

AEC LIVING

A tradition of caring for seniors since 1971

Waters Edge Lodge • Elders Inn on Webster • AES Therapy & Fitness • AEC Home Care

Volume 47 | Issue 4

April | 2018

AES Offering Specialty Classes

AES offers two specialty classes: Pilates and Kickboxing, free to residents as part of our daily exercise program. Since some residents have said the classes sound intimidating, we thought we'd explain them a bit. You should try - they aren't scary at all!

Pilates

Pilates is a combination of

strengthening and stretching and has been shown to decrease lower back pain and prevent falls in an older population. The class is taught seated and standing and is offered at the Lodge on Mondays at 2:00pm.

A modified version that is seated for safety, is offered at Elders Inn on Tuesdays at 9:30am.

By Alysa Stanford Kickboxing

Kickboxing is based on martial arts and designed to burn calories. The class is taught seated and has fast, powerful movements set to upbeat music elevating the heart rate for 20 minutes.

It is offered at 2:00pm on Thursdays at the Lodge and a modified version at Elders Inn on Tuesdays at 9:30am.

An Egg-cellent Adventure

This year the Easter Bunny paid a visit to both the Lodge and Elders Inn. The Lodge was celebrating their annual Easter Egg Hunt and Elders Inn was hosting their first hunt in the last 5 years.

The 8th Annual Easter Egg Hunt held at Water's Edge

Lodge, was a great success. After a rainy week that had them worried, they were blessed with good weather, and even got some sunshine. Excited children searched for eggs, traded them for treats and played with the Easter Bunny. The excitement was

infectious and spread from the kids to our residents and the rest of the adult guests, who all enjoyed interacting with the children and eating popcorn and other snacks.

Elders Inn had an egg-cellent eggravaganza! Residents, kids, and staff enjoyed cupcakes and other tasty treats! The Hunters had a blast, collecting and exchanging their eggs for eggciting prizes. Next year will be even better.



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STAFF SPOTLIGHT

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Birthdays

- 4/5 - Amir A, Lodge
- 4/6 - Maria R, Lodge
- 4/6 - Chris Z, AEC Living
- 4/8 - Abigail R, Lodge
- 4/9 - Jose M, Lodge
- 4/10 - Joshua C, Elders
- 4/11 - Kristina O, AEC Living
- 4/12 - Dalton B, Elders
- 4/13 - Andrew E, Lodge
- 4/16 - Moira, AEC Living
- 4/20 - Jason V, Lodge
- 4/21 - Saul O, Lodge
- 4/24 - Alicia M, Lodge
- 4/28 - Milon C, Elders



Anniversaries

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 celebrated their anniversary in **April!**

1 Year

Renee S, Elders
Suzy A, Elders

2 Years

Sarah K, Elders

3 Years

Nikko D, Elders
Deepa K, Lodge



8 Years

Rose M, Elders

11 Years

Conchis C, Lodge

Who's New

You might be seeing some new faces around, the following people joined the AEC Team in March.

At AEC Home Care

Meron W, Caregiver
Emebet S, Caregiver
Subu B, Caregiver
Arin A, Caregiver
Sharnell R, Caregiver

At Elders Inn

Isaiah B, PCA
Morgan J, PCA
Kesha C, Housekeeper

At The Lodge

Kris M., Dishwasher
Jose M., Dishwasher
Eugene T, Kitchen Manager
Celso C, Lead Wait Server
Vicky C, Cook

April Birthday Trivia

Can you answer these questions about famous April Birthday Babies?

- Born 4/1/1973, she is an author and political commentator whose nightly television show airs on MSNBC.
- Born 4/7/1933 he is best remembered as Captain John "Trapper" McIntyre from the television series M*A*S*H.
- Born 4/23/1936 this man, nicknamed "The Big O" is a singer whose hits include Only the Lonely, Crying, and Oh, Pretty Woman.
- Born 4/26/1564 this Elizabethan-era poet and playwright is regarded as the greatest English language writer in history.
- Born 4/29/1901 he was the 124th emperor of Japan, and ruled from 1926 until his death in 1989.

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:

Joan M has been a resident at Elders Inn since 2015. She was a former teacher who taught worldwide in Spain, Thailand and locally in San Leandro.

Natalie F is the Head Receptionist at Elders Inn, though she started as the PM Receptionist at The Lodge. She's been with AEC Living since 2017.

Moira M is our Director of Human Resources and has worked with AEC Living since 2004.

