



Dee's Wellness Tips



Age is Only a #

So much of healthy living is really made up of small things we do daily—things that are so small they don't feel momentous, but that, done consistently over time, add up to produce big results.

Here are 7 tips to live a healthier, happier lifestyle—all simple, easy things that can be seamlessly incorporated into your daily life:

1. Drink a glass of water first thing

in the morning. Coffee's great too, but it's best to start your day by re-hydrating with a full glass of water. Hydrating first thing in the morning helps to aid digestion, enhance skin health & boost energy.

2. Make half your plate veggies

A simple hack for healthy eating (and portion control) is to make half your plate veggies at each meal. The veggies pack in essential vitamins, minerals and other phytonutrients important for health and longevity. And, because they're rich in fiber, they help to aid digestion (aka keep you regular!) and keep you feeling full longer. eat the rainbow. Aim to eat all the colors of the rainbow each day. (Natural colors only, no Skittles!)

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Our Mascot Paisley says

Remember my last note when I shared my New Year's resolutions? Well, I am here to report a partial success. I increased my walking 4 miles a day. Put your hands together for me (because I can't).

We're aiming for 5 this quarter. Next was cutting back to 1 slice of bacon a day. That did not go well and we now have to get some new clothes that will fit around my middle age spread. Turns out that the dryer isn't to blame for my clothes shrinking Nooo, the refrigerator and the delicious treats that Mom gets for dinner from my great friend Huseyin are the culprits. Have you been doing the exercise challenges Dee puts on 732 each month? I tried the Pushups but my feet and hands don't work together very well. I may try the Squats. We'll see.



Hi, I'm Paisley!

A Special Thank You!

Thank you to my Wellness Committee, they all are very instrumental to the success of our great program here at St Mark Village . Members are: Norma F, Vivian K, Sue & Doug B, Judy B, Betty B, Lillian O, Jim & Judy C, Barbara, and Dennis

2024 1st Qtr HIGHLIGHTS



Chili Winner 4th Floor

Art Winners: Dave S, Betty M, Eunice

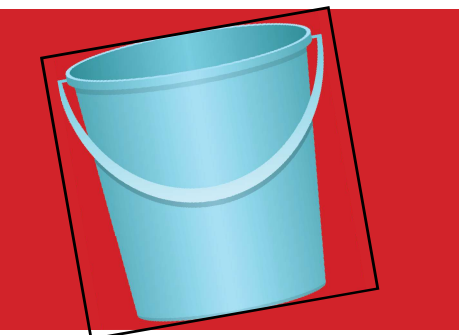
Farmers Market: Vivian K, Pat V, Norma F

Card Game 31: Glenda, Sue, Jean, Cheryl, Joan, Mary, Rita, Susan, Karen, Lee, Barbara

Homassassa Springs, Nature Group



Pop Tab Collection!



Tarpon Middle School Interact Club/Rotary filled these five gallon buckets with Pop Tabs for the Ronald Mc Donald House. We at SMV were a part of that. We are continuing to collect the pop tabs, so please drop your tabs in the bucket in the Village Studio.

Seven Dimensions of Wellness

As a comprehensive team, the 7 dimensions are achieved thru Ellen, Lifestyles Dir; Huseyin, Culinary Chief; and Dee, Wellness; thru the great programs they provide. Such as: Chili Cook off/Farmers Market & Art Show and many others. Participate in some of the Wellness Programs to enhance your quality of life.

1. **INTELLECTUAL:** Increase your mental sharpness
2. **SPIRITUAL-** See harmony between what lies within as well as outside forces.
3. **PHYSICAL-** Enhance your quality of life, join an exercise program, eliminate risk of diseases.
4. **EMOTIONAL-**Emotional wellness encompasses optimism, self esteem, self acceptance.
5. **SOCIAL-** encompass a commitment to your individual beliefs that provide a sense of meaning and purpose in life.
6. **ENVIRONMENTAL-**an awareness of the unstable state of the earth.
7. **VOCATIONAL -** Expand your knowledge. Research your family history or make writing a ongoing hobby.

