

Life + Style

Winter
February 2024

The Heritage Tradition
Independent Living



*Your lifestyle
continues here*

Your Community Spotlights

Employee Spotlight

Congratulations to Betsi, as our latest Employee of the Month. Betsi was born in California and made Arizona her home 13 years ago and has worked at The Heritage Tradition for 13 years. Many of you know about Betsi's love for animals. She has two mini horses and a new horse, Dylan. Dusty Jack is the mini donkey and three dogs; Lacey, Piper and Cowboy. Having been adopted, Betsi found her birth mom as an adult. She has several half brothers and sisters she has gotten to know. Betsi enjoys the variety of her job and always being busy! We all see her with her red wagon decorating the community or moving furniture for model apartments. Additionally, she is very crafty and takes pride in making sure that The Heritage looks "just right". We are very fortunate to have Betsi as part of The Heritage Family.



Resident Spotlight

We have the resident spotlight on Rose Marie this month. Born in an Indiana Farming Community, Rose Marie met her husband, Jan, while attending Purdue University and they were married just 13 days after she graduated. They have a son and daughter who are just 11 months apart in age. They enjoyed golfing and traveling as a family. Rose Marie said her favorite trip was a safari. Jan went on to finish his degree and had a large animal practice in NJ for 20 years. They had friends that lived in Sun City West and they decided to retire in 2004 and bought a house in Grand. Rose Marie was very active in the sewing club at Grand and they enjoyed the musical programs offered. Rose Marie has just loved being a part of the community painting program and as you can see by the picture, really enjoyed our recent tea party. It's such a pleasure having you as part of the Heritage Family.



Community Happenings



February



National Wear Red Day

Friday, February 2nd at 10:00 in the Atrium
It's heart health month and what a better time to show your support by wearing red and taking part in our community program! We invite you to join us in the Atrium at 10:00 for a group picture; sharing our canvas of red! Immediately following the photo, we have a speaker in Heritage Hall at 10:30 to discuss Heart Health.



New Program - "The Sunshine Club"

Wednesday, February 7th at 3:00 pm, Craft Room

This month we celebrate our neighbors. Please join us for this new program "The Sunshine Club". We want to embrace our residents who may be going through a difficult time or who are at the hospital. We supply the cards, the club provides kind words for the inside.



The Not so Newlywed Game

Wednesday, February 14th, 3:00 pm, HH
Description: What a better way to spend Valentine's Day than a great little game show starring our very own resident couples! Come learn how well they really know each other and cheer on your favorite couple! This TV show, debuted in 1966 but you'll enjoy the fun as our couples have mistaken predictions!



Doc Talk with Village Medical

Friday, February 16th at 11:00 am
This is a great way to get common medical information and start a happy and healthy New Year! As we age and medicine advances, it's often difficult to keep up with all the information. Find out what changes you can do to improve your health and educate yourself. It's also national almond day. Enjoy a package of almonds and infused water to stay hydrated.



Presidential Trivia

Wednesday, February 21st, 2:00 pm
Description: What a perfect time of the year to schedule Presidential Trivia! Presidents Day is on Monday, February 19th and celebrate with this special Presidential Trivia Game.





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.



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.

Resident Birthdays

Join us for our monthly
Birthday Party on
Wednesday, February 28th at
3:00 in Heritage Hall



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>

A Word from our Executive Director

Here we are in the month of February, a time to celebrate love, with our Valentine Program on February 14th. A great time to share fun and laughs at our "Not So Newlywed Game". We need a great audience to make this a fun event for everyone! Of course, there will be plenty of chocolates and sweets prepared by Chef Rapha and his culinary team.

*Are you interested in helping with your new neighbors as they get settled into the community? Join Joan and Betsi as they introduce the new and improved Ambassador Program this month. It's a great way to welcome new residents by inviting them to a program or meal to get to know them. Thanks for choosing The Heritage Tradition as your home.
~Mike D.*



Staff Directory

Mike Dockham, Executive Director

Cindy Starr, Business Office Manager

Joan Vere, Zest Director

Brandi King, Director of Assisted Living

Karen Ashfield, Sales Director

Debbie Josephson, Sales Counselor

Betsi Bassett, Sales Coordinator

Raphaud Gouribera, Executive Chef

Marcus Edwards, Maintenance Director

Marisol Mander, Housekeeping Director

Diana Nolasco, Dining Room Manager

The Heritage TRADITION

AN SRG SENIOR LIVING COMMUNITY

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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.

