

Life + Style

Summer
June 2024

La Siena
Newsletter



*Your lifestyle
continues here*

Community Happenings

6/1

USA Dance Ballroom Dancing

Saturday, June 1 / 2P / Fitness & Dance

USA Dance program has organized volunteer dancers to perform at La Siena. Teams of dancers will provide demonstrations, group lessons and social dancing, opening up the dance floor to get our residents on the floor with them.

6/6

"Ruthy, the Baglady" Comedy Show

Thursday, June 6 / 2:30 - 3:30 / Fitness & Dance Room

Jan Sandwich as Ruthy will bring her comedic talents for an hour of laughter at la Siena. Jan, a veteran actress for over 25 years, has worked in stage, television, and movies alongside notable figures like Kurt Russell and Marie Osmond. She has a talent for comedy, notably portraying "Ruthy, the Baglady," inspired by a character from the 1960s comedy show "Laugh-In."

6/7

Outing to Clear Creek Winery

Friday, June 7 / 9:45A - 2P

We'll take a trip up to the beautiful Verde Valley to visit Clear Creek Winery. The weather will be a bit cooler than Phoenix, perfect for a day trip. This winery, with its lush green vineyard, crystal clear pond and mountain vistas, is the ideal pastoral interlude to sit back, relax and sip their Rio Claro Wines. On our way home we'll make a stop at Rock Springs Café for a slice of their famous pies.

6/14

Brews & Brats

Friday, June 14 / 3-4P / Pub

Come party with us to honor our dads with some cold brews and sizzling brats at our Father's Day happy hour. We've got a lineup of frosty beers and piping hot brats, paired with classic country tunes by Franklin Smith. Bring the whole fam along to celebrate with dad.

6/20

Get a Taste of life (Ingredients for life's next Adventure)

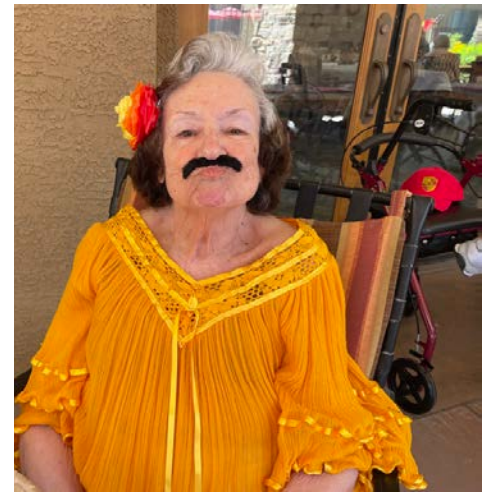
Thursday, June 20 / 11 - 3P / Throughout the Community

La Siena's anniversary celebration will take you on a voyage across seven continents, delving into each through food, cultural events, and music. Various activities will be scattered around the community, each seamlessly transitioning to the next throughout the day. Stay tuned for exciting updates.



Last Month's Wrap-Up

LA SIENA
AN SRG SENIOR LIVING COMMUNITY



Celebrations!

Birthdays

Karen V.	6/02	Myrna D.	6/11
Sara C.	6/05	Rita W.	6/15
Gary P.	6/06	Billie K.	6/16
David N.	6/11	Marlene L.	6/23
Mary R.	6/11	Doris K.	6/23

Water: Your Lifeline to Health

By Celynn Morin



Water is essential, not just beneficial, for your health. It acts as a lubricant for your joints and keeps your skin radiant. More crucially, it aids in transporting vital nutrients and oxygen to your cells and ensures the efficient removal of waste by your kidneys.



As seniors, staying hydrated is critical yet challenging due to diminished thirst and changes in body composition that reduce water reserves. Additionally, many medications can dehydrate the body further. Embrace hydration as a part of your daily routine and celebrate the life you live with each healthy choice you make.



How Much Water Do I Need?

How much water do you need? An approximate guideline is to drink 8 ounces of water for every 22 pounds of body weight, daily. However, individual needs can vary, especially if you are on medications like diuretics. Consult your healthcare provider for tailored advice.

Enjoying herbal teas can boost your hydration without extra calories. For more practical tips, scan the QR code to access the Wellculator Express Program Module 4 - Hydration.



Foods that Support Gut Health

By: Amanda Archibald



Your gut is like a garden, vibrant and alive with tiny organisms that are essential for your well-being. Nurturing it is crucial for optimal health. Let's explore how to seed and feed your gut for optimal health.



Seeding your gut with good bacteria is the first step. By maintaining its health, you create an environment

where beneficial bacteria can thrive. Aim to include one probiotic-rich food in your daily diet, like yogurt, kefir, or sauerkraut. These foods introduce beneficial bacteria to your gut, helping to crowd out harmful ones.



