

Life+Style

Fall
September 2023

The Heritage Tradition
Independent Living



*Your lifestyle
continues here*

Your Community Spotlights

Employee Spotlight

Congratulations to Suzie Lundquist, our Employee of the Month. Having just past her one year anniversary with The Heritage, she has lived in Arizona for two years. Born in New Mexico and raised in Michigan, Suzie has five siblings and is the proud Auntie of six, thanks to her sisters! Suzie just returned from helping her sister with her latest arrival, a beautiful baby girl! When not working, Suzie enjoys running, roller blading at the park, and playing tennis/pickleball. Her relationship with God is very important and she spends time studying The Word with her family.

Thanks, Suzie, for the energy you bring to the community and your willingness to always help a resident in need! We appreciate all that you do!



Resident Spotlight



Diane Fredlund

Raised in Montana, Diane went to College in Spokane Washington. She was adventurous! After college, she moved to Hawaii and was in the brokerage business for seven years before the company transferred her to their New York Office. Diane loved volunteering and enjoyed community work with the American Cancer Society. She enjoyed it so much that she went back to school after moving to Phoenix and earned her masters from NAU in Health Administration! After years of working as a hospital administrator in Illinois and California, she decided to retire along with a friend who was moving to Sun City West. Diane was introduced to Habitat for Humanity and has been an active volunteer for 20 years. Diane continues to volunteer a couple of days a week.

Community Happenings



September



Fred The History Guy, 2:00 pm
Heritage Hall

Join Fred Stehr for this Life-Long Learning Program! A history teacher for over 20 years, Fred will share the "What Ifs" of History - an interesting presentation that will keep you thinking long after his hour is complete.



Paint & Sip Painting Class, 1:00 pm
Craft Room

We welcome back, Suzanne, for a fall painting class! No experience necessary, Suzanne provides easy-to-follow instruction. You leave with a wonderful gift for someone or a nice keepsake for your home. Enjoy a little wine and sooth the soul!



Jazz Under the Stars
6:30 pm - 7:30

Enjoy one of your favorite bands, Swing Time, as the return to the Heritage Tradition! Many of you know Dan Reed, the trumpet player, who will have you up dancing! Refreshments and finger foods by Chef Rapha will also highlight this beautiful evening in our courtyard.



Community Open House 10:00am - 1:00 pm
Courtyard, Atrium, Heritage Hall

Enjoy live steel drum music at the courtyard pool and cool off with a refreshing drink and tasty treats prepared by Chef Rapha! Take a look at the schedule, we have continuous Wellness Classes throughout the community. We'll have something for everyone to enjoy, including caricature drawings!



Spintopia Community Challenge 4:00 PM
Heritage Hall

Who doesn't enjoy Wheel of Fortune? This is a great way to get to know your neighbors and enjoy a fun afternoon! Are you on the competitive side? Bring your thinking cap and be ready for some fun!



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.

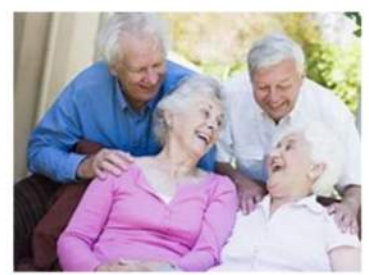
1. **Get Moving** It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed. Adults should aim for at least 150 minutes of moderate-intensity physical activity each week. Beginning physical activity can be as easy as walking for ten to 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.

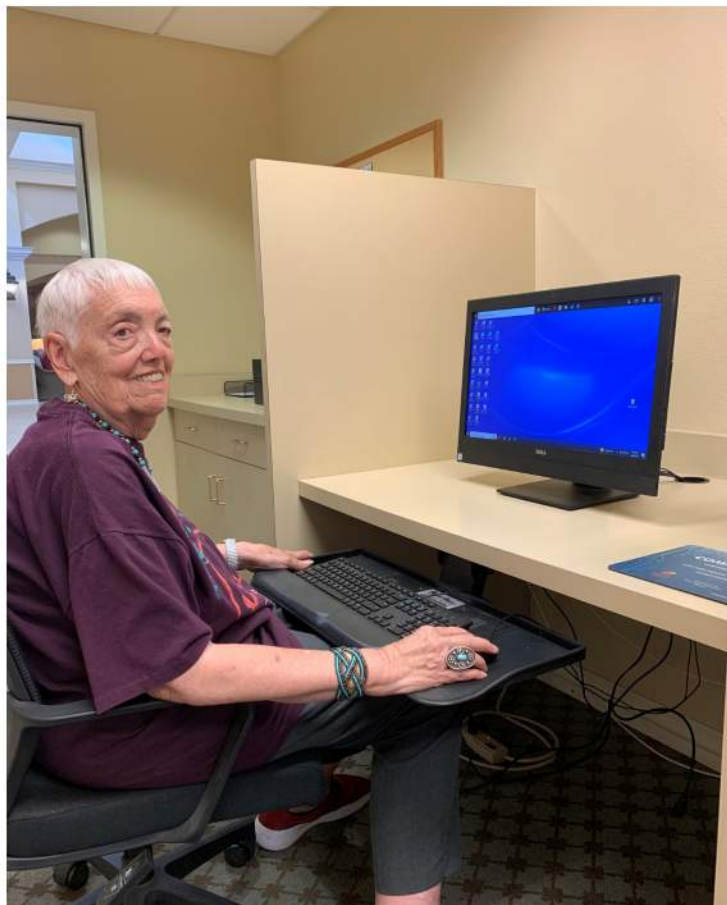


Mind

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!



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.

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!

Soul



Mindful Meditation with Zest

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



Resident Birthdays

Marianna G. - 1st
Elva B. - 3rd
Richard A. - 5th
Gene B. - 9th
Geri V. - 11th
Geraldine V. - 11th
Barbara D. - 14th
Joan A. - 14th
Peggy W. - 14th
Nancy A. - 17th
Norbert R. - 18th
Patty A. - 18th
Sonya L. - 20th
Fred S. - 25th
Dorothy "Dotty" E. - 26th
Dorothy H. - 27th
Beryl F. - 29th

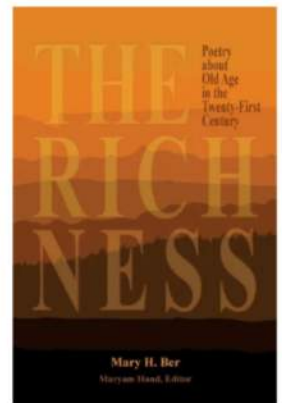


The Richness Virtual Book Discussion



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!

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!

A word from our Executive Director

September is a great time to get out and enjoy the evenings here in Arizona. We welcome you to a Community Open House on Saturday, September 23rd from 10:00 - 1:00. Along with great entertainment throughout the community, Chef Rapha is planning some tasty food stations for all to enjoy! We welcome back Gary and his trustee steed Dusty with some cowboy music in the courtyard. Are you ready to do some line dancing? You can join Lorenzo in the Atrium for some familiar music or head to the courtyard pool for some refreshing drinks and steel drum music. Something for everyone to enjoy!



Staff Directory

Mike Dockham, Executive Director

Cindy Starr, Business Office Manager

Joan Vere, Zest Director

Deb Blaney, 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 Mandera, Housekeeping Director

Diana Nolasco, Dining Room Manager

The Heritage TRADITION

AN SRG SENIOR LIVING COMMUNITY

www.srgseniorliving.com
(623) 546-9500

19303 N. New Tradition Road
Sun City West, AZ 85375

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.

