

# Life + Style

Summer  
July 2024

The Heritage  
Independent Living



*Your lifestyle  
continues here*

# Community Happenings

03

## **Independence Day Program by Jan Hochstatter**

3:00 in Heritage Hall

Join Jan for an Independence Day program. You'll hear patriotic music from the Civil War, George M Cohan and of course, we'll honor each branch of the service and the veterans living at The Heritage. Enjoy fireworks from the Stadium of Fire in Provo Utah, music by the Gentry Trio.

04

## **Live Music with Ronnie Lee**

3:30 in Heritage Hall

Ronnie Lee returns with patriotic music and some of your favorite tunes. Enjoy an afternoon with your neighbors enjoying refreshments and cookies after the program. Enjoy entertainment with your neighbors in the comfort of the community!

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## **True Flavor Blues Band**

3:00 in Heritage Hall

Enjoy a traditional and slightly jazzy blues program—great music that will have you dancing! The band is fronted by two Arizona Blues Hall of Famers, this will be a fun afternoon that you won't want to miss!

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## **Ladies Night In**

6:30 pm in Heritage Hall

We won't be sleeping over, but your appropriate night wear is encouraged! Fun, games, yummy snacks and stories and what a great way to meet new neighbors in the community. Sorry guys, we will have a program just for all of you next month!

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## **Painting with Cindy**

10:00 am in the Craft Room

Get out of the heat and enjoy a relaxing painting class with Cindy. All of the supplies are included, don't think you need to be crafty, Cindy makes this a very enjoyable class even for beginners. Nourish your soul and join us for this creative program!



# Your Community Spotlights

## Employee Spotlight



Brandie Luna from our Housekeeping Department is our Employee of the Month! Born in California, Brandie has lived in Arizona for five years and she has been part of The Heritage Family for two years. When not working, Brandie enjoys spending time with her daughter at the park, walking the dog, hiking and bowling. Brandie enjoys getting to know the residents, seeing where their life has taken them and enjoys hearing their life story. Brandie is always willing to help residents and staff each day in her job. Thanks Brandie for all you do!

Marjorie Huston has been blessing residents with the prayer shawls that are made by the ladies in her church. She has enjoyed meeting the residents that they are delivered to and has enjoyed an opportunity to visit with them. Born in MN, Marjorie moved to CA after a horrible winter. She loved teaching her first and second grade students. Marjorie and her late husband, John, enjoyed being part of the many clubs in Sun City West after moving to AZ in 1999. Marjorie enjoyed the Craft and Weaving Clubs and has been very active in her church, Desert Palms Presbyterian Church.

## Resident Spotlight



# Celebrations!

## Birthdays

- |                |                 |                 |
|----------------|-----------------|-----------------|
| 1 R. Pearson   | 11 C. Thompson  | 22 S. Nelson    |
| 2 C. Ahnemann  | 12 G. Ryba      | 24 B. Laperle   |
| 4 P. Kaiser    | 14 D. Stansbery | 24 S. Latvalla  |
| 5 A. Colledge  | 15 J. Zieder    | 25 R. Doering   |
| 6 W. Sevrit    | 15 S. Lindaman  | 26 CL Thompson  |
| 7 R. Nicholson | 18 D. Silva     | 26 S. Gambetty  |
| 8 B. Grant     | 18 P. Duncan    | 28 M. Mukherjee |
|                | 20 M. Paroubek  | 29 A. Smalley   |
|                | 20 M. Burg      | 30 N. Ellis     |
|                | 22 E. Patrick   | 31 B. Rockwood  |

# Know Your Health Numbers: Medical Must-Dos for a Healthy Life

By Celynn Morin



As we grow older, maintaining our health becomes essential to enjoying life with peace of mind and vitality. Regular health check-ups enable us to anticipate potential issues, empowering us to fully enjoy each day. Prevention truly is better than cure. Beyond numbers, the goal is to enhance the quality of life.



Embrace the Tibetan secret to longevity: "Eat half, walk double, laugh triple, and love without measure." Each day is an opportunity to improve your health and spirit. Start small, with a new healthy recipe or a walk in the park. Celebrate your health with regular check-ups, nutritious meals, time spent in nature and with loved ones. Here's to a life filled with health and happiness!

**"Eat half, walk double, laugh triple, and love without measure."**

## *Key Health Indicators to Monitor*

- **Cholesterol:** Keeping an eye on your lipid profile helps maintain heart health.
- **Blood Glucose:** Regular HbA1C tests provide insight into long-term blood sugar levels.
- **Blood Pressure:** Monitoring this can prevent circulatory problems.

## *Healthy Living Tips*

- **Stay Informed:** Keep up with the latest health screenings
- **Eat Well:** A diet rich in various plant-based foods supports overall wellness.
- **Seek Professional Guidance:** Work with healthcare providers who understand lifestyle medicine to personalize your health journey.

Scan the QR Code to access the Wellculator and learn more!



