

Life + Style

Summer
July 2024

Silver Springs
Newsletter



*Your lifestyle
continues here*

Community Happenings



01

Silver Springs Annual Tour de Zest Competition

TDZ is a company wide 8-day competition that started in 2020. The idea is for resident communities to form teams of both residents and staff and compete for the most movement points to bring home the 1st Place trophy. Communities earn points by organizing movement opportunities for residents and staff to participate in.



04

Fourth of July Celebration

7-4 | Family Room

Flags are waving and our Pride is High! Please join us for The Fourth of July. Rusty Ford will be here to entertain us and we will have refreshing summer appetizers and cocktails provided by our Chef!



09

Intergenerational Bingo

7-9 | 2:00pm | Family Room

The Amado Youth Center is spicing things up by bringing middle and high schoolers to Silver Springs for a thrilling 5-round prize bingo showdown!



09

Carlye Poe Presents: The Four Seasons of Dale Chihuly

7-9 | 10:30am | Family Room

Chihuly is an American glass artist whose colorful and innovative work has been in concert with nature around the world.



Last Month's Wrap-Up

SILVER SPRINGS
AN SRG SENIOR LIVING COMMUNITY



Celebrations!

July Birthdays

Residents

Victor K. - 7-04	Eve H. - 7-19
Frank B. - 7-08	Holly M. - 7-21
Joan S. - 7-12	David F. - 7-24
Sharon W. - 7-14	Kay N. - 7-13
Jim K. - 7-15	Nell C. - 7-31

Staff

Kim L. - 7-3
Janeth V. - 7-8
Fernanda C. - 7-12

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.

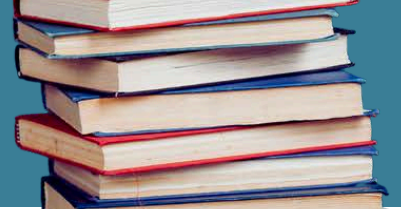


Scan the QR code to get started!

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

“A dream doesn’t become reality through magic; it takes sweat, determination and hard work.”

– Colin Powell



Staff Directory

Cathy Dabney-Executive Director

Lisa Spencer-Business Manager

Cynthia Valencia-Director of Sales

Rob Reid-Executive Chef

Stacy Riley-Zest Director

Linda Coleman-DOAL

Isaias Ramos-ESD

Mark Noriega -Director of Dining Services

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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