. - 23rd
Constance D. - 23rd
Suzine Y. - 24th
Judith K. - 25th
Mario T. - 26th



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.

Staff Directory

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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.

