

# AEC LIVING

*A tradition of caring for seniors since 1971*

*The Lodge on Harbor Bay • Elders Inn on Webster • AES Therapy & Fitness • AEC Home Care*

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## Where in the World

AEC Living started its World Tour program over 40 years ago as a way for seniors to explore various regions of our world. Last year, this program received a massive overhaul as we changed from exploring regions of the world to specific countries around the world. We made this change so we can better explore and experience the wonders found throughout the modern world, and

you've seen some of these in the entertainments and experiences offered every month when we enter a new country.

If you've taken the time to flip through the calendar you received on Christmas, you may have noticed that our World Tour continues this year with 12 new places! This year, we will be visiting:

- Mexico, January

- Thailand, February
- Ireland, March
- Japan, April
- Morocco, May
- France, June
- Hawaii, July
- Philippines, August
- Germany, September
- Egypt, October
- Sweden, November

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**AEC**  
LIVING

## AES Offering Specialty Classes

AES is proud to announce that this month we will be offering two new specialty classes. Through our partnership with the Alameda Department of Parks and Recreation and Mastick Senior Center, these classes, hosted at The Lodge, will be open to both AEC Living residents and the general public.

### Train Your Brain

Can you remember the last time you learned something new? What was it?

As we get older we are presented with fewer opportunities to use critical thinking and memorize new skills and information. Train Your Brain is a fun class incorporating activities from the major cognitive tests such as SLUMS, Mini-Mental, and BCAT. 40-60% continued on 8

# AEC LIVING

## STAFF SPOTLIGHT

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### Birthdays

- 1/7 - Michaela F, Lodge
- 1/11 - Carolina D, AEC Home Care
- 1/13 - Caitlin O, Lodge
- 1/14 - Trinh M, AEC Living
- 1/15 - Kelsey H, Elders
- 1/21 - Lourdes A, AEC Home Care
- 1/21 - Susana V, Lodge
- 1/24 - Sean O, Elders
- 1/26 - Josie B, Lodge
- 1/27 - Arsenia E, Elders
- 1/28 - Nisha S, Elders



Our staff is full of hard working, caring people who are the heart of what we do. We wouldn't be "us" without their continuous efforts and dedication. Here are those who are celebrating their anniversary this month!

#### 2 Years

Tina O, AEC Home Care

#### 4 Years

Esperanza C, Lodge  
Marie L, Elders

### Anniversaries



#### 9 Years

Vicky V, Elders

#### 17 Years

Milon C, Elders  
Edna M, Elders

### Who's New

You might be seeing some new faces around, the following people joined the AEC Team between November 16 & December 31, 2017.

#### At The Lodge

Amir A, Wait Staff  
Kelley D, Reception  
Todd V, Wait Staff

#### At Elders Inn

Malaysia O, PCA

### World Tour *continued*

December, as always, is reserved for winter holiday celebrations.

Each month, our calendars include special events and/or entertainments that help us explore these places. If you have something you are particularly interested in or would like to contribute to any given month, please let your Administrator know.



For Mexico, we look forward to a special performance by Ballet Folklórico Mexicano

de Carlos Moreno. This company was founded in 1967 and has achieved recognition both in the United

States and Mexico. In 1980, the Mexican consulate in San Francisco named the company the official

ambassador for ongoing cultural activities with Mexico. It has held that distinction for over two decades during which time it regularly conducts tours throughout Mexico.



### Inquiring Minds

In an effort to get to know one another better, every month we ask our residents, staff, family & friends a couple of questions. This month, we spoke with:

**Betty J** is a resident of Elders Inn and some have called her the building's personal opera singer. Nobody's quite sure how she earned that nickname, but it stuck! Betty loves puzzles of all kinds, especially crosswords.

**Barbara C** is an AEC Living legend; with more than 35 years at the company Barbara has worked at every AEC building. Barbara is currently overseeing the Dining Services at Elders Inn.

**Darnelle Z** is an RN, our Chief

Nursing Officer and one of the founders of AEC Living. Darnelle is a key member of the nursing team at both Elders Inn and the Lodge

#### Where were you born?

Betty J. - I'm an Alameda native and I lived in the same house most of my life.

Barbara C. - I was born in New Orleans, Louisiana.

Darnelle Z. - I was born in Sealy, Texas.

#### What would you do if you won the lottery?

Betty J. - If I won I'd make sure all my family members were taken care of - if there was anything left over I might spoil myself a little bit.

Barbara C. - I would give 10% to my church first, then a

large donation to St. Jude's Hospital. Next, I'd buy my adult children larger homes and pay for my grandchildren's education. Then my husband and I would do more traveling and see the world!

Darnelle Z. - I would probably spend a month in Hawaii; I love the water. After that I would decide what to do with the rest of the money.

