

News letter



Dee's Wellness Tips



Age is Only a #

with heart disease. GINGER tea which combats inflammation by decreasing levels of inflammatory proteins. TURMERIC TEA, in on of the most popular natural remedies for combatting inflammation and helps with arthritis. PEPPERMINT TEA helps in the digestive track and helps IBS irritable bowel syndrome. CINNAMON intake reduces blood sugar levels. Add a cinnamon stick to your cup of old joe in the morning.

To increase the health benefits of your tea, add lemon juice as well. Try adding tea to your daily diet, its an easy way to combat inflammation and improve your overall health.

Best Teas to Combat Inflammation, recommended by a dietitian.

Inflammation is a critical part of your body's defnese system. Chronic inflammation persists over time and can damage your body.

Below are some teas that will help improve your health. GREEN tea is high in antioxidants, and helps

Our Mascot Paisley says

The challenges were a lil difficult for me but I was able to do 4 miles for both months, my legs take a lot of energy that I just don't have. I'm taking more naps too. Dee's Tips were a big help. A bottle of water goes with me outside. I've been wearing mesh harnesses and sometimes I wear a hat. As you can see, I do have beach togs but my sunglasses keep falling off of my nose. I try to stay in the shade and on the grass as sidewalks and driveways get too hot for my feet. Now there are 2 benches in the Dog Park under the crepe myrtle trees. What a good place for a time out. I just have to remember sunscreen. Do you? I 'm going to talk to Dee about the Senior Games. I know that there are challenges for you in that event maybe there are some for me. We'shaWe'lllsee!



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

Wellness HIGHLIGHTS



**Nature Outing- Glenda
Eclipse- Anne & Esther
Casino Nite- Ed
Volleyball Group
Bird Group Outing- Terri, Jud-
ie, Jill, Dennis, Sheila, Glenda,
Trudie, Gladys, and Ruby**



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

Promise of Longevity, wellness has moved to the forefront of society. We are living longer so why not live healthier and feel better. In 1900 life expectancy was only in the 40's now it is in the 80's. There are 14 areas of research into mechanism of aging and expects to extend our life expectancy by 10 - 30 years. 90 will be the new 40. 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.

Bird/Nature Club

The St. Mark Village nature group meets monthly each second Tuesday at 11:00 in the Clubroom. The meetings include Nature News, reports on nature from the residents, fun prizes, and a monthly topic which is often seasonal. Topics have included shore-birds, songbirds, raptors, and individual species. The group is making a list of all birds seen by residents and staff on the St. Mark Village property which will be posted on the Lobby bulletin board as well as sent to a national bird count registry. The program includes use of media each session for better visual learning. You are encouraged to share your sightings with our group or Nancy (Nature).

Trips have included Homosassa Springs State Park, Wall Springs Park, Moccasin Lake Park, Anderson Park, and Seabird Sanctuary. Future trips include several nature points of interest near us. The group is lead by resident Nancy Hughes a former teacher and Nature Lady for the Girl Scouts in summer day camp for 23 years. She loves sharing the joy of nature and God's creation with others.

Residential Testimonial:

JOHN BURLEW

Betty and I moved to St. Mark Village in November of 2022 from Syracuse, New York and began to enjoy the new friends and activities here. We made the normal round of new doctors, which included a cardiac doctor. I was given the usual battery of tests, which ultimately included a cardiac stress test. I was sure that I was going to pass this test with flying colors as I had in the past. The doctor told me that the test showed a blockage in one of my heart arteries, and I needed to take care of it ASAP.

I reported to Mease Countryside Hospital on Feb. 29, 2024 for a heart catheritization. This day was important to me, for 60 years ago on this day (Leap Year Day) I met my future wife, Betty, on a blind date!!

Sure enough, they found the blockage and inserted a stent in my heart. Along with this procedure was a cardiac rehabilitation program. I happened to go to the Wellness Center and spoke to Dee Isguzar about my program. Dee told me that I could continue my same routine at the Wellness Center after I completed it at the Countryside Rehab Center.

Long story short, I have lost 8 pounds, and have added 1&1/2 inches to my thighs, lost 2&1/2 inches in my waist, and feel much stronger than before my stent surgery. The Wellness Center has excellent machines that make building muscle and losing fat so simple! And Dee can show you how to do it!!



Join the Fun Wellness Fair
Thursday, September 19th
1:00-4:00 pm
1st Floor
Door prizes available



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.



- FASHION SHOW
- WELLNESS FAIR
- CHRISTMAS LIGHTING
- UGLY CHRISTMAS SWEATER

WHAT IS GOLDEN TROUPERS READERS THEATRE?

Have you ever wanted to act but were afraid you couldn't remember your lines? Or have you acted but have either not wanted to bother remembering the lines or can no longer remember them? WELL the Golden Troupers is for YOU. No experience necessary, no memorization involved. All that is necessary is to be able to read a short script. Be creative-change your voice, speak with an accent or anything else you might want to try. They enjoy the feeling of accomplishment of having made people laugh. We meet on the 3rd Friday of the month in the 2nd fl lounge at 1:00 pm to rehearse on the 4th Friday of the month at 1:00pm in the 2nd fl lounge to make an audience laugh. Come on down and give a shot!



Chico's

WEDNESDAY, SEPTEMBER 11TH
1:00PM

Fashion Show





Wellness quote:

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

-Jim Robin