

Life + Style

Summer
July 2024

Maravilla Scottsdale
Independent Living



*Your lifestyle
continues here*

Community Happenings

04

Fourth Of July Celebrations

3pm | Living Room

At 3pm, enjoy a special patriotic performance by Audrey Hicks and her band for the Fourth of July. Following this performance, delight in our annual Fourth of July BBQ buffet in the Ironwood Grille at 4pm. Don't forget to head outside and catch the Fireworks at the Fairmont Princess at 9pm!

15

***Lifelong Learning: Tour De France: The History and Benefits of Cycling**

3pm | Maravilla Room

Kick off the first day of our Tour de Zest Competition with a wonderful presentation from cycling enthusiasts Enrico Minardi, Associate teaching professor, Arizona State University and James J. Clark, PTS Arizona State University, Tempe Campus Ambassador as they present the history of cycling in France as well as the benefits of the sport. We'll have cycles out for all of you that would like to get extra Tour de Zest miles in during this lecture.

20

***Fountain Hills Saxophone Quartet**

3pm | Maravilla Room

Since 2013, the Fountain Hills Saxophone Quartet (FHSQ) has been delighting audiences in the greater Phoenix area with its expert musicianship and its often-humorous, always-engaging rapport with audiences. This versatile group gets toes tapping and hearts singing with music that covers every genre, decade and continent.

24

***Acrylic Pouring Class**

2pm | Arts & Crafts Room

Explore the vibrant world of fluid art in our Acrylic Pouring Class! Discover the techniques of acrylic pouring and create your own unique masterpiece. Join Sharon for this delightful abstract art class where anyone, artist or not, can create a stunning piece. Cost \$10.

30

***Tour de Zest Wrap Up Party**

3pm | Bistro Bar

Come on and celebrate that we all got in some extra movement in during the Tour de Zest with refreshments and live music at the Bistro Bar. We'll also announce our placement in the competition.

*Please register for this event ahead of time on ZestConnect or through the front desk.



Last Month's Wrap-Up

Maravilla
SCOTTSDALE



Celebrations!

Birthdays

Joe V. - 2nd
Allan A. - 3rd
Susan Bell - 9th
Larry M. - 9th
Karon H. - 11th
Marlowe S. - 20th
Jack N. - 20th

Anniversaries

Allan & Sandra A. - 4th
Ray & Valda S. - 4th
Ben & Bonnie V. - 4th
Fred & Lynn B. - 10th
Judi & Ivan Z. - 15th

Alan & Kathryn J. - 20th
Pete K/ & Andi F. - 29th
Bob & Carole D. - 31st

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

Happy Independence Day! As you gather with friends and family to celebrate the 4th of July, please take a moment to honor the courage and spirit that founded our nation. July 4th marks the anniversary of the adoption of the Declaration of Independence in 1776. This historic day commemorates the United States' assertion of sovereignty and freedom from British rule. July 4th is a powerful reminder of America's journey toward independence and its ongoing commitment to liberty. Enjoy live, patriotic music throughout our community in celebration of this great day!



Staff Directory

Sandra Dangelo, Executive Director

Tracey Lundgren, Sales Director

Sharon Scataglini, Zest Director

Erika Escobar, Executive Chef

Anthony Romero, Food Service Director

Ryan Abril, Maintenance Director

Raul Roa, Housekeeping Director

Rae Richardson, Assisted Living Director

Kaila Stephens, Enliven Director

Christine Wright, Business Office Manager

Kathy Dorsey, Human Resources Manager

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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.