#### Where is your favorite spot in the building?

Betty J. - My favorite spot is the Buena Vista dining room; it's a great place to enjoy a cup of hot coffee and do my word search puzzles.

Barbara C. - I find myself sitting

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### New Year's Resolutions

It's the time of year when traditionally people make their resolutions for a better year. If you're interested in doing so this year, here are some tips for being successful at achieving your resolutions.

1. Write it down. Be specific. Think about health, relationships, leisure pursuits, and mental perspectives you'd like to change. My goal is \_\_\_\_\_.
2. Write a deadline for

reaching your goal. I will reach my goal by \_\_\_\_\_.

#### 3. Answer these questions.

- What do I need to reach my goal?
- What sacrifices am I willing to make?
- On a scale of 1-10 how strong is my desire to achieve my goal?
- What are the benefits of reaching my goal?
- How will I encourage

myself when I want to give up?

- What programs or resources are available to help me reach my goal?
- How can my friends and family members help me reach my goal?
- Is there a local support group I can join to help me reach my goal?

New Year's Resolutions are an old tradition, continued on 4

# AEC LIVING

## NEWS FROM ELDERS INN

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### Meet Marie

There's a new face at Elders Inn this month, Marie L. Beginning this month, Marie will assume the Administrator duties while David moves to Waters Edge Lodge.

Marie started at the Lodge as a Med Aide, was in the first graduating class of Associate Administrators, and has been the Administrator of Waters Edge Lodge for the last two years. She is a licensed Pharmacy Technician, and earned her Bachelors of

Science in Health Administration and Management from Cal State East Bay.

Marie says the best part of her day is a tie, between taking with residents and listening to live music every



afternoon.

She is excited to spend the next few months getting to know the residents, staff, and families of Elders Inn.

If you have questions for Marie please feel free to call her at extension 104, pop into the office, or drop her an email at Marie@aecliving.com.

### Resolutions *continued*

and while you might not always want to participate it is quite entertaining to hear others goals.

Here are the 10 most popular New Year's Resolutions:

1. Spend more time with family & friends
2. Exercise
3. Enjoy life more
4. Help others - do something meaningful
5. Eat healthy
6. Manage stress better
7. Improve relationships
8. Stop procrastinating
9. Set aside time for myself
10. Get organized

For those who are a bit more interested in the unique, here are 10 unusual New Year's



Resolutions that could be a fun challenge:

1. Make a new friend every month
2. Break a record
3. Get your photo taken in 5 interesting places
4. Develop a good relationship with your body
5. Learn something you never learned as a child
6. Make or eat a new food each month
7. Make the usual unusual
8. Do something nice for others every day
9. Fall in love with life
10. Start a new tradition

### World Tour

This month our World Tour takes us to Mexico, and we've put a couple of fun experiences on the calendar to help us explore our closest neighbor to the South.

1/7 - Pan Dulce Tasting

1/16 - Mexican Flag Treasure Hunt

1/17 - Mexican Hot Chocolate Happy Hour

1/18 - Fiesta Lunch

1/25 - Jarritos Happy Hour

Don't forget to come to the Resident Council! It's on the first Sunday of the month.

### Urquhart Band Winter Concert

Once again the Urquhart band dazzled residents, staff, and guests with their energetic music; they captured the hearts of all. Some residents had tears in their eyes from the beautiful Christmas music. It was standing room only within minutes.

The Urquhart band is a staple in our residents lives here, it really makes a difference



in their energy level after a performance. There's just something about the band that invites everyone to put on their grooving shoes.

They are our treasured performers and we always look forward to seeing them twice a year, for many years to come. How lucky are we?

### Holiday Tea

Christmas Tea 2017 was an amazing grace.



Residents and guests were delighted with festive decorations, the sumptuous treats, and variety of specialty teas.

Our entertainers did an amazing job with relaxing festive music. We had our favorites:

Todd in the Buena Vista dining room, Darryl in Webster, and Jim in the Garden neighborhood.

A very festive holiday indeed.



### Inquiring Minds *continued*

outside in the large patio where I read the world's news.

Darnelle Z. - I really like the massage room at The Lodge. It has a great feel to it; it's peaceful and its colors are great.

#### What were you like as a teenager?

Betty J. - As an only child I was spoiled, even as a teenager. But I did enjoy those years very much!

Barbara C. - I was very hardworking. I started working when I was 14 as a buffet girl serving food at a private country club. I was

also into fashion, keeping up with the latest clothes and shoes. I remember penny loafers, they came with a shiny penny inside the pocket of the shoe and tapes on the heels.

Darnelle Z. - I pretty much followed all the rules. I moved a lot, so I had to make a lot of friends.

### Lunch Out

This month's lunch outing is in keeping with our World Tour destination! We will be going to Otaez on Friday, January 26th. Check with the Administrator if you'd like to come.

