



# Life + Style

Winter  
February 2024

The Village at Sherman Oaks  
Independent & Assisted Living



*Your lifestyle  
continues here*

**Zest**  
MIND • BODY • SOUL

# January

# Wrap-Up

# The VILLAGE AT SHERMAN OAKS



# Community Happenings



## February



Black History Month Lecture Series: African Americans & The Arts  
Albers Theater - 1:00pm-1:45pm  
Celebrate Black History Month with The Village at Sherman Oaks with a Lecture Series hosted by Zest Director Kelli. The 2024 theme for our series focuses on African American contributions to the arts.



Lunar New Year Celebration  
Multipurpose Room - 1:30pm-3:00pm  
Lunar New Year is celebrated in many Asian cultures, and involves a theatrical and beautiful program. Join us for an educational and entertaining event accompanied by Asian cuisines and beverages.



Mardi Gras Party  
Multipurpose Room - 10:00am-12:00pm  
Come celebrate the NoLa tradition of Mardi Gras! Also called Fat Tuesday, this is a day of indulgence before the Catholic practice of Lent. Join us for a morning of southern-inspired foods and drink, and New Orleans Jazz by Bayou Bump.



Valentine's Day Social & Kester Elementary School Visit  
Lobby - 11:00am-12:00pm  
Valentine's Day not only celebrates romantic love, but all kinds of love. Join us for a love-themed social and enjoy a special visit and presentation from Kester Elementary students. Enjoy yummy food and drink, and adorable company.



Singapore Sunday: Cooking Class  
AL Activity Room - 1:00pm-2:15pm  
Singapore is our Featured Blue Zone for January and February. Join Zest Director Kelli for an afternoon culinary exploration of Singapore! Enjoy learning about and making tasty and healthy foods from different cultures. The best part? Take home some of the great food made in class!





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>

# February Resident Birthdays

## Birthdays

Devorah F. - 1st

Norma F. - 2nd

Marlene K. - 2nd

Patricia S. - 2nd

Oleta D. - 3rd

Sandy Z. - 6th

Madeline R. - 8th

James L. - 11th

Nancy Z. - 15th

Lotte F. - 16th

Sue B. - 16th

Louis K. - 18th

Joyce F. - 23rd



Marlene - 2nd



Madeline - 8th



James 11th

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.

# Staff Directory

Gary Barnes,  
Interim Executive Director

Kelli Matthews,  
Zest Director

Mikhail Maniyan,  
Business Manager

Jorge Escobar,  
Maintenance Director

Patty Arambula,  
HR Coordinator

Mercedes Rendon,  
Housekeeping Director

Michelle Veno & Samantha Camarillo,  
Sales Directors

Miguel Lopez,  
Interim Executive Chef

Maria Roleda,  
Director of Assisted Living

Issa Castillo,  
Dining Room Manager

Yazmin Hernandez,  
Enliven 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.