Once you've seeded your gut, it's time to **feed those good bacteria**. This is where prebiotic-rich

ingredients come into play. Prebiotics are like fertilizer for your gut, nourishing the beneficial bacteria already present.

By seeding and feeding your gut with care, you can promote a thriving ecosystem within your body. Just like a well-tended garden blossoms with beauty and abundance, so too will your gut flourish with health and vitality.

LET'S ADD ON TO OUR BASIC TOOLBOX WITH THESE SUPPORTIVE FOODS



Fruits

Blueberries
Guava
Pomegranate

Vegetables

Green Peas
Parsnip
Winter Squash

Legumes

Split Peas

Probiotic Rich

Buttermilk
Kefir
Kimchi
Kombucha
Miso
Sauerkraut
Soy Sauce
Tempeh
Natural Yogurt

Prebiotic Rich

Apples
Asparagus
Burdock Root
Chicory
Dandelion Greens
Eggplant
Endive
Honey
Jicama
Radicchio
Sunchoke

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

Strengthen Your Daily Life with Pull Exercises

By Amanda Archibald & Celynn Morin

Maintaining strength in our upper body becomes crucial for maintaining our autonomy. This June, we're shining a spotlight on Fundamental Movement #5 – The Pull: An essential part of our wellness offering tailored for our vibrant community of residents.

Why Pull Exercises Are Essential

Pull exercises help strengthen your muscles, making your body more capable and robust. Several of our day to day activities require use of the muscle groups that are engaged when working on your pull exercises.

The pull fundamental movement is essential because it targets, strengthens and balances key muscle groups, improves posture, grip strength, cardiovascular health, and reduces pain.

Pull exercises strengthen your ability to handle daily tasks with more ease. What once seemed challenging, like lifting a heavy pot or picking up your Amazon package, becomes more manageable, helping you maintain or improve your mobility and minimize risk of injury.

How to Integrate Pull Exercises

Integrating basic pull exercises into your routine is straightforward. Need some inspiration? Explore simple and effective strategies in Module Five of our FUNdamental Fitness Program. Spend 12 minutes with Darryl as he guides you through an introduction to this fundamental movement, practice exercises and practical application.



Scan the QR code to get started!



Mind



Be Good To Your Brain

Celebrate Brain Health Month with Senior Resource Group! We're dedicated to promoting mental well-being by integrating brain and body exercises into our fitness classes. Enjoy enlightening TED talks on brain health, and participate in an interactive live brain health workshop. Join us for a month filled with activities designed to enhance your cognitive vitality and overall wellness. Don't miss this opportunity to engage your mind, invigorate your body, and connect with a community committed to lifelong brain health!

Body



ZestFit: Aerobics

Join us for a lively aerobics class designed to boost your energy and improve your overall well-being! Our routines are adaptable and can be performed either seated or standing, ensuring a comfortable experience for everyone. Enjoy a fun and supportive environment where you can enhance your flexibility, strength, and cardiovascular health. With easy-to-follow movements set to uplifting music, this class is perfect for anyone looking to stay active and healthy. Come and be part of a community that values fitness and fun!

Soul



DIY Skin Care: Natural Face Masks

Join us for an engaging program focused on skin health! Discover the benefits of natural skincare and learn why it's essential for maintaining healthy, glowing skin. Explore how using a face mask after shaving can soothe irritation and replenish moisture for men, while women can enjoy deeply cleansed and hydrated skin. After the presentation, join our hands-on DIY sugar scrub workshop to rejuvenate your skincare routine. Don't miss this chance to pamper yourself and promote radiant skin!

A Word from our Executive Director

Summer break holds different meanings and levels of excitement for different people. For my wife, it now means having all three kids at home, and her finding creative ways to keep them entertained. I'm sure many of you can relate to similar experiences. What are some of your cherished summer break memories? Reflecting on your childhood, what moments stand out with your parents? I encourage you to document these memories. Share them with your loved ones through an email or letter. It's essential for them to understand our past to better value what we often overlook today. -Jonathan



Staff Directory

Jonathan Burningham, Executive Director

Sherri Miller, LPN, Director of Assisted Living

Francisco Villalba, Executive Chef

Victor Alvarado, Dining Manager

Deborah Wahl, Zest Director

Carlos Verdin, Maintenance Director

Ramona Valdez, Housekeeping Director

Cheryl Marino, Business Manager

Theresa Tsaninos, HR Coordinator

LA SIENA
AN SRG SENIOR LIVING COMMUNITY

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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.



The Art & Science of WellBeing
Zest. For Life.