

Life + Style

Summer
August 2024

SpringRidge at Charbonneau
Independent Living



*Your lifestyle
continues here*

Community Happenings

02

Swan Island Dahlia Farm and Lunch at Fultano's Pizza

9:30 am | Outing

Oh, what a day! We will things off with a vibrant stroll through Swan Island Dahlia Farm, where the flowers are in full bloom, painting the fields with their dazzling colors. It's like walking through a kaleidoscope! After soaking in all that natural beauty, we will head over to Fultano's Pizza in Canby for lunch. Their pizza? Absolutely divine. Come join us!

07

SpringRidge Island Days!

4:00 pm | Commons

Get ready to escape to paradise because Island Days are coming to our senior living community on August 7th and 8th! On the 7th, we're transforming our space into a tropical haven with a lively Luau. Then, on the 8th, the island vibes continue with the soothing sounds of Dom Franco on the steel drum. His music will transport us straight to a sunny beach, making it the perfect way to relax and unwind. So mark your calendars, grab your favorite Hawaiian shirt, and join us for two days of tropical fun and fantastic company!

17

SpringRidge Cruise In Classic Car Show

11:00 am - 1:00 pm | Parking Lot

Rev up your engines because the SpringRidge Cruise In Classic Car Show is rolling into town! Get ready to be wowed by an incredible lineup of classic cars that will transport you back in time. From vintage beauties to muscle car legends, we've got it all.

But that's not all—while you're admiring these automotive masterpieces, we'll have great music filling the air, creating the perfect soundtrack for our car enthusiasts. And let's not forget the BBQ! We're serving up some mouthwatering barbecue that's guaranteed to hit the spot.

21

Guide Dogs for the Blind

9:00 am | Outing

Join us for an exciting trip to the Guide Dogs for the Blind center in Boring, Oregon! Get ready to meet some incredible dogs and learn about the amazing work being done to train these canine companions. After our tour, we'll stop for a delicious lunch at the ever-popular Ram restaurant on the way home. Don't forget to bring a snack for the journey! Mark your calendars and get ready for a day filled with furry friends, fun, and fantastic food!



Last Month's Wrap-Up



Celebrations!

August Birthdays

Carol O.	8/4	Catherine S.	8/12	Wayne	8/18	Jim H.	8/25
Nancy R.	8/4	Judi R.	8/13	Bonnie E.	8/18	Kathy P.	8/25
Beth C.	8/5	Barbara S.	8/15	Joan K.	8/19	Joy S.	8/31
Ed Z.	8/9	Lois M.	8/16	Byron S.	8/20		
Pat M.	8/11	Rollie B	8/16	Cathy M.	8/24		

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

FreshZest™



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!

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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.

