

Life+Style

Summer
August 2024

La Siena
Newsletter



*Your lifestyle
continues here*

Community Happenings

8/02

Title : 50's Concert with Come Back Buddy

August 2 / 2:30 -4P

Come Back Buddy, a 3-piece rock and roll band, finds inspiration in the legendary "Buddy Holly and the Crickets. Mike Randall leads on vocals and guitar, supported by Janine Randall on bass and Don Rinehart on drums. Our event will include 50s-themed food, drinks, fashion, and decorations, inviting everyone to dance and sing along with the band.

8/06

Title Historian Lecture: Hollywood Cowboy

August 6 / 1P / Theater

Cowboys have been iconic figures in American culture for over 120 years, transitioning from Dime Novels to the big screen. Historian Jim Turner is researching Hollywood Cowboys, including stars like John Wayne and villains like Lee Marvin. His presentation includes movie posters, biographies, and anecdotes from silent films to Spaghetti Westerns.

8/12

Title Vinyl Variety Hour

Time | Location: August 12 / 1P / Pub

August 12 marks National Vinyl Record Day – Let's remember our favorite music and take a step back in time to enjoy the classic sound of vinyl and music of the 50's & 60's. We'll invite a representative from Zia Records to join us to present, sharing music from this genre.

8/20

Title Savor the Slice Social: Community Pizza Party

August 20 / 5-6:30P / Pub / Fitness & Dance Room

If you enjoy pizza as a change from your usual evening meal, come join us upstairs at the pub for a slice or two. We're creating a warm and inviting ambiance where you can savor Italian wines, Caesar salad, pizza, and classic desserts for a delightful pizza party dinner. Please sign up with the front desk to let us know you're coming.

8/26-
30

Title Get in the Spirit

August 26-30 / all week / Throughout Building

Description: La Siena will be hosting an exciting Spirit Week, featuring various themed days such as "Tourist Day" and "Throwback Thursdays". The week will culminate with a showcase of residents' college colors. At the end of the day, we'll give out different spirit awards to individuals in our community.



Last Month's Wrap-Up

LA SIENA
AN SRG SENIOR LIVING COMMUNITY



Celebrations!

Birthdays

Anna L. August 1
Anita M. August 3
Eva T. August 6
Patricia B. August 7
Doris M. August 10
Robert P. August 11
Marjorie R. August 13

Hannah K. August 15
Ruth T. August 15
Joy O. August 16
Joanne B. August 18
Dora A. August 19
Fred R. August 26
Sandra K. August 31

Sweet Dreams: Sleep Strategies for Seniors

By Celynn Morin



As the years pass on, you might notice that you toss and turn more, wake up earlier, or need to rest more during the day. Lack of sleep is common among seniors and can lead to memory issues, difficulty focusing, mood swings, falls, and weakened immunity. Adjusting our rest habits can enhance our sleep quality and daytime vitality.



Insomnia, the most common sleep disorder in those over 60, makes falling and staying asleep difficult. Sleep apnea, where breathing repeatedly stops during sleep, can lead to serious health problems if untreated. If you feel extra sleepy during the day or snore loudly, consult your doctor. Make your bedroom a sleep zone—if you're awake 20 minutes after lying down, get up and return only when you feel sleepy.

Consider sensory strategies to aid sleep:

- **Sight:** Reduce bright light exposure in the evening to boost melatonin production.
- **Hearing:** Gentle sounds or music can help you fall back asleep.
- **Smell & Breathing:** Aromatherapy and deep breathing exercises can induce calm.
- **Taste:** Herbal teas can signal the end of the day without caffeine or sugar.

Join us for Module 6 on the Wellculator Online Program to explore practical ways to enhance your ability to rest well.

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



Morning sunlight exposure helps regulate your sleep-wake cycle.