# AEC LIVING

## NEWS FROM THE LODGE

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### We've Got Talent

This month we are excited to host the Lodge's very own Talent Show!

Staff and residents alike are invited to participate in showing off their unique talents!

Join us on Tuesday, January

30th at 3:00pm. You can enjoy the show as a performer demonstrating your special skill, or just come for the show, we're happy to see you either way.



### He's Back - David B

There's a faintly familiar face popping up around the Lodge again - David B.

David will be assuming the Administrator role at the



Lodge, while Marie spends some time at Elders Inn.

David started with

AEC Living in 2006 when he came to The Lodge as an Activities Director, then Admissions Coordinator; eventually he was promoted to Administrator. He has been working at Elders Inn for the last several years.

David is the youngest of three boys, born and raised in Alameda by Italian-American parents. From a young age Dave has always loved sports

and music; he was an active kid playing lots of sports, and occasionally enjoys playing his guitar where people can hear him.

David graduated from Alameda High and went on to earn his Bachelor of Science in Business Administration from Chico State University. (While at college he was a lucky contestant on The Price is Right and won the Showcase Showdown! - ask him about it some time).

David is a proud husband to Zoey, and father to two beautiful little girls, Soafaea and Cora. He believes being a parent has changed his life for the better and considers

Hey!  
**WELCOME**  
We're very  
**GLAD**  
you're here!

himself luck in his family. A passionate person with a kind heart, David enjoys life

in the moment, and finds joy in making people smile and laugh.

David is happy to be returning to the Lodge and for the chance to get to know the residents and staff who have graced the building since he moved to Elders Inn. Please feel free to stop by the Administrator's office to chat with him.

Don't forget to come to the Resident Council!  
It is on the first Saturday of the month.

### Holiday Festivities

The Lodge was host to a variety of festivities last year, and we think the ones we hosted this past December were pretty fabulous.

First, residents, staff, and their guests were treated to Storytime with Santa when the big man himself stopped by to read stories and share some cookies during the beginning of the month.



A few days later AES offered Lodge residents a chance to work off those cookies in style at their first ever Winter Ball.

Where residents and guests were invited

Next we were host to the Urquhardt Band's annual winter concert. The house was packed for the orchestra as we enjoyed an evening of live



music with a holiday flare.

December 12th marked the first day of Hanukkah and a special Menorah lighting led by residents.



Then we hosted the Alameda Chamber of Commerce for their annual holiday

bread pudding, along with other delicious New Orleans inspired treats.

Christmas day brought gifts and a fabulous meal by our Dining Services Team!

social. They enjoyed our fabulous decorations, generous hospitality, and the view of the lagoon from our back patio.



The very next day was a true New Orleans holiday celebration! The Lost Cats serenaded residents and guests as they danced the night away, complete with a conga line. Guests dined on fried oysters, king cake, and

Finally, the month (and year) was rounded out by our very special New Year's Eve celebration complete with balloon drop!

We've had a great 2017 and we hope that 2018 will be even

more fabulous!  
Happy New Year!



### Benefits of Massage

You may have seen the new massage room at the Lodge (or at least the article about it in last month's newsletter), but are you curious about why we have one? AES Therapy & Fitness is proud to offer massage as part of its health and fitness services.

Why do we feel that offering this service is such a fabulous opportunity for seniors in Alameda? That's easy, massage has a great many benefits for seniors, massage can:

- Lower blood pressure
- Ease joint and muscle pain

- Decrease swelling and edema
- Decrease stress levels
- Increase circulation
- Improve quality of sleep
- Decrease agitation from Alzheimer's Disease
- Alleviate depression
- Deepen relaxation
- Help with rigidity from Parkinson's Disease
- Improve healing after injury and illness
- Decrease anxiety and isolation

Massage is appropriate for all ages and levels of mobility except for individuals with the following conditions:

- By Alysa Stanford
- Advanced diabetes
  - Peripheral vascular disease
  - Severe osteoporosis
  - Open wounds/ infections of the skin

Angela is a California-licensed Massage Therapist and available for massage Monday through Friday at both Elders Inn and The Lodge.

Elders Inn appointments are available between 11:00am and 12:00 noon.

Lodge appointments are available from 3:00pm-5:00pm.

To book an appointment please call (510) 748-0158.

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### Specialty Classes *continued*

of cases of Mild Cognitive Impairment can be reversed with the right training. This class aims to improve and/or maintain memory and teach strategies to remember names and dates.

Train Your Brain will meet at 11:00am on Tuesdays and Thursdays starting January 2nd and ending February 1st.

The cost to participate in all 10 sessions is \$28.

#### Get Balanced

At age 80, over half of

seniors fall each year. This class, created by a team of Physical Therapists, is proven to prevent falls. Participants learn exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes. The class will also practice the "After A Fall Recovery Sequence".

