

AEC Living

A tradition of caring for seniors

The Lodge on Harbor Bay • Elders Inn on Webster • AES Therapy & Fitness

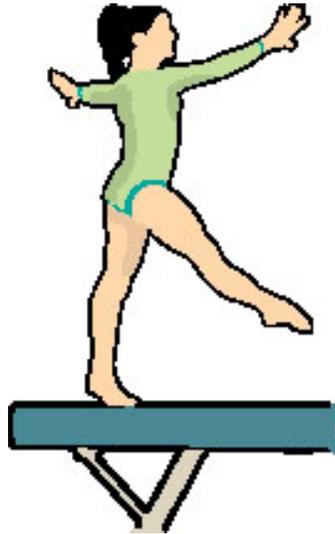
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Improving Your Balance

As we are performing tasks in our daily lives and even if we are not thinking about it, our bodies are balancing. As we live on, we do not necessarily think about our balance until it's too late. Having balance is important and it is not important just for the elderly.

It is important for everyone. There are many ways to help improve one's balance like using devices or equipment to challenge us, but there are other



simple methods that are just as effective into improving one's balance.

In order to improve your balance, you must challenge yourself to train your balance. One way to improve your balance is to change your base of support. Balance is the ability to maintain your center of gravity

over your base of support. The wider you set your feet, the wider your base of support is and it will be easier to balance. The closer you set your feet, the narrower your base of

support is and it will be harder to balance. If your balance needs work when doing some exercises or when standing, try widening your stance. If you want to challenge your balance (and help improve), try narrowing your stance when doing exercises.

Another way to help improve your balance is to try some exercises on one foot. You can expect that your base of support will be very narrow and it will be difficult to stand on one foot. As you stand on one foot, you are challenging yourself to keep yourself balanced and it will be easier to do exercises on one foot. It is

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Mindful Breathing

By Merryn Oliveira

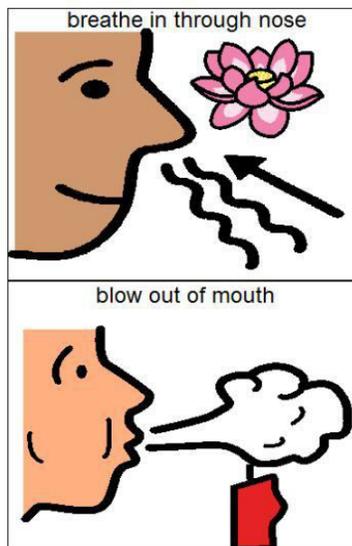
Breath in....breath out. We have been breathing since the day we were born.

It comes naturally to us, and is something our bodies do all day long, mostly without us thinking about it. Deep breathing, or mindful breathing,

can help us in our daily lives, and there is increasing research that shows the benefits of mindful breathing. When we are conscious of our breathing, and we control the speed at which we breathe in and out, we can help our bodies and our minds.

Mindful breathing can help when we feel tension in our bodies or have anxiety. When we become anxious we often change our

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EXERCISE YOUR MIND

Brain Benders

May 27th marks the anniversary of the Golden Gate Bridge. Can you answer our Golden Gate Trivia by connecting the correct number to each statement?

- The bridge is _____ years old. 112,000
- More than _____ cars use the bridge every day. 75
- The original coat of paint lasted _____ years. 27
- The bridge was designed to handle winds of up to _____ mph. 220
- The bridge is _____ feet above the water. 100

Can you guess the word pictures below?

MOUTH

BASS

NEGATIVE
NEGATIVE

IT



TERquietLUDE

RECK
-DRIVING

G
R
A
D
E

April Answers

There are three boxes. One is labeled “APPLES” another is labeled “ORANGES” and the third is labeled “APPLES & ORANGES”. You know that each is labeled incorrectly. You may draw one item, from only one box. How can you label the boxes correctly? **Pick from the box labeled “APPLES & ORANGES”. This box can contain only apples OR oranges so a single draw from this box will tell you the contents of the rest. If you find an orange in the box, then the box labeled oranges must contain apples and the box labeled apples must contain apples and oranges.**

The square to the right has eleven letters missing, which you have to replace:

Every row, column, AND the main diagonals contain all the letters in the word BRAVE. Can you fill in the letters?

- Mary’s mum has four children.
- The first child is called April.
- The second May.
- The third June.