Where were you born?

Joan M. - I was born in Los Animas, Colorado.

Natalie F. - Santa Ana, CA in Southern California. It was an area that I lived at for most of my growing years into adulthood.

Moira M. - A true Alameda native, I was born at Alameda Hospital, not more than 4 blocks from my dad's house when I was growing up.

What would you do if you won the lottery?

Joan M. - If I won the lottery, I would give it to an organization that can help anyone.

Natalie F. - I would retire and give back to everyone who has been a help in my life.

Moira M. - If I won the lottery

I'd travel more and I'd set up a non-profit dedicated to improving the supplies, materials, and facilities of our public schools.

Where is your favorite spot in the building?

Joan M. - My favorite spot in the building is the cafe.

Natalie F. - I love sitting in the garden; it gives me a chance to take a moment of my day to enjoy the fresh air and sunshine.

Moira M. - I've worked in both buildings, so my favorite spot at Elders Inn is the large courtyard, it gets the best afternoon sun and it is like sitting in a little oasis. At the Lodge, my favorite spot is the lagoon front patio, I used to love taking
continued on 7

The Senior Fitness Test

Although physical fitness has traditionally been associated with the young through the middle-aged, it is most critical for those in their senior years. Older adults require adequate strength, flexibility, and endurance to accomplish even ordinary, everyday tasks.

Up until now, most physical fitness tests have been geared to younger audiences. The Senior

Fitness Test is the answer to the need for a simple, easy-to-use battery of test items that assess the functional fitness of older adults. The test is safe and enjoyable for older adults, it meets scientific standards for reliability and validity, and it has accompanying performance norms based on actual performance scores of over 7,000 men and women between the ages of 60 and 94.

AES Therapy and Fitness performs the Senior Fitness Test for each resident of Elders Inn and the Lodge at least once a year - as a free service.

This is to help both the resident and the staff ensure that everyone is being as safe and active as possible.

If you haven't had your FREE Senior Fitness Test yet this year, please check in with AES in your building.

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NEWS FROM ELDERS INN

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Calendar Highlights

- Sunday, April 15th at 2:00pm, Spring is in so it is Time to Freshen Our Pretty Patio! Meet in the Cafe.
- Monday, April 16th at 2:15pm, enjoy some wonderful Japanese Art in the Buena Vista Dining Room.
- Friday, April 20th, (weather permitting), interested residents are invited to a brown bag picnic at Crab Cove.
- Saturday, April 21st at 11:00am, we are celebrating National Poetry Month by reading some of our favorite poetry. Listen or share your favorite poems at the Buena Vista Lounge.
- Tuesday, April 24th at 9:30am, join us for a Trip to the Farmer's Market. Meet in the Cafe.
- Thursday, April 26th at 10:00am, it is National Bird Day as we observe the hummingbirds out in the patio.
- Saturday, April 28th at 2:30pm, (weather permitting), we will be holding our 3rd Annual April Follies in the Large Patio.
- Monday, April 30th at 3:00pm, come and join in on the fun as celebrate Willie Nelson's 85th Birthday with a Look-a-Like Contest!



New Great Courses Class

You've probably seen "Great Course" on the calendar the last few months. For those who don't know, we have been lucky enough to enjoy some advanced lectures on a variety of topics. This month, we are enjoying 'The 23 Greatest Piano Works every Wednesday at 2:15pm in the Third Floor Lounge.

This video course, led by Professor Robert Greenberg of San Francisco Performances, returns with an in-depth exploration of the solo piano works he considers to be among the most exceptional landmarks in the literature.

The 23 works that will be showcase are the selections of an internationally respected composer and music historian, carefully chosen to highlight the most significant compositional and pianistic achievements in the solo piano repertoire.

Please join us each week as we learn a little more about some of the greatest piano works in recent history.



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

World Tour

This month our World Tour takes us to Japan. Here are some fun activities that we have planned to help us explore the "Land of the Rising Sun."

4/16 - Japanese Art

4/17 - Haiku Poetry Day

4/19 - Bento Box World Tour Lunch

4/27 - Lunch Outing to Katsu Sushi House

Phyllis D.'s 100th Celebration

It was a pleasure for us to host Phyllis' 100th birthday celebration on Sunday, March 11th. All of the staff in the community worked together as they decorated the Webster Dining Hall and turned into a room that Phyllis



will never forget. The room was covered in her signature color of red and her cake just gave the room its finishing touch. Phyllis wore her crown and sash as she celebrated her birthday

with her wonderful family and with great company. Our Activities

Coordinator, Nancy, presented Phyllis a certificate from the Alameda City Council that shared her history personal achievements. Happy 100th Birthday, Phyllis!



