



Dee's Wellness Tips



Did you know that there are numerous methods of therapy that utilize sound a healing element? While sound wave therapy has not become mainstream, many consider it an important tool for promoting balance and healing in both mind and body. If you're considering alternative methods of healing and repair, sound might be a useful route. Let's explore how sound wave therapy can be

of use to senior health.

Healing the body and mind through sound is a time old tradition dating back to ancient Greece and has shown up through both scripture and oral tradition; culminating in modern day chanting, drum circles, sound baths, and binaural frequencies. Seeing the body as an instrument can help make sense of sound healing. Sound frequencies are not only heard through the ears but travel through the body as vibrations, affecting both physicality and psyche in many ways. Our bodies are 70% water, give or take. Sound waves travel four times faster through water than air, and these frequencies are able to reach deeper parts of our

Our Mascot Paisley says

I've been thinking about my life at SMV. I have a comfy place to sleep. I have great food, (but 1 slice of bacon a day is tough). I feel safe here (unless there is a thunderstorm). And most important, I feel loved. There are so many residents and staff and even people I see when we are walking outside who stop to say hello to me. Many, enjoy giving me a pat on the head. And I enjoy it too! Both of us get a warm and fuzzy feeling. Gratitude for what I receive and all that is good in my life is so important. I must give a special THANK YOU to Leona who thought of me when she saw the lamb suit I am wearing in the picture. Don't I feel special? Wasn't she pleased with her find? Although you don't have a tail to wag, how do you express your gratitude? A smile? a touch? or a note? Use whatever works for you!



Hi, I'm Paisley!

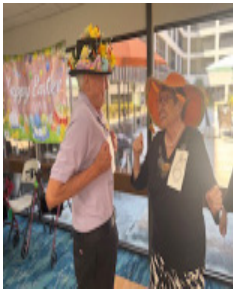
A
Special
Thank
You!

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, and Dennis D

Wellness HIGHLIGHTS



Easter Bonnet Contest
Winners,
Barbara, Richard & Ann
Funny Bonnet Richard & Judy
Dancers: Norma, Joan, Ann,
Richard, Anne, Mary, Marlyn,
Terri, Dennis & El
Volleyball Winners



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.

Cont from page 1

Stress, injury and illness can pull our bodies out of tune, creating disharmony amongst the workings of health. A body that is “out of tune” may experience insomnia, pain, allergies and anxiety. On the flipside, sound therapy methods can bring harmony and order to these frequencies, establishing a healthy stasis. Science has shown a multitude of health benefits linked to sound therapy.

Health Benefits of Sound Therapy Listeners of sound therapy report reduced stress and anxiety combined with an increase of calm, comforting thoughts. Enhanced physical relaxation leads to better, deeper sleep and advocates of sound therapy report reductions in physical ailments and symptoms. Additionally, music therapy has shown to positively impact PTSD, dementia, autism, cancer, depression and behavioral and psychiatric disorders. **Studies have found sound therapy decreases mood swings, lowers blood pressure and cholesterol, enhances pain tolerance.**

START YOUR DAY BRIGHT



Residential Testimonial:

TERRI SULLIVAN & LYLE GUNNING

Do You Want to Improve your Balance?

Another of the classes offered in the Wellness Center is a Balance Class held on Monday afternoons at 2:00 pm. Balance Exercises are proven to strengthen muscles in your ankles, knees and core. Participation has shown to increase stability, improve posture, enhance cognitive function, improve walking gait and probably, most importantly, to prevent falls. We at St. Mark Village are fortunate to have a Bio Dex Balance Machine for checking a person's balance to measure improvement. Congratulations to Terri Sullivan for a showing a 30% increase and to Lyle Gunning for a 22% increase in their balance performance in just a few short months. Give it a try-you have nothing to lose and so much to gain.



LAUGHTER Yoga,

So many participants have seen an improvement in their life after joining this class,

BENEFITS:

100% mood enhancement

50% Increase in Immune System

50% Increase in Blood Flow

30% Improvement of Chronic Illness, prevention or improving

COME JOIN THE FUN .

**Join the Fun
SOUND HEALING
WEDNESDAYS AT 3:00 PM**



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.

SOUND HEALING

LAUGHTER YOGA

FASHION SHOW

INTERANTIONAL DAY



St Mark Village Residents ADOPTED AN ACRE AT BROOKER CREEK PRESERVE.

A program to enhance restoration and land management programs in Brooker Creek Preserve.

The Adopt an Acre Progra was established by the Friends in 2016 to give individuals the opportunity nto help keep intact the ecological integrity of the Preserve. Fnding will be used for

- *Removing exotic & invasive plants
- *Restoring the natural flow of water
- *Fire management
- *Restoring natural plant communities

Acres make a great gifts for birth-days, anniversaries, memorials and more



Wellness quote:

"BE YOURSELF, EVERYONE ELSE IS TAK-EN".

-Jim Robin