What is the name of the fourth child? **Mary**

| | | | | |
|---|---|---|---|---|
| B | R | A | V | E |
| V | E | B | R | A |
| R | A | V | E | B |
| E | B | R | A | V |
| A | V | E | B | R |

Hey May!

The month of May is the fifth month of the year in both the Julian and Gregorian calendars and is one of the seven months that have 31 days. May gets its name after the Greek Goddess Maia, who was known as the Roman era goddess of fertility.



Another holiday celebrated in May is Cinco de Mayo. Cinco de Mayo means the fifth of May. It is a Mexican holiday celebrating the Battle of Puebla which happened on May 5, 1862. It is usually confused with Mexico's Independence Day on September 16th. Cinco de

By Judith Vera-Gutierrez

Mayo usually gets celebrated with parades, dancing, and fun festivals, (oh and of course enjoying a lot of delicious Mexican food.)

Here in the US, we also celebrate one of my favorite holidays in May – Mother's Day. Recognized as a holiday in the US since 1914, this year Mother's Day falls Sunday, May 10th.

Other national holidays celebrated in May are: Memorial Day on May 25, National Herb Month, National Inventors Month, and Women's Health Care Month.



Fun Facts:

- Mexico city sinks about 10 inches each year.
- Pico Real del Turquino is the highest peak in Cuba.
- Around 60% of Puerto Rico is mountains.
- Colombia is the world's leading source of emeralds and its coffee is world-renown.
- The world's tallest waterfall, Angel Falls, in located in Venezuela.
- The Peruvian Amazon covers 60% of the country.
- Chile has one of the world's largest and most deserted deserts known as "Atacama."
- The Amazon River flows through Brazil. It is the 2nd longest river in the world (after the Nile).

World Tour: Central and South America

This month for our World Tour we get to travel to Central and South America. Here we get to explore the countries of Mexico, Cuba, Puerto Rico, Colombia, Venezuela, Peru, Chile, and Brazil.

This region is large and diverse, and includes some of our closest neighbors. Together, Central and South America are bordered by the United States to the north, the Atlantic Ocean to the east, the Atlantic Ocean to the east, the South Pacific Ocean, and the South Atlantic Ocean to the south, and by the Pacific Ocean to the west.



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ALAMEDA ELDER COMMUNITIES

Congratulations and Thank You!

Our staff is full of hard working, caring people who make up the heart of what we do. We wouldn't be us without their continuous efforts and dedication. Every month we would like to acknowledge those who will be celebrating their anniversaries this month!

One Year

Carlo Castuciano, Elders Inn
Jordan Cenidoza, The Lodge
Seven Zendragon, The Lodge

Two Years

Roxanne Angeles, Elders Inn

Seven Years

Adelwisa Tibayan, Elders Inn
and The Lodge

Eight Years

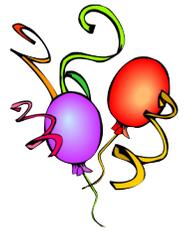
Elvia Perez, The Lodge
Baby Sayo, The Lodge

Eleven Years

Moira Morris, AEC
Living

Twelve Years

Jun Garcia, Elders Inn



The Gift of Life-long Learning

*I do not think much of man
who is not wiser today than
he was yesterday.* – Abraham
Lincoln

Ms. Elizabeth “Beth”
Harris was one of the
sweetest residents

I have had the pleasure of
spending time with while
working here at The Lodge.
She was an amazing woman
and will be missed heavily by
family, friends, fellow residents,
and staff alike. Though she has
passed on, her presence will
remain at the Lodge through
the generous donation of her
family.

Beth was a regular attendee
of our continuing education

“I am still learning.”

-Michelangelo, age 87

series, “Great Courses;” the
educational college lecture
DVDs we have been using
to continue
learning about
different topics.
Beth was always
at “class” on
time and seemed to know a little
bit about each course, no matter
what the topic of the lecture.
She would often say “Learning
is important, I wish I could get
more people interested.”

Her love of learning was
something that Beth passed on
to her family, and in her honor
and memory, her family has
graciously donated three new
lecture series, so we can all

By Seven Zendragon
continue to become a little more
educated. Thanks to them, in
the coming months you may see
added to the calendar classes
including The Life and Operas
of Verdi, The Dead Sea Scrolls,
and Peoples and Cultures of the
World, gifted to us by the family
of Beth Harris, a woman who
loved to learn.

So when you come to class,
or watch a documentary on
TV, or are just pleasantly
surprised that you have learned
something new without even
realizing it, remember - no
matter what age you are,
learning is the one gift that
keeps giving and is with you
until the end.