Lunch at Katsu

Looking for a delicious Japanese cuisine to try? Come and join us on our lunch outing this month as we enjoy one of Alameda's tastiest Japanese restaurants



(and one that is a good representation of this month's World Tour destination). We will visit Katsu Sushi House, located at 1465 Webster Street in Alameda on Friday, April 27th.

Enjoy their selection of delectable sushi rolls and different combination of bento boxes for lunch. We will be meeting in the lobby at 11:30am. Hope to see you there!

Picture Word Puzzles

Can you guess what word or phrase represent?



Come to Walking Club!
 Come check out the walking club! We meet every Friday, even if it's raining (we'll just walk inside).
 See you there!

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NEWS FROM THE LODGE

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New Courses

Join us every Tuesday through Friday at 9:30am, in the Theater Room as we present new Great Courses.

TUESDAYS: Comparative Religion: Learn about key ideas of religion itself.

WEDNESDAYS: The Nature

of Earth: Intro to Geology- Learn about the formations, classifications, and identifications of minerals and other interesting facts about the earth.

THURSDAYS: Global Perspectives with Kryspin

FRIDAYS: American Military History: Explores the full scope of the nation's armed conflicts, covering more than 200 years of American diplomacy and warfare starting from the mid-18th century to today's Global War on Terrorism.

A Taste of Japan

Don't forget to join us in the Sandpiper Cafe every Monday at 2:00pm as we savor the taste from the country of the Rising Sun.

This month we will be exploring the taste of Tokyo, Okinawa, Kyushu, Hokkaido, and Osaka.

Dance Classes

By popular request, we are doing more classes in the mornings!

The 2 dance classes that are being offered are Dance Endurance every Monday at 10:30am and Dance Moves Me, every Friday at 10:30am.

Dance Endurance is a refresher course, a short 30-minute class so that we can all brush up on our favorite dance steps and be prepared to put our best foot forward at AES's dances that

are coming up this month and all summer!

Dance Moves Me, is a 90-minute class where we will be practicing the specialized dance we will be performing at the end of the month (or early May - the date hasn't been set yet). It is part of the Dance Moves Me! for Parkinson's series that begins this month, (which is Parkinson's Awareness Month), and continues through May and June.

Lunch Outings

To sign-up for the lunch outing or to see a menu from any of this month's restaurants, please see either Michaela or Jan at the Front Desk.

4/6 Sushi House

4/13 Lola's Chicken Shack

4/20 Horatio's

4/27 Angelfish

Escorted trip - Horatio's
(4/20)

Walking trip - Angelfish
(4/27)

If there is a special place you'd like to see added to next month's list, please speak with Jan or Michaela.

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

Calendar Highlights

- Tuesday, April 3rd at 9:45am, those who are interested can meet Jessica in the lobby for the regular South Shore Mall Shopping Trip.
- Tuesday, April 10th, we are going to see what movie sounds like fun at the Alameda Theater and Cineplex. Meet in the lobby around 1:30pm and we will go together!
- Tuesday, April 17th at 9:30am, is our regular Alameda Landing Shopping Trip. Interested residents meet in the Lobby.
- Thursday, April 19th at 3:00pm, come enjoy a special Happy Hour themed toward this month's World Tour destination at our Sake & Sushi Happy Hour.
- Saturday, April 21st at 2:00pm, come be a part of our Gardening Social at our Courtyard Garden.
- Saturday, April 28th at 2:00pm at the Cafe, you can join your fellow residents in celebrating National Poetry Reading Day as we read (and listen to) some of our favorite poems. What's your favorite?
- Sunday, April 29th at 1:00pm, enjoy a special musical performance as we are treated to a Children's Piano and Flute Recitals in the Living Room.



Inquiring Minds *continued*

my lunch out there to enjoy the water and the sun while enjoying the view.

What were you like as a teenager?

Joan M. - I was part of an outstanding marching and classical band in town playing the French horn. I loved playing the French horn and enjoyed traveling around the state to perform.

Natalie F. - I started off very young engaging my creativity in Art and Fashion because it was a passion of mine; I was very talented in the field which later, I pursued in my college studies. As a teenager, I was pretty focused on academics and when I had free time, I would spend it with my family at home watching movies.

