

# Life + Style

Summer  
August 2024

River's Edge  
Newsletter



*Your lifestyle  
continues here*

# Community Happenings

9

## Summer Concert Series with Moon Glow Band

3:30 PM | River's Edge Backyard by the pond

Our summer concert series at River's Edge is a great way to meet your neighbors, make friends and enjoy our great outdoor area around our community. Meet us by the pond and enjoy drinks, appetizers and music by the Moon Glow Band.

14

## Drum Circle with Tandy

10:00 AM | Assisted Living Lobby

Get ready to make music with Tandy the drumming guru. Tandy will guide us along to a wonderful drum song. Music provides and empowers healing along with enjoyment and feelings. This is a musical morning you don't want to miss.

23

## Music in Motion with Rowena

10:30 AM | Independent Living Fitness Room

Rowena will lead a fitness class with a mix of Zumba and Tai Chi. This class is for all fitness levels. We will be using our vocals, moving our muscles and dancing to the beat. This is a great class guaranteed to boost your energy while working on your core and strengthening your balance.

25

## River's Edge Great Banana Split Celebration

1:45 PM | Assisted Living Lobby

In honor of National Banana Split day. Zest will be hosting a banana split celebration in our assisted living lobby. Enjoy some afternoon music, delicious ice cream with all the toppings you can imagine and challenge your mind with some banana split history!

30

## Boot, Scoot & Boogie at Rive's Edge

3:30 PM | Independent Living Lobby

Howdy! Grab your boots and giddy up over to our Boot, Scoot and Boogie party! Enjoy light drinks, appetizers, music and dancing with your friends and neighbors.



# Last Month's Wrap-Up



## Celebrations!

### Birthdays

Kathleen M. - 3rd  
Fran S. - 4th  
Winette N. - 10th  
Shelby K. - 11th

Diane T. - 15th  
Vicky J. - 20th  
Jay B. - 23rd  
John S. - 23rd

Julie L. - 23rd  
Terry T. - 25th  
Roy H. - 28th  
Shirlee K. - 29th  
Kayleen P. - 31st

# 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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**River's Edge**

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.