

# Life + Style

Summer  
August 2024

Maravilla Santa Barbara  
Independent Living



*Your lifestyle  
continues here*

# Community Happenings

IL August 2024

1st

## **Fiesta Celebration**

Thursday | 2pm-4pm | Clubhouse Patio/ Pool Deck

Old Spanish Days Fiesta is a beloved Santa Barbara tradition that has continued for 100 years. Join us for this festive celebration with delicious refreshments, mariachi music, and a special flamenco performance.

2nd

## **Fiesta Parade!**

Friday | 11-3:30 p.m. | Outing to Cabrillo Blvd.

Dust off your cowboy boots and celebrate the 100th anniversary of the Fiesta parade! The largest equestrian parade in America! Boxed lunch and beverages provided as is a covered tent with comfortable seating. Seating is limited - advanced reservations required (\$)

6th

## **Balance Seminar with Central Coast**

Tuesday | 10:30am | Clubhouse

Discuss the importance of balance training in your routine, proper home safety, and ways to reduce fall risk. Balance training demonstrations and assessments will be available for those who are interested.

17th

## **Lake Cachuma Cruise**

Saturday | 9:15am / Outing on Lake Cachuma

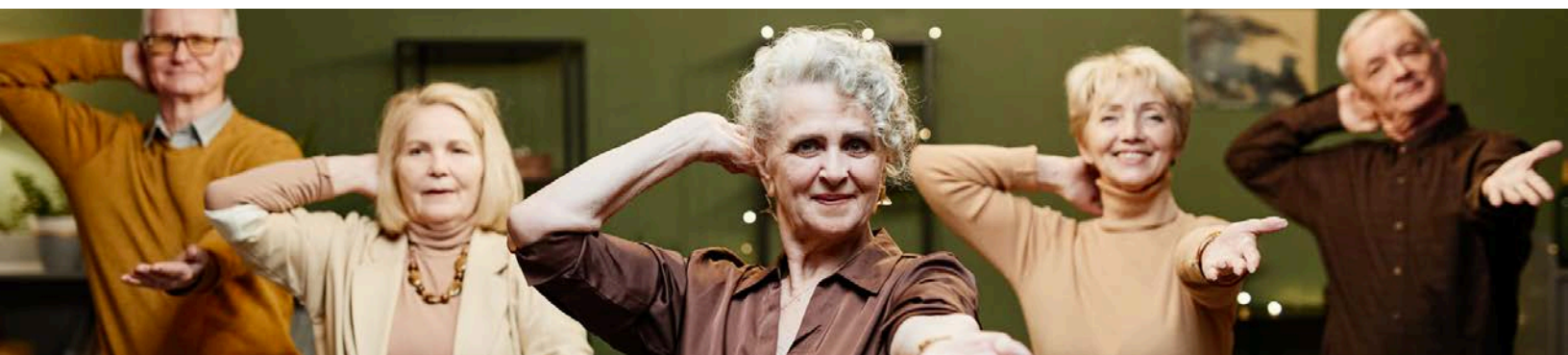
Park Naturalists guide you on a 1.5-hour Lake Cruise aboard the Osprey. This pontoon style passenger boat is designed for easy wildlife viewing and personal comfort. The Osprey explores the Lake as Naturalists follow nature's serendipity. Bring your camera. Seating is limited - advanced reservations required (\$)

28th

## **Prime Time Band comes to Maravilla!**

Wednesday | 6:30 p.m. | Clubhouse Patio/Pool Deck

The joy of music comes to life with Santa Barbara's Prime Time Band, a vibrant ensemble of more than sixty local amateur musicians. Dedicated to creating opportunities for music-making for players of all experience levels, the band is comprised of adults from age 40 to 90, many of whom hadn't played an instrument since high school or learned to play during their retirement or semi-retirement. Enjoy this wonderful concert on our pool deck and watch the stars come out!



# Last Month's Wrap-Up



## Celebrations!

### Birthdays

Diana T. 2nd  
Billie C. 2nd  
Fran O. 2nd  
Carolyn G. 4th  
Anita M. 6th  
Thelma R. 6th

Al H. 7th  
Brent M. 11th  
Judy P. 12th  
Linda P. 13th  
Martin E. 14th  
Janice S. 14th  
Nancy G. 15th

Betsy H. 16th  
William S. 16th  
Bianca T. 17th  
Donna D. 17th  
Dee B. 20th  
Jan Q. 20th  
Roberta C. 22nd

Charles (Chip) M 23rd  
Ken S. 24th  
Lynore T. 24th  
Renee H. 26th  
Gary K. 27th  
John H. 30th

# 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.

# The Reach Exercise for Everyday Life

By Amanda Archibald & Celynn Morin



In August, we're focusing on exercises that help you reach with ease and confidence. Reach exercises help you maintain freedom of movement in your shoulders, upper back, and arms. They increase your range of motion, making upper body movements smoother and less restrictive.

## Daily Examples of Using a “Reach” Motion

1. **Reaching High Shelves:** Getting items from kitchen cabinets or closets.
2. **Picking Up Objects:** Bending to pick up something from the floor.
3. **At Home:** Opening and closing curtains or shades.
4. **Grocery Shopping:** Reaching for products on high or low shelves.
5. **Gardening:** Pruning plants or picking fruits and vegetables.
6. **Personal Care:** Brushing your hair or reaching behind to fasten clothing.
7. **Social Interactions:** Waving hello or giving someone a hug.

## Why Bother with Reach Exercises?

Exercises that improve your strength and flexibility are important regardless of age. Maintaining upper body strength and flexibility helps you stay independent and perform daily tasks with ease. It also reduces the risk of injuries from strains or falls. By incorporating the Reach Exercise into your routine, you ensure that your upper body remains strong and capable, enhancing your overall quality of life.

Explore simple, effective and easily adaptable ways to try out the reach exercises for yourself in Module Seven of our FUNdamental Fitness Program. Spend a few minutes with Darryl every day to enhance mobility and flexibility in your life every day.



Scan the QR code to get started!

## What Do Reach Exercises Look Like?

- **Forward and Backward Reaches:** Reaching your arm forward and down, or backward and down to simulate picking up something from behind you.
- **Side Reaches:** Reaching to the side or across your body to simulate picking up something next to you.
- **Rotation Reaches:** Twist from your core to gently reach behind you or across your body



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

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**MARAVILLA**  
AN SRG SENIOR LIVING COMMUNITY

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

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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.