

Life + Style

Summer
July 2024

Peninsula Del Rey
Newsletter



*Your lifestyle
continues here*

Community Happenings

7/4

Patriotic Barbeque

11:30am and 1:00pm | Courtyard 1

Enjoy a spread of delicious food adorned with red, white, and blue treats, play fun outdoor games, and have a great time celebrating our country's spirit together!

7/7

USS Potomac Dockside Tour

10:00am | Valet

Enjoy a delightful dockside tour aboard the USS Potomac, explore the historic ship, learn fascinating facts, and enjoy the beautiful views from the deck. It will be a memorable experience full of history and fun! For Tickets go to- <https://www.usspotomac.org/>

7/12

Outdoor Movie and S'more!

7:00pm | Courtyard 1

Enjoy a cozy setup with blankets and pillows, feast on tasty snacks like popcorn and candy, and enjoy a feel-good film under the open sky. Let's bring everyone together for a fun and relaxing evening filled with laughter and good vibes. It's a great way to unwind and bond with our neighbors!

7/17

Outdoor Zumba Gold with Nora

10:30am | Courtyard 1

Join in for an energizing outdoor Zumba Gold session with Nora? We can groove to the music, move our bodies, and have a blast getting fit together. Let's come together as a community, have fun, and enjoy a lively workout under the sun. It's a fantastic way to stay active and connect with our neighbors!

7/26

Badminton

1:00pm | Courtyard

Join us for a fun outdoor competition of Badminton. Compete for the title of PDR Badminton Champion.



Your Community Spotlights

Employee Spotlight



Valeriy K.

Valeriy was born in Odessa Ukraine. He came to the United States last year in August.

Before he came to the United States, he was a navigator in Ukraine.

Valeriy is married and has one daughter who just finished middle school.

In his free time, he likes to go to the beach, enjoy nature, and get together with his friends.

Something interesting that people do not know about Valeriy is that he is very good at multi-tasking. He is also very experienced at sea and was a captain on board.

His favorite movie is Fifth element.

His favorite food is sea food, and he likes to cook seafood.

What he likes about working at PDR is his team. Everybody is very helpful.

Nancy H

Nancy was born in Phoenix Arizona, and raised in San Mateo. She went to San Francisco State and studied teaching.

Nancy has 2 children. Her daughter lives in North Carolina and her son lives in San Francisco.

Before PDR, Nancy taught kindergarten in Pinecrest, California for 2 years, then moved to Monterrey to teach and met her husband.

Her hobbies include nature, politics, drawing animals, and reading. She likes reading research books on animals.

In her free time, Nancy likes to play bingo, blackjack, and scrabble.

One of her special talents is she loves to work with kids.

Nancy also loves to sing and dance. Her favorite musician is John Denver.

She loves to watch MSNBC News.

Her favorite food is sugar free ice cream.

She looks forward to playing bingo, blackjack, scrabble, puzzle, and Chinese checkers in PDR.

Resident Spotlight



Celebrations!

July Birthdays

7/5- Anne K.

7/7- Joyce M,

7/8- Cecilia W.

7/16- Mikhail D.

7/17- Isabelle N.

7/23- Wilhelmina G.

7/25- Roger F.

7/25- Mable C.

7/28- Bill F.

7/28- Angelique S.

7/28- Helena D.

7/29- Peggy G.

7/29- Sidney P.

7/29- Darlene M.

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.

Staff Directory

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PENINSULA DEL REY
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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.



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Zest. For Life.