# Boost Your Immunity: Essential Nutrients for a Healthy Defense

By: Amanda Archibald

FreshZest™



We are building the framework for a nutritious diet. Each month, we highlight key ingredients crucial for health. In the Spring, we emphasized laying a strong foundation by incorporating foods that bolster cellular defense and detoxification. Now, with this groundwork set, our focus shifts to boosting health by integrating nutrient-dense

foods that enhance immune function. A robust immune system defends against illness by combating invaders such as bacteria and viruses. Essential nutrients like Vitamins A, D, and C, as well as minerals such as zinc, selenium, and Omega-3 fatty acids, play vital roles in supporting this immune response. Below are foods rich in nutrients that will enhance your immune function. Choose your favorites and incorporate them into your daily diet.



## LET'S ADD THESE IMMUNE ENHANCING INGREDIENTS TO OUR BASIC TOOLBOX

### Animal Protein

Beef Liver  
Lamb Liver

### Seafood

Herring  
Macerel  
Sardines  
Shrimp

### Vegetables

Bell Peppers  
Carrots  
Dandelion Greens  
Potatoes  
Winter Squash

### Fruits

Cantaloupe  
Cherries (Acerola)  
Grapefruit  
Kiwi  
Lemons  
Limes  
Papaya



**Challenge:** Identify which foods you currently enjoy and which foods you would be willing to add to your diet.

# The Power of The Lift in Daily Life

By Amanda Archibald & Celynn Morin

Think about how many times you perform a lift every day:

## Organizing and Cleaning:

Moving furniture, lifting storage boxes, and handling household objects especially if placing them onto shelves.



## Travel and Recreation:

Handling luggage when traveling, lifting grandchildren or lifting equipment for hobbies, like golf bags or coolers in the Summer.



**Social Activities:** Various tasks like putting away books for the Library Committee or setting up chairs and tables for the Event Set-Up Committee



**Proper lifting techniques can significantly reduce strain and prevent injuries that would otherwise make these daily tasks quite difficult and painful for you.**

"The Lift" isn't about fancy moves or high-energy antics. It's about improving your quality of life and preventing painful and debilitating injuries in a practical way.

Explore simple and effective strategies in Module Six of our FUNdamental Fitness Program. Spend 10 minutes with Darryl as he guides you through this fundamental movement and start enhancing your daily life today.



Scan the QR code to get started!

## Some basic tips to prevent sprains and strains related to daily movements:

- **Lower Back Strain:** When lifting objects, always bend your knees and hips instead of your waist. Keep the load close to your body while lifting to reduce strain on your lower back.
- **Shoulder Injuries:** Before starting any physical task that involves your shoulders, gently warm up with light movements and stretching. This prepares your muscles and joints for activity, reducing the risk of injury.
- **Knee Injuries:** Strengthen your leg muscles with exercises like gentle squats and leg lifts. Strong legs provide better support for your knees during daily movements and activities.
- **Hernias:** Picking up heavy objects without using your core muscles properly can lead to hernias, where internal tissues push through a weak spot in your abdominal wall.

Mind



## Write Your Story: Writing Retreat

Join us for an enriching experience as we set pen to paper to capture the cherished moments of our lives for our loved ones. Writing not only preserves our memories but also enhances our mental clarity, reduces stress, and fosters emotional well-being. Through this creative process, you'll delve into topics such as love, friendship, and happiness. This event is more than just a writing session—it's a journey of reflection and connection. Share your stories, impart your wisdom, and create a lasting legacy that will be treasured for generations. Embrace the power of writing to celebrate your life's journey and to connect with your loved ones in a meaningful and enduring way.

Body



## ZestFit: Tour De Zest

We all know that movement is medicine and that physical activity enhances our well-being. What better way to honor and celebrate our bodies than with a thrilling movement competition? Join us for the fourth annual Tour De Zest, where teams will engage in a dynamic array of movement activities, accumulating points in a spirited quest to claim the coveted trophy. This is more than just a competition—it's a vibrant celebration of community, vitality, and the joy of movement.

Soul



## Summer Afternoon Tea

Experience a delightful Summer Afternoon Tea, where you can unwind and savor an exquisite selection of fine teas, celebrated for their calming and health-boosting properties. Enjoy a variety of delectable treats in a picturesque setting, creating the perfect ambiance to relax and catch up with friends. Savor the flavors of summer while reaping the benefits of tea, including improved mental clarity and reduced stress. This serene afternoon promises a blend of delightful company and refreshing indulgence. We look forward to welcoming you to this summer soiree.

# A Word from our Executive Director

As it's heating up in Arizona, we look forward to opportunities to keep you in the air conditioning enjoying programs in the community. This month we bring back one of the resident's favorites--Casino Night! Join us on Thursday, July 18th from 5:00-8:00 pm in the Atrium and Heritage Hall. Fun for everyone; from blackjack to poker along with yummy treats and refreshing beverages. Marketing will be inviting guests, so enjoy meeting new faces that may later be your neighbors.

Thank you for choosing The Heritage Tradition as your home



## 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 Madera, Housekeeping Director

Diana Nolasco, Dining Room Manager

## The Heritage

AN SRG SENIOR LIVING COMMUNITY

[www.srgseniorliving.com](http://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.

