

Life + Style

Winter
February 2024

The Village at Northridge
Independent & Assisted Living



*Your lifestyle
continues here*

February Wrap-Up and Resident Spotlight

The
VILLAGE
AT NORTHRIDGE



Nicole was born in Antwerp, Belgium in July 1932. In May of 1940 when she was about 7 years old Hitler invaded Belgium and the family, being Jewish, had to flee. They went to France, and luckily managed to be a few miles ahead of the invading Nazi army. Eventually the family came to Cuba, then moved to Brazil and in 1949, after Israel became a state, the family immigrated to Israel. From 1950 to 1952 Nicole served in the Israeli air force. She married her first husband in 1953 and had 2 children. In 1959 she came to the United States, but when her husband passed away at the very young age of 34 she returned to Israel. Nicole later came back to the US where she remarried and inherited 3 more grown up stepchildren. Nicole worked for 25 years at the Jewish Federation of Los Angeles and retired in 1995. As a result of living in all these different countries she can converse in 7 languages. Nicole is very happy that she decided to make TVN her new home, where she has made many new friends, and lasting memories.



Community Happenings



February



Trivial Pursuit with Len Kass
Time: 1:30pm
Location: Majestic Theater

Join Len every Sunday for an afternoon of knowledge, that will test your wits with a variety of challenging and entertaining trivia questions from the well-known Trivial Pursuit game everyone loves!



Chinese New Year Celebration
Time: 2:30pm-4:30pm
Location: IL Living Room

Embrace the joy and prosperity of the Year of the Dragon with an exquisite Chinese dance performance. We'll serve traditional Chinese appetizers and themed cocktails to make sure we enter this new year with full tummies and hearts!



Mindy Alper's "Heaven is a Traffic Jam on the 405" Documentary.
Time: 1:00pm
Location: Majestic Theater

Heaven Is a Traffic Jam on the 405 is a 2016 Academy Award winning American documentary film directed and produced by Frank Stiefel. It's subject is the artist Mindy Alper, niece of TVN resident Jackie Wissen. Mindy is a visual artist who channels her inner anxiety, depression, trauma and other challenges into vivid drawings and papier-mâché sculptures. Join us for a viewing of the documentary with Mindy and Frank.



A Night of Rhythm and Love
Time: 4:30pm-7:00pm
Location: IL Dining Room

Step into a beautiful world of music, friendship & love, as we invite you to "A Night of Rhythm and Love," a celebration tailor-made for Valentine's Day. Join us on a journey of an exquisite blend of delectable flavors, timeless classical melodies, and community togetherness.



Antique Road Show
Time: 10:00am
Location: Majestic Theater

Bring your handheld treasures and find out what they are worth. Our antique expert will help identify your rare find. Share and view with others and find out if you have a treasure or trinket.





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>

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.

Resident Birthdays

February Resident Birthdays

Doris F. - 4th
Madeline C. - 4th
Helen S. - 5th
Rita B. - 6th
Rita M. - 7th
Anita A. - 9th
Nancy G. - 12th
Marilyn S. - 13th
Peter H. - 13th
Sima S. - 13th
William "Bill" D. - 15th
Shelly M. - 16th
Harriette H. - 18th
Millee G. - 18th
Wendy A. - 23rd
Madeleine W. - 24th
Joan G. - 25th
Phyllis S. - 25th
Aaron G. - 28th
Jerry L. - 29th



Helen, William, Doris, Harriette,
Jerry Shelly, and Wendy



Doris, Peter, and Joan



Jerry, Harriette, Shelly,
Wendy, Sima, and Madeline

A Word from our Executive Director

Residents, Families and Friends of The Village at Northridge,

Hard to believe we are already beginning the second month of 2024, seems like just yesterday we were celebrating the Holidays. Love is in the air in February and we look forward to celebrating Valentines day with a lot of fun. And let's not forget Chinese New Year is at the same time! We have several events planned that will make it extra special. We also get an extra day with leap year this month! Did you know, we have one leap year baby at the community, you'll have to wait and see who that is on their very special day.

Tom Rekowski, Executive Director



Staff Directory

Tom Rekowski,
Executive Director

Steven Rubio,
Maintenance Director

Satina Warner,
Human Resources
Business Partner

Georgina Fasi,
Dining Room Manager

Lynda Wiggins,
Business Office Director

Leigh Ikeda,
Housekeeping Director

Mary Rose Okahata, LVN,
Director of Assisted
Living

Maridy S. Curry,
Director of Sales

Karla Medina,
Zest Director

Nicole Wessel,
Director of Sales

Miguel Lopez,
Executive Chef

The
VILLAGE
AT NORTHRIDGE

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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.

