



Life + Style

Spring
June 2024

The Carlisle Naples
Independent Living



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Community Happenings

6

Brain Health Lecture

11:00 am, Cinema

Join us on the Cinema and learn the importance of brain health, Patti Roko from The Key will talk about lifestyle behaviors that can impact nutrition, physical activity and stress resilience.

7

Casino trip

From 10:00 am to 2:00 pm. Outing

Are you ready to have some fun? June is a dedicated month to celebrate Fathers. Ladies and gentlemen of The Carlisle are invited to go to the Seminole Casino at Immokalee. Please register at the Reception Desk.

16

Father's Day

From 12:00 pm to 3:00 pm, Dining Room

Father's Day is not about a new tie or a day at the golf course. It's about sharing sentiments with that special guy who has helped to shape your life. A magnificent meal will be served in the Dining Room to express love, appreciation and gratitude for their unconditional support.

21

The Fabulous Fifties are back!

4:00 pm Living Room

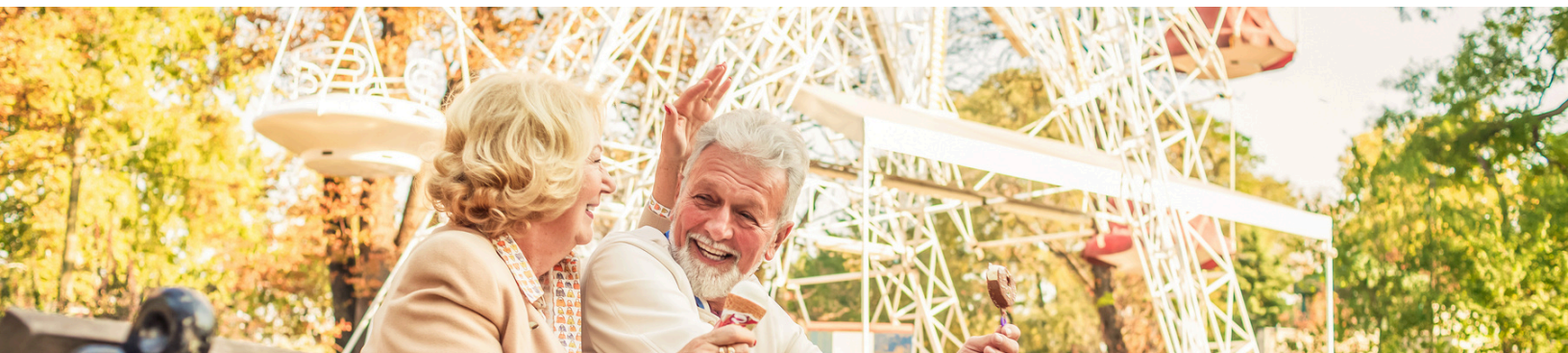
Adorn your loafers and blue jeans, poodle skirts and saddle shoes ready for a fifties sock hop. Let's twist again with 50's music by Lou Casanova. We will be serving fries, onion rings and Root Beer and Coke floats.

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A Taste of the Islands

4:00 pm, Pool Area

This casual evening requires your favorite island style attire. Summer dresses, khaki shorts, strwhats and sandals are appropriate for the tropical island climate. Enjoy the sounds of the Caribbean, frozen drink specials and music by Peggy Flannery.



Last Month's Wrap-Up



Celebrations!

Birthdays

Sotireos V. - 1st.
Charlotte S.- 6th
Sallie R. - 6th
Joanne S. - 10th
Janet G. - 13th
Judie F.- 13th

Vaughn G- 16th
Josiah S. -16th
Beverly M. -17th
Jack R.- 19th
Mary K, -20th
Ginny D. - 22nd

Karen B. -23th
Katherine W. -24th
Louis M - 25th
Joyce M. - 25th
Janet S. 25th
Hazel B.-29th

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!

A Word from our Executive Director

Wow! June already. I can't believe that we're halfway through the year. Time really does fly when you're having fun. During the month of June we recognize and honor the great men who raised us, taught us, showed us how to catch or throw a ball, provided for their families and served our great country. I'd like to say thank you to all our fathers here at The Carlisle and Happy Father's Day!

Staff Directory

Bill Diamond
Executive Director

Mary Beth Baxter
Assistant Executive D.

Melissa Christiansen,
Director of Assisted
Living.

Jenny Bradley
Greg Pascucci
Sales and Marketing
Director

Marlon Perez
Executive Chef

Diana Carrillo
Human Resources

Johnny Markovic,
Maintenance Director

Marcia Aldana
Zest Director

Sandra Calderon
Housekeeping Supervisor

Dining Room Managers
Beatriz Maya
Josh Kohler



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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.