Unleash Your Inner Power: Supercharge Your Mitochondrial Energy

By: Amanda Archibald



Imagine your body as an intricate, finely-tuned machine that constantly requires energy to function. Deep within your cells, there are tiny powerhouses called mitochondria, which play a pivotal role in converting the food you eat into energy. This energy fuels essential activities such as walking, thinking, and even the beating of your heart. Ensuring these mitochondria operate efficiently is crucial for

maintaining overall vitality and well-being. Mitochondria perform the remarkable task of transforming nutrients into ATP (adenosine triphosphate), the primary energy currency of your body. When these mitochondria are functioning optimally, they efficiently generate energy. A balanced diet that includes a variety of vitamins and minerals, particularly B vitamins, is essential to support this energy production process. B vitamins are found abundantly in foods like animal proteins and whole grains, which are part of the Foundation Ingredient Toolbox. By incorporating both of these food groups into your diet, you can optimize your intake of essential nutrients needed for efficient energy production within your cells.

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

Animal Protein

- Beef Liver
- Chicken Liver
- Gruyere Cheese
- Lamb Liver
- Parmesan Cheese
- Ricotta Cheese

Herbs

- Parsley

Other

- Sesame Oil

Seafood

- Catfish
- Cod
- Crab
- Halibut
- Herring
- Mackerel
- Red Snapper
- Rockfish
- Sardines
- Trout

Nuts

- Macadamia

Vegetables

- Acorn Squash
- Asparagus
- Bell Peppers - All
- Butternut Squash
- Carrots
- Chicory
- Escarole
- Potatoes

Legumes

- Green Peas
- Snow Peas
- Split Peas

Fruits

- Cantaloupe
- Cherries (Acerola)
- Grapefruit
- Kiwi
- Lemons
- Limes
- Papaya
- Sweet Corn

Grains

- Rice Bran
- White Rice
- Wild Rice



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

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Animal

Protein

Beef Liver
Chicken Liver
Gruyere Cheese
Lamb Liver
Parmesan Cheese
Ricotta Cheese

Herbs

Parsley

Other

Sesame Oil

Seafood

Catfish
Cod
Crab
Halibut
Herring
Mackerel
Red Snapper
Rockfish
Sardines
Trout

Nuts

Macadamia

Vegetables

Acorn Squash
Asparagus
Bell Peppers - All
Butternut Squash
Carrots
Chicory
Escarole
Potatoes

Legumes

Green Peas
Snow Peas
Split Peas

Fruits

Cantaloupe
Cherries (Acerola)
Grapefruit
Kiwi
Lemons
Limes
Papaya
Sweet Corn

Grains

Rice Bran
White Rice
Wild Rice



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Mind



Dive Into History

Join us for an exciting history lecture, where we delve into fascinating events and figures that have shaped our world. This engaging session not only offers a chance to expand your knowledge but also provides a deeper understanding of the past, helping us appreciate the present and make informed decisions for the future. Come connect with fellow residents, share your insights, and enjoy stimulating discussions that bring history to life. We look forward to seeing you there!

Body



ZestFit: Move and Flex

As we age, our bodies undergo various changes that can affect our mobility and balance. This can lead to a higher risk of falls and injuries. However with the right training and exercises we can improve mobility and reduce risk of falls. Mobility training is a type of exercise that focuses on improving flexibility, strength, and balance. Try our mobility training class, ZestFit: Move and Flex to improve your flexibility and mobility

Soul



Actors Showcase

Get ready to showcase your theatrical talents at our upcoming Actors Showcase event! Each community has the unique opportunity to put their spin on this exciting event, whether it's through a readers theater group doing a table read or residents putting on a full play. This is your chance to shine on stage, share your love for acting, and entertain your fellow residents. No prior experience is needed – just bring your enthusiasm and creativity. Join us and be part of an unforgettable performance!

Staff Directory

Jonathan Burningham
Executive Director

Carlos Verdin
Maintenance Director

Sherri Miller, LPN
Director of Assisted Living

Ramona Valdez
Housekeeping Director

Francisco Villalba
Executive Chef

Cheryl Marino
Business Manager

Deborah Wahl
Zest Director

Theresa Tsaninos
HR Coordinator

Victor Alvarado
Dining Manager

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