Wellness Matters Newsletter

Quarterly Wellness News | July 2026 | Issue 4

Wellness Tips

Summer Wellness Starts Here

St. Mark Village's Wellness Manager, Michael Gaugler

July is the perfect time to enjoy the sunshine while making healthy choices that help you feel your best.

Stay hydrated by drinking plenty of water throughout the day, even if you don't feel thirsty. Refreshing fruits like watermelon, peaches, and berries are also great ways to stay hydrated.

Enjoy outdoor activities during the cooler morning or evening hours. Regular exercise, such as walking or stretching, helps improve strength, balance, and overall well-being. When outdoors, wear lightweight clothing, sunscreen, sunglasses, and a hat to protect yourself from the summer heat.

Take advantage of fresh seasonal fruits and vegetables, along with lean proteins and whole grains, to keep your body energized. If you take medications, ask your healthcare provider or pharmacist whether they increase your sensitivity to heat or sunlight.

Don't forget that staying healthy includes caring for your emotional well-being. Spend time with family and friends, participate in community activities, or enjoy hobbies that keep your mind active.

Make safety a priority by wearing supportive shoes, keeping walkways clear, and knowing the signs of overheating, such as dizziness, headache, or nausea. Small healthy choices each day can help you enjoy a safe, active, and happy July.

The importance of protein

Protein plays a vital role in helping adults age 75 and older stay strong, healthy, and independent. As we age, we naturally lose muscle mass and strength, making everyday activities like walking, climbing stairs, getting up from a chair, and carrying groceries more difficult.

Eating enough protein each day helps maintain muscle, supports balance, and reduces the risk of falls. Including protein-rich foods at every meal is a simple way to support healthy aging, maintain independence, and stay active.

St. Mark Village

Wellness Highlight

- Wellness is built through the small choices we make each day. Staying active, eating nourishing foods, getting enough rest, and staying connected with others all play an important role in maintaining health and independence.

  Simple activities like taking a daily walk, stretching, drinking enough water, enjoying a balanced meal, or spending time with loved ones can make a meaningful difference in how we feel and function.

  Wellness is not about perfection—it is about finding healthy habits that fit your lifestyle and support your overall well-being. Every small step you take can help you stay strong, confident, and engaged in the activities you enjoy.

Protein tip

Aim to include a source of protein at every meal—whether it's eggs at breakfast, grilled chicken or beans at lunch, or fish, yogurt, or cottage cheese with dinner or as a snack. Small choices each day can make a big difference in maintaining strength and staying active.

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

Shoulder Health Matters

Healthy shoulders are essential for maintaining independence and making everyday activities easier. Tasks like reaching into a cabinet, getting dressed, brushing your hair, fastening a seatbelt, and carrying groceries all rely on good shoulder mobility. As we age, our shoulders can become stiffer, making these movements more difficult. Gentle stretching and strengthening exercises help improve flexibility, reduce stiffness, and maintain a healthy range of motion. Just a few minutes of shoulder exercises each day can help you stay active, improve posture, reduce the risk of injury, and continue enjoying the activities you love.

• Disability Pride Month

July is Disability Pride Month, a time to recognize the achievements, experiences, and contributions of people with disabilities while promoting inclusion, accessibility, and equal opportunity.

Disability Pride Month honors the disability rights movement and the ongoing efforts to remove barriers that can limit full participation in everyday life. It reminds us that disability is a natural part of human diversity and that everyone deserves respect, opportunity, and a voice.

By embracing inclusion and working together to remove barriers, we can help ensure that everyone has the opportunity to achieve better health, well-being, and independence.

Staying Cool in Florida's Heat and Humidity

Florida's summer heat is often more intense than the thermometer shows because of high humidity, which makes the air feel hotter and reduces the body's ability to cool itself through sweating. The heat index—the "feels like" temperature—can reach 105–110°F in South Florida, especially with lingering Saharan dust that adds haze and can worsen respiratory issues.

Why Humidity Makes Heat Worse:

- Sweat evaporation is reduced, so your body can't cool down as effectively.

- Seek Shade & AC – Limit outdoor time to early morning or late evening. Use air conditioning or fans indoors.

- Dehydration can set in quickly, even if you don't feel thirsty.

How to Beat the Heat

1. Stay Hydrated – Drink water consistently; avoid sugary or caffeinated drinks. Electrolyte-rich fluids can help during prolonged exposure.

2. Seek Shade & AC – Limit outdoor time to early morning or late evening. Use air conditioning or fans indoors.

3. Dress Lightly – Wear loose, breathable fabrics like cotton or moisture-wicking materials.

4. Cool Your Home – Use fans, air conditioning, or cooling mats. Keep windows closed during peak heat.

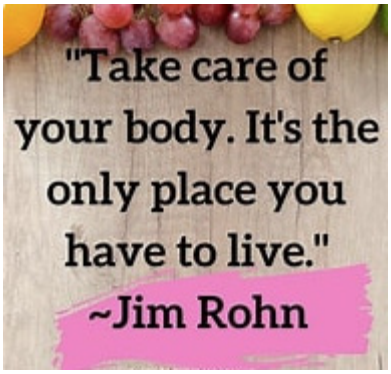
5. Protect Skin – Use sunscreen and stay in shaded areas to avoid sunburn and heat exhaustion.

10 minute mobility routine

-10 arm circles forward 10 backwards x 3 sets
-10 shoulder rolls forward 10 backwards x 3 sets
-10 shoulder blade squeezes x 3 sets
-Seated toe raises 10 each foot x 3 sets
-Seated leg extensions 10 each leg x 3 sets

Upcoming Wellness Opportunities

- July fitness challenge test
- Walking challenge test



Exercise of the month

How to Perform:

1. Stand tall with your feet shoulder-width apart (or sit upright in a sturdy chair).
2. Let your arms rest at your sides with your thumbs pointing upward.
3. Raise your arms about slight out to the side that when u raise them it's a Y shape
4. Lift your arms to about shoulder height or as high as is comfortable.
5. Pause for 2 seconds.
6. Slowly lower your arms back to the starting position.

Perform 3 sets of 5 to 10 repetitions

Benefits:

- Improves shoulder mobility.
- Strengthens the shoulder muscles and rotator cuff.
- Helps with everyday activities such as reaching overhead, dressing, and lifting light objects.
- Promotes better posture and shoulder stability.

Enjoy a Safe and Healthy Summer

Summer brings longer days, warm sunshine, and plenty of opportunities to enjoy the outdoors. Whether you're taking a morning walk, tending to your garden, relaxing with a good book, or spending time with family and friends, it's a wonderful season to appreciate life's simple pleasures.

While enjoying the warmer weather, remember to stay hydrated, plan outdoor activities during the cooler morning or evening hours, and protect yourself with sunscreen, sunglasses, and a hat.

Summer is also a great time to stay connected. Visit with a neighbor, join a community activity, or simply enjoy a conversation with a friend. Staying socially engaged is just as important as staying physically active.

Wishing you a safe, healthy, and enjoyable summer filled with sunshine, laughter, and happy memories!

WELLNESS QUOTE

•"Keep moving, keep smiling, and keep enjoying life."