Participants progress from mostly seated to mostly standing, and are tested at the first and last sessions to track and celebrate changes.

Get Balanced will meet 3:30pm - 4:00pm, Mondays and Wednesdays, from January 22nd until April 11th.

The cost to participate in all 24 classes is \$120.

Space in each class is limited, so if you are interested in learning more about either class, please speak with Alysa. You can send her an email at [Alysa@aecliving.com](mailto:Alysa@aecliving.com) or call her at (510) 748-0158.

# AEC LIVING

## EXERCISE YOUR MIND

### World Tour: Mexico

- The official name of Mexico is Estados Unidos Mexicanos (United Mexican States).
- The largest wildcat in North America is the jaguar, which can be found in Mexico's southern jungles.
- The first printing press in North America was used in Mexico City in 1539.
- The oldest university in North America is the National University of Mexico, founded in 1551 by Charles V of Spain.
- Mexico City is built over the ruins of a great Aztec city, Tenochtitlan. Because it is built on a lake, Mexico is sinking at a rate of 6 to 8 inches a year as pumps draw water out for the city's growing population.
- The Mexican flag is made up of 3 vertical stripes. Green for hope, white for purity, and red for the blood of those who died fighting for their country's independence.

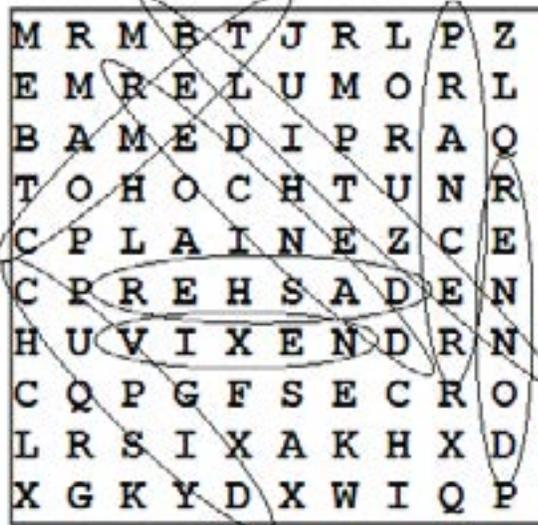
### Resolved to Change

Four couples met at Mark's place for New Year's eve and announced their resolutions for the New Year, vowing that this year, they would do them. To help them with this goal, each made their resolution a specific, achievable goal, rather than the ethereal "I'll do more" kind of resolution. Determine the full name of each couple and the New Year's resolution each couple announced.

1. Tom and his wife were determined to take their kids camping during the summer this year.
2. Mr. Club, who wasn't Greg, announced that they were planning to exercise at least twice a week. Martha wasn't married to Mark.
3. Sam didn't plan to buy a new home. Carol Diamond didn't plan to lose 30 pounds.
4. Greg wasn't married to Sara.
5. Each couple is represented by: Mr. and Mrs. Spade, the couple who plan to buy a new home, Paula and her husband, and Tom Heart.
6. Sam Spade wasn't married to Sara.

### Last Month's Answers:

- Happiness to the global ecosystem - **Joy to the World**
- Small percussionist - **Little Drummer Boy**
- I am experiencing nocturnal visions of a colorless holiday - **I'm Dreaming of a White Christmas**
- Festoon the corridors - **Deck the Halls**



- A non-summer fairytale area - **Winter Wonderland**
- Oh holiday conifer - **O Christmas Tree**
- Ten plus two twenty-four hour periods of holiday festivity - **12 Days of Christmas**
- Hey tiny city in Israel - **O Little Town of Bethlehem**
- In a remote location in a barn stall - **Away in a Manger**

# AEC LIVING

## A TRADITION OF CARING

### Who is AEC Living?

AEC Living is a group of family-owned senior services devoted to serving the needs of elders in the East Bay. Our mission is to enable elders in our local community to age in place and achieve the greatest possible level of self-sufficiency.

**Elders Inn on Webster** is a 52-suite assisted living facility offering every resident the opportunity to live as independently as possible. With six “neighborhoods” Elders Inn offers a range of services including a delayed

egress area for the safety and comfort of residents affected by Alzheimer’s and other dementias.

**The Lodge on Harbor Bay** is an assisted living facility located in a unique and peaceful setting on the lagoon at Harbor Bay. Offering 101 apartments, the Lodge provides seniors with a warm and familiar atmosphere and an active lifestyle.

**AES Therapy & Fitness** is a wellness and fitness center

that has been specially designed for seniors. AES focuses on personal training, massage, and group exercise focused on the older adult and is a Medicare approved outpatient-rehab agency specializing in Physical, Speech and Occupational Therapy for seniors.

**AEC Home Care** is the newest member of AEC Living and provides a variety of one-on-one care services for local seniors.



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