



Wellness Matters Newsletter

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Wellness Tips

Stay Hydrated:

Seniors can often feel less thirsty, even when their bodies need more fluids. This can increase the risk of dehydration, which may lead to fatigue, dizziness, confusion, or other health concerns. Because of this, it's important to build simple hydration habits throughout the day.

Try drinking small amounts of water regularly instead of waiting until you feel thirsty. Keeping a water bottle nearby can serve as a helpful reminder. If plain water feels boring, adding slices of lemon, cucumber, or other fruit can give it a refreshing flavor and make it more enjoyable to drink.

Eating foods with high water content is another easy way to stay hydrated. Fresh fruits are a great option, especially choices like watermelon and strawberries, which contain a lot of natural water and nutrients. Other hydrating foods such as oranges, cucumbers, and lettuce can help support daily fluid intake.

Staying well-hydrated helps support overall health, energy levels, and well-being. Especially in warmer weather or when spending time outdoors, remember that regular hydration is an important part of feeling your best each day!



St. Mark Village's Wellness Manager, Michael Gaugler

Spring time

Spring is a time for renewal, fresh air, and new beginnings. Warmer weather invites residents to enjoy outdoor walks, the new court yard, gardening, and social gatherings with friends and neighbors.

It's the perfect season to refresh daily routines, stay active, and appreciate the beauty of blooming flowers and longer days.

Spring also encourages connection—through community events, shared meals, and time spent outside together. Most of all, it's a reminder to embrace the season with energy, positivity, and wellness.

Spring is the perfect reminder that wellness grows when we stay active together.



ST. MARK
VILLAGE



Wellness Highlight

- Springtime is a great time to declutter:
- Springtime is often associated with fresh starts, warmer weather, and new energy. It is also the perfect time to declutter your living space and let go of items you no longer need. Over time, it is easy for belongings to accumulate, and a little spring cleaning can help create a more organized, comfortable, and peaceful home.
- Decluttering does not have to be overwhelming. A good way to begin is by choosing one small area at a time, such as a drawer, closet, or cabinet. As you go through your items, ask yourself if you truly use or need them.

Routine exercise helps

Regular movement helps maintain balance, circulation, and mobility.

Good options

- Short daily walks
- Chair exercises
- Light stretching
- Practicing balance



Staying Active

Summer is a wonderful time to enjoy the outdoors, stay active, and spend time with friends and family. For seniors, staying active during the warmer months can help improve balance, strength, energy levels, and overall well-being. The key is to choose activities that are enjoyable while also being mindful of the summer heat.

Walking is one of the easiest and most beneficial activities. A morning or evening walk, when temperatures are cooler, can help keep the body moving and the mind refreshed.

Swimming and water exercises are also excellent summer activities.





START YOUR DAY BRIGHT

The importance of ankle mobility in seniors

Good ankle mobility plays an important role in maintaining balance, stability, and safe movement as we age. Flexible and strong ankles help support everyday activities like walking, standing up from a chair, and climbing stairs. When the ankles move properly, they allow the body to shift weight smoothly and help prevent unnecessary strain on the knees, hips, and lower back. Simple exercises can help improve and maintain ankle mobility. Gentle ankle circles, flexing the foot up and down, or lightly stretching the calf muscles can keep the joint moving comfortably. Balance and stability are closely connected to ankle strength.

• Benefits of chair exercises

Chair exercises are a safe and effective way to stay active, especially for individuals who may have difficulty standing for long periods or who want a gentle form of physical activity. Using a sturdy chair for support allows people to perform a variety of movements that help improve strength, flexibility, and overall well-being.

One of the main benefits of chair exercises is that they make physical activity more accessible. Individuals with limited mobility, joint discomfort, or balance concerns can still participate in regular exercise while seated. This helps people stay active.

Another benefit is improved circulation. Gentle movements help increase blood flow throughout the body which can support heart health and reduce stiffness in the muscles and joints. Regular movement can also help reduce swelling in the legs and feet that may occur from sitting for long periods.

In addition to physical benefits, chair exercises can also support mental and emotional well-being. Exercise releases endorphins that can help improve mood, reduce stress, and increase overall energy levels.

Get Fresh Air Safely

Spending time outdoors improves mood and vitamin D levels.

Tips

- Sit outside for 10–20 minutes in the morning when temperatures are mild.
- Wear a hat, sunglasses, and sunscreen.
- Use shaded areas to avoid overheating.

Awareness

April is recognized as National Stress Awareness Month, a time dedicated to increasing awareness about the causes and effects of stress and the importance of managing it for better overall health.

It encourages people of all ages to practice wellness habits such as relaxation, staying active, and maintaining social connections.

In a senior living community, this month is a great opportunity to focus on activities that promote calm, balance, and emotional well-being. Simple practices like gentle exercise, spending time outdoors, and connecting with friends can help reduce stress and support a healthier lifestyle.

Simple Wellness Reminder:

A little planning goes a long way. Staying hydrated, protecting your skin, and choosing cooler times of day for activity can help seniors in Florida stay healthy while enjoying the sunshine and outdoor lifestyle.



Upcoming Wellness Opportunities

- 1. Fitness assessment test
- 2. Healthy behavior modification for older adults

One Year
From Now
You Will
Thank
Yourself For
Not Giving Up

Exercise of the month

Stand facing a wall or sturdy chair for support, with one foot placed slightly in front of the other. Keeping your front heel flat on the floor, slowly bend that knee and gently move it forward toward your toes. The goal is to allow the knee to travel forward while the heel stays down, creating a stretch and movement in the ankle joint. Move slowly and only go as far as feels comfortable, heel has to stay down. Then return to the starting position and repeat. This simple movement helps improve ankle flexibility, balance, and walking stability.

3 sets of 5 to 10 repetitions

National Stress Awareness Month

Stress affects posture because the body naturally tightens muscles when it feels tension or pressure. When someone is stressed, the shoulders often lift, the neck tightens, and the upper back (including the thoracic spine) begins to round forward. Over time, this muscle tension can cause people to slump or hunch without realizing it. Stress can also lead to shallow breathing, which encourages a collapsed chest position and poorer alignment. Maintaining good posture keeps the spine properly aligned, allowing muscles and joints to work more efficiently.

The goal is to keep the body moving regularly, even when feeling stressed. Movement helps relax tight muscles, improves blood flow, and prevents stiffness in the neck, shoulders, and thoracic spine. When people stay in one position for too long—like sitting or slouching—stress builds up in the muscles and posture gets worse. Simple activities such as walking, stretching, or changing positions during the day help reset posture and reduce tension. For seniors especially, regular movement supports better posture, balance, and overall mobility.

WELLNESS QUOTE

“Just like flowers in spring, our strength blooms when we keep moving.”