Moira M. - I was a really

responsible teenager with everything except homework. I started working when I was 14 and basically started working full-time (plus school) when I was 17. I was horrible at doing homework at home, I did it in the hallways at school - but I still graduated with an A!

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NEWS FROM AES THERAPY

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Interns at AES

AES interns will be serving residents in several ways during the Spring Quarter (March 26th-June 10th). Here is what you can expect.

At Elders Inn: This Quarter, interns are receiving special dementia training in order to help more residents in the Garden Neighborhood. Garden residents will receive more one-on-one attention

during exercise classes, as well as more specialized physical activities and a daily Walking Club will be started.

At the Lodge: New Resident Orientation is taught at every Friday at 11:00am. Interns are assigned to new residents one hour per week to walk the buildings and get familiar with available fitness and wellness services and

By Alysa Stanford
procedures including use of the specialized walking course.

At both communities: Interns will be administering Senior Fitness Tests (SFTs) and helping residents understand their individual results so they can enroll in appropriate services.

To learn more about the Senior Fitness Test, see our article on page 3.



Spring Swing Dance

Join us on April 27th at 6:00pm for our Spring Swing Dance at The Lodge. This is an after-dinner dance and it will include refreshments, photo booth, and a dance competition.

We will have medals for residents that are able to dance, (seated or standing), for two songs in a row. The theme is swing music and swing attire is encouraged!

Our interns will be on hand to serve as dancing partners. We hope to see you there!

Insurance and Fitness

AES Therapy & Fitness is a licensed Medicare facility. This means we easily accept Medicare as a primary insurance. Medicare replacements such as United Healthcare, Tricare, HealthNet, and Humana also tend to provide coverage. We are out-of-network with Kaiser and all services would

be privately paid.

The easiest way to get Outpatient Therapy services covered by your insurance is to have Medicare as your primary insurance or an HMO that we are in-network with, such as Affinity.

If a physician's group, such as Sutter or Alta Bates, is listed somewhere on your card, we

are typically out-of-network and your insurance prefers that you go to one of those facilities. We can check your secondary insurance quickly and painlessly if you provide your insurance cards to our receptionist or biller.

For specific billing questions, please call (510) 748-0158

World Tour:

Japan

- The Japanese name for Japan is "Nihon" or "Nippon" which means "sun origin."
- Japan is made up of 6,852 islands.
- Almost three quarters of Japan's land is either forest or mountains and is difficult to be made into farms, industrial or residential areas.
- Japan is home to many different forms of martial arts. Karate, Judo, Sumo, Ninjutsu, Kendo, Jujutsu, and Aikido to name a few.
- The mainland is made up of the four islands of Honshu, Hokkaido, Shikoku, and Kyushu, which differ in climate, terrain and cultural personality. More than 70% of its land mass consists of mountains, and it is home to over 200 volcanoes.
- Some of the most well-known companies in the world are Japanese such as Toyota, Honda, Sony, Nintendo, Canon, Panasonic, Toshiba, and Sharp.

Whose Catchphrase? Trivia

- "Yada, yada, yada." _____
- "What'choo talkin' bout, Willis?" _____
- "And that's the way it is." _____
- "The thrill of victory and the agony of defeat." _____
- "Book 'em, Danno." _____
- "Who loves you, baby?" _____
- "Make it so." _____
- "Nanu-nanu." _____
- "I pity the fool." _____
- "Baby, you're the greatest." _____

Last Month's Answers:

A Test! A test! Would you, could you, take this test?

Try it! Try it! Do your best!

- All the long way to school and all the way back, I've looked and I've looked and I've kept careful track, but all that I've noticed except my own **FEET** was a horse and a wagon on Mulberry Street.
- The sun did not shine. It was too wet to **PLAY**, so we sat in the house all that cold, cold, wet day.
- I do not like green eggs and ham. I do not like them **SAM I AM**.
- Don't give up. I believe in you all. A person's a person no matter how **SMALL**.
- Did you ever fly a kite in bed? Did you ever walk with ten **CATS** on your head?
- I meant when I said, and I said what I meant. An **ELEPHANT'S** faithful, one hundred percent.
- From there to here, from here to there, **FUNNY** things are everywhere.
- Think left and think right and think low and think high. Oh, the things you can **THINK** up if only you try!



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.

Waters Edge 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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