

# Life + Style

Summer  
June 2024

SpringRidge at Charbonneau  
Independent Living



*Your lifestyle  
continues here*

# Community Happenings

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## **Celebrating Our Grads!**

6:30 - 7:30 / Commons

Every year at this time SpringRidge has the tradition of honoring our staff members who are graduating from high school and moving on to the next journey. The evening includes an introduction from our ED, Garth Hallman, an introduction of each grad, and presentations by our Resident Council officers. These teens and their parents enjoy the recognition by the whole community.

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## **Whiskey Wednesday - It's a Guy Thing**

2:00-3:00 / Lounge

SpringRidge Dad's, this one's for you! Join Sean from The Key for an exclusive whiskey tasting event, where you'll explore a diverse range of whiskey varieties and expand your knowledge of this timeless spirit.

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## **Nuclear Testing Post WWII**

1:00 - 2:00/ Montreal Room

SpringRidge resident and veteran Howard Wells shares his expertise on nuclear testing following WWII, including specific experiences during the mid 60's with underground testing. 'Hod' is an Atomic Veteran having been exposed to radiation and gases during a Test... He's dangerous but not radioactive!

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## **Brain Fitness with Sanja**

1:00-2:00 / Montreal

Unlock your brain's potential, join us for an engaging presentation on brain fitness where Sanja from EmpowerMe Wellness will share effective techniques to boost cognitive performance and keep your mind sharp

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## **Spring Ridge at Charbonneau Choir Concert**

4:00 / Commons

Spring Ridge's own Choir will be treating residents and guests with a special performance which is sure to delight attendees of all ages!



# Last Month's Wrap-Up



## Resident Birthdays

Don K. 6/1  
Carol J. 6/3  
Don S. 6/7  
Veralynn K. 6/8  
Shirley S. 6/10

Daniel W. 6/20  
Carol J. 6/20  
Howard W. 6/21  
Richard C. 6/25  
Jim C. 6/27

Carol W. 6/27  
Alan S. 6/27  
Don B. 6/29  
Jane S. 6/29

# 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  
Sunchoke

**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

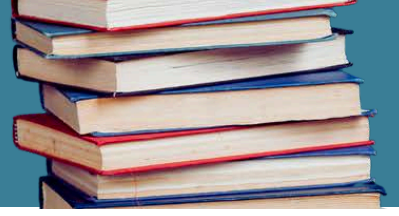
Integrating basic pull exercises into your routine is straightforward. Need some inspiration? Explore simple and effective strategies in Module Five of our FUNdamental Fitness Program. Spend 12 minutes with Darryl as he guides you through an introduction to this fundamental movement, practice exercises 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.

