



Life + Style

Winter
February 2024

The Carlisle
Independent Living



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

January

Wrap-Up



Loading...



Community Happenings



February



Strength Exercise class, 9:45am, Grande Room.

Be strong, be fit and be healthy. Join us on Monday morning to keep your heart in shape and prevent heart disease and diabetes. A live instructor will be teaching the class.



Casino, 10:00 am

If you crave the action that can only be felt with the turn of the card, then we have the perfect place for you, The Seminole Casino, in Immokalee town. Don't miss this opportunity to have fun! Please register via LifeLoop or at the Front Desk.



Super Bowl, 6:30 pm, Living Room.

Are you ready to cheer on your favorite team? We will have some pub-style appetizers for you to enjoy, while you watch the NFL game. The event kicks off will be at 6:00 pm in the Living Room.



Mardi Grass, 4:00pm, Living Room.

The dazzle of gold, green and purple will envelop us on Tuesday, February 13th. The Carlisle brings to life a masquerade ball on our very own Bourbon Street. The festivities begin at 4:00pm in the Living Room with a tasty appetizers. Moon Over Miami will be performing.



Valentine's Day, 4:00 pm, Living Room.

The Carlisle invites you to celebrate a Valentine's Sweetheart Dance. Join us at 4:00 in the Living Room. Wear your favorite red outfit and enjoy sweet treats and cupid cocktails. Peggy Flannery will be performing.





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

February Birthdays

Jeanne W. - 1st
Irene "Carol" W. - 2nd
Elsie F. - 6th
Arlette C. - 8th
Marilyn S. - 8th
Elaine G. - 13th
Sonia J. - 13th
Jay B. - 16th
Leslie T. - 16th
Norman K. - 16th
Betty H. - 17th
Bette S. - 20th
Janet G. - 22nd
Ann B. - 23rd
Madeline B. - 23rd
Barbara S. - 24th
Donald G T. - 24th
A. Gail B. - 25th
Patricia G. - 25th
Faye R. - 26th
Pearl T. - 28th



Marilyn S.



Janet G.



Ann B.

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

Hello, everyone!

Can you believe January is behind us already. We're looking forward to another fun-filled month here at The Carlisle. I hope you enjoy the lifestyle here so much that you invite your friends to join our wonderful community!

Although February is the shortest month, it is the second most celebrated holiday after Christmas. Feel free to indulge in a little dark chocolate this year. They say it's good for you, with more antioxidants than some fruits, improving blood flow and brain cognition. So go ahead and enjoy Valentine's Day and some chocolate.

Thank you for choosing The Carlisle as your home. It is our pleasure to serve you each and every day.



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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.