Activities Updates

Every month we review the
activities calendars to see which
activities are popular and which
ones could use some updating,
and we would love to hear directly
from you! What would you like
to see more of? We've changed

a few things around on
our own, but we're here to
work with you and would
love a bit of input. So, do
you have an suggestions? Is
there something you'd like
to learn how to do, or something



maybe that you used to do
and would like the chance to
revisit? If so, please talk with
any member of your activities
team and let us know about
your ideas. We'd love to hear
from you!

Saving Water in the Drought

As I am certain everyone knows by now, California is in the largest drought we have suffered in over a decade. Truth be told, the drought is not new, it is something we have been working on for years, and is just now hitting levels that have the governor declaring a State of Emergency.

In accordance with this, the residents of California have been instructed to decrease water usage by at least 25%, and we at AEC Living are doing our best to comply with that order.

In recent years you have seen us move away from lawns to more drought resistant native plants, update our toilets to be low-flow, and install a drip system for watering the plants that uses far less water than traditional sprinklers.

Moving forward, we are looking into replacing more lawn to help conserve more water and we are decreasing our watering schedule, so if the lawns are not as lush as in previous years, please know it is because we are trying to conserve water, and that we are looking into other options.

You may also have noticed we have stopped pre-pouring glasses of water at breakfast and lunch. This is another water conservation measure. If you would like water, we will pour you as much as you want, but for those who prefer juice, milk, or coffee with their meals pre-pouring was causing us to needlessly waste water. While we do still pre-

By Stephen Zimmerman, COO pour water for dinner, don't worry about waste. We use left over dinner water to water the plants outside!

You too can help with water conservation efforts! If you notice a leak, a mis-firing sprinkler, or even just a running toilet - please - let us know as soon as possible so we can address these issues. If you keep plants in your apartment or suite, EBMUD has requested that we limit watering to no more than two times a week. And if you have any other ideas, we are happy to hear them!

Please, let's help keep our water usage as light as possible during this difficult time.



Balance *continued from 1*

very important to try standing on one foot with a sturdy object like a heavy chair or hand rail close by in the event if you lose your balance. There are many hand-rails in the building and also the fitness room.

Another way, but very challenging, tip to improve your balance is to close your eyes. Vision plays a key role in your balance. If you stare at one focal point, you can balance much easier. If you take away your vision, it makes it much

harder to balance and doing so can improve your balance. It is very important that you try this WHILE holding onto a hand-rail and chair close by because of the lack of vision impairs your balance. As you practice this, you will be able to balance yourself better and overall improve your balance.

Overall, these are a few tips and tricks to try and improve your balance. Again when trying any exercises it is important to practice them safely. If you

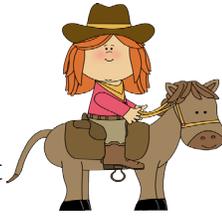
are interested in learning more tips and also trying out some equipment to improve your balance, speak to Wilson or Matthew.



Resident of the Month: Clementina Olveira

Clementina Olveira was born in Casanare, Columbia, which is in the central-eastern region of the country. It not only has beautiful landscapes and a great variety of plants and animals, is it also rich in oil and natural gas. Cattle raising is the most important economic activity in Casanare and that is exactly what Clementina and her family did. They lived on a ranch with many cows, horses and sheep. Clementina looked after the animals and helped to raise all of her 6 siblings, including 3 older ones!

As a child, Clementina enjoyed many outdoor activities like swimming and fishing in the



local rivers, and horseback riding on the farm. When Clementina was 29, she took a leap of faith and

decided to move to Alameda, California. The daughter of a close friend of hers, who then lived in Oakland, helped her find an apartment and a job. This was no small feat, considering that Clementina didn't even know how to speak English yet!

Clementina's good fortune kept on coming when she began taking English classes where she met a man from Spain who would soon become

her husband! After they got married, they had their son, Andres. Clementina was a devoted housewife and mother, she loved to cook and bake for her family and kept a beautiful garden with assorted fruit trees. She also enjoyed meeting with her sewing circle and traveling with her husband to Columbia and Spain to visit family.

Today Clementina is a proud mother and grandmother and we are so lucky to have her at Elders Inn. If you have not already met her, don't be shy to introduce yourself. Clementina is never short on smiles and is sure to make you laugh and brighten up your day!

From the Activities Desk