



Life + Style

Winter
February 2024

Piedmont at Buckhead
Newsletter



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

January

Wrap-Up



Community Happenings



February



Happy Hour with Bitsy Land Band!
February 2nd
4:00pm in the Solarium
A crowd favorite returns to The Piedmont! Join us for an afternoon full of live music, drinks, dancing and friends! We look forward to seeing you there!



Live to 100: The Secrets of the Blue Zones
February 8th, 15th, 22nd and 29th
4:00pm in the Lobby Media Center
In this documentary series we will travel around the world with author Dan Buettner to discover the secrets of the unique communities where people live extraordinarily long and vibrant lives!



Mardi Gras Celebration
February 9th
4:00pm in the Solarium
Join us as we celebrate Mardi Gras with the New York Jazz Cats, specialty drinks and delicious Cajun food! This is sure to be an Event that you do not want to miss!



Sip'n Cinema: Killers of the Flower Moon
(Sign-up required)
February 20th
2:00pm in the Lobby Media Center
Based on a true story, Mollie Burkhart, a member of the Osage Nation, fights to survive and save her community from a spree of greed-fueled murders committed against them in 1920's Oklahoma after oil was discovered on their land.



Sip and Social: A New Resident Meet and Greet
February 21st
4:00pm in the Lennox Room
Come and meet all of your new neighbors at this fun social hour sponsored by The Key!





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 & Anniversaries

Sammie H. - 1st
Harolyn L. - 3rd
Alberta I. - 6th
Dean U. - 6th
Gerald S. - 6th
Harry S. - 18th
Edward M. - 19th
Leon F. - 19th
Judy P. - 20th
Lee M. - 20th
Eleanor B. - 22nd
Gail L. - 24th
Sylvia C. - 24th
Mary Lou L. - 25th





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.



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!



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

Did you know that February is the month for "Self-Love"? It is important that we pamper ourselves on a regular basis. Our mind, body, and spirit need to be in balance. Be mindful - Do one thing at a time, do it slowly and deliberately, and put your entire focus into that task. Be positive -Positive affirmations are another great way to care for your mind. I am looking forward to seeing what this month will have instore for us!

~Brooke Munson



Staff Directory

Brooke Munson, Executive Director

George Mwangi, Business Manager

Keisha Garner, Director of Assisted Living

Amy Ponzoli, Executive Chef

Pete VanderBogart , Maintenance Director

Crystal Nix, Director of Sales

Trey Mactavish, Director of Sales

Jeanette Wilhite, Human Resource
Coordinator

Jade Stewart, Housekeeping Supervisor

Michelle Watson, Zest Director



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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.