BRAIN HEALTH

Stay mentally active.

Your brain is similar to a muscle — you need to use it or lose it. There are many things that you can do to keep your brain in shape, such as doing crossword puzzles or Sudoku, reading, playing cards or putting together a jigsaw puzzle. Consider it cross-training your brain.

Your brain can get a good workout through reading or challenging yourself with puzzles. Finally, don't watch too much TV, as that is a passive activity and does little to stimulate your brain. Join our trivia, 25 words or less or 31 Card Game for fantastic brain exercise.

Remain socially involved. Social interaction helps ward off depression and stress, which can contribute to memory loss. Look for opportunities to connect with loved ones, friends and others, especially if you live alone.

Keep your blood vessels healthy.

The health of your arteries and veins is important to your heart health but it is also critical for brain health. Get your blood pressure, blood sugar and cholesterol checked regularly and take steps to keep your numbers within a normal range.

Residential Testimonial:

JUDIE CRUME

Why Exercise?

I've never liked to exercise! In spite of that, I have exercised nearly all of my life, primarily in classes. I like the camaraderie and social aspect of exercising with friends as well as the obligation it brings to show up for them. When I moved to SMV 5 years ago, I had been doing Silver sneakers for many years. With Dee leading the Wellness Center, the number and variety of classes has increased dramatically. I have "signed myself up" for 7 classes a week. It is so easy to just go downstairs and participate! I still like the camaraderie, socialization and challenge of the exercise classes. I feel better, have more energy and love the opportunity to see friends. Dee's latest thing is a monthly exercise challenge.

I do love a challenge! With this I simply challenge myself to increase the number of reps I do the exercise each week. Feeling good and reclaiming abilities like being able to put my socks on more readily and improving my balance are my goals. We all know what a fall can do to our life! Prevention is the key! I challenge each resident of SMV to attend at least one of the classes. Try it!

I'm sure you will like it even as you are increasing your own abilities. You are not only exercising your body, but your brain as well. My goal is to age in place, remain independent as long as possible. These classes are helping me maintain that life giving goal!



Dancing Dolls & Dudes FAN base is growing thanks to Art & Connie G.

We love to have lil Addy, Lincoln & Maverick. It brightens our day



Nutritional Counseling

Nutritional Counseling and advice regarding the food that is served here at St. Mark Village is available through Huseyin Isguzar, our Chief Culinary Officer. You may call him directly at ext. 1779 to schedule an appointment.

Upcoming Wellness Opportunities

Mark your calendars for the below Wellness Opportunities.

April- Casino Nite

August Sale

September Wellness Fair



CONT from front page Dee's Tip

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3. Get a fitness tracker + track your steps, a 5 min walk around the block is better than no walk at all.



4. Take a probiotic daily. Maintaining a healthy gut has significant impacts on digestion, skin health, immunity, mental health and more. Taking a daily probiotic with a glass of water each morning is great solution.

5. Get sunlight every day. Vitamin D is one of the most important nutrients for overall health, and sunlight is one of our best sources of it. Aim to get at least 30 min of sunlight each day.

6. Fill your home with houseplants, houseplants help to cleanse your indoor air (sadly, it probably needs it!), they're pretty, and research even shows they improve mood, creativity and problem solving!

7. Cultivate a positive mindset "The only difference between a good day and a bad day is your attitude." It's true—mindset is everything! Cultivate a positive mindset by recognizing negative thought patterns and countering them with positive thoughts or affirmations. **SMILE** often. Smiling boosts your physical and mental health (it's true!), so find ways to smile as often as you can throughout the day.

Wellness quote:

"Take care of your body, it's the only place you have to live. "

-Jim Robin

Monthly Exercise Challenges

**Jan & Feb Winners
Tedi, Betty, Dennis & Judie**

Keep up the great job

