



Life+Style

Summer
June 2024

Peninsula Del Rey
Newsletter



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Community Happenings

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Celebrate World Environment Day

1:00pm | Galleria

World Environment Day 2024: accelerating land restoration, drought resilience & desertification progress. We will have a day of DIY projects that can be used in the home as sustainable items, clothes, newspapers, tin cans and more!

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Taste of Philippine's Independence Day Celebration

11:30am | Crown Room Restaurant

Taste of the Philippines. It's like a flavor explosion in your mouth. A culinary vision adventure that will leave you wanting more. Imagine savoring the rich, savory, or double crispy and juicy lechon and don't get me started on mouthwatering desserts like Halo-Halo, and Bibinka. So, get ready to tantalize your taste buds and embark on a delicious journey through Filipino cuisine.

15

Juneteenth Jazz Festival

10:30am | Valet

Thousands will be in attendance as we commemorate Juneteenth in the city's historic Fillmore District. The Freedom Celebration will span 8 city blocks featuring dozens of special guests, community leaders, performers, vendors, exhibitions, carnival rides, games and tons of fun for the whole family.

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Hello Summer, Dance Dance Party!

3:30pm | Courtyard 1

Get ready to groove and move to our sizzling hot summer dance bash. Join us for an afternoon of non-stop dancing, pulsating beats, electrifying energy, and games as we welcome the summer in style. Whether you're a seasoned dancer or just love to bust a move, this party is the ultimate destination for good vibes, great music, and unforgettable memories. So put on your dancing shoes and let's dance the afternoon away!

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Celebrating PRIDE

1:00pm | Galleria

Get ready to celebrate love, acceptance, and equality for our vibrant PRIDE Celebration, Let's stand proud and embrace our true selves and spread love and acceptance to create a world where everyone is celebrated for who they are.



Your Community Spotlights

Employee Spotlight



Fatima R, Caregiver

Fatima is born in Nicaragua. She studied English in high school. She came to the United States 2 months ago and she has a daughter who is 13 years old. Her hobbies are reading and going out and exploring unfamiliar places. She also likes cleaning her house. One of her special hidden talents is that she is exceptionally good at working with her hands. She likes dancing. Her favorite dances are salsa and meringue. She also likes to draw. Her favorite is sketching animals. Her greatest achievement is doing the best for the residents. Something interesting that people do not get to see often is that she likes to smile. Her favorite foods are spaghetti, Mexican food, and pizza.

What she likes about working in Peninsula Del Rey is that she likes to help the elderly and her team is amazing.

Meet Jennie L, born in Los Angeles, California. She was raised alongside her seven siblings. After graduating high school, Jennie went on to attend a business college. She and her late husband, Bill, were happily married for 73 years. Together, they had three wonderful kids. Jennie is a proud mother and grandmother! Currently in her free time Jennie enjoys coloring, playing games, reading good books, and watching movies and TV shows. Jennie also enjoys watching sports on TV. Some of her favorite sports are volleyball, softball, and baseball!

Resident Spotlight



Celebrations!

June Birthdays

6/5- Jenny C.

6/8- Cedric G.

6/13- Lula G.

6/14- Calvin W.

6/23- Jennie L.

6/24- Julie W.

6/30- Andree L.

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
- Sunchokes

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!



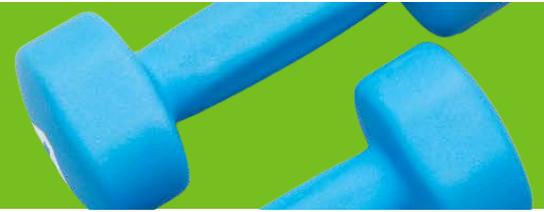
Mind



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!

Staff Directory

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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.