

Life + Style

Summer
July 2024

The Village at Ocotillo
Independent & Assisted Living



*Your lifestyle
continues here*

Community Happenings



4

Red, White & Blue Celebration with Dan W.

3:00pm/ Living Room

Put on your Patriotic outfit & let's celebrate our nations 248th birthday with pride. Chef Carrie will serve a July 4th cook out-style menu, with live music by Dan W. Join us for this special day, head up high & let's be grateful & proud to be an American.



9

Tequila Sunrise Cocktail Blowout with Nancy & Larry

3:00pm/ Living Room

Summer time! Get ready for our signature Tequila Sunrise Cocktail Blowout with live music by Nancy & Larry. Summer is a perfect time for gathering, dress up in summer attire & bring your dancing shoes. Let's have fun & enjoy the day with our TVO family.



15

Tour De Zest

2:15pm/ Fitness Center

Join us for our annual Tour de Zest as we explore different places inspired by the famous Tour de France. We are inviting our TVO residents to join Zest for 8 days, to accumulate as many miles as possible.



15

New Image Fashion Show

10:00am - 3:00pm/ Living Room

We are thrilled to showcase our annual fashion show sponsored by New Image. Their summer collection will be displayed in the living room & our residents will have a chance to showcase their latest collection.



25

Root Beer Float Social

2:00pm/ Living Room

Stop by and say hello. It's Root Beer Float time at TVO to beat the heat, A delighted treat where we will indulge in classic root beer with scoops of vanilla ice cream. Life is sweet, but root beer floats are sweeter.



Last Month's Wrap-Up

The
VILLAGE
AT OCOTILLO



Celebrations!

Birthdays

Jean W. 7.05
Sandra F. 7.10
Brent S. 7.11
Beau J. 7.17

Lonna T. 7.18
Evelyn G. 7.20
Helen D. 7.26
Bev V. 7.26

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.

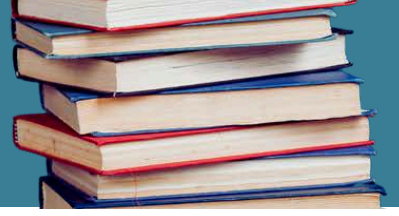


Scan the QR code to get started!

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.

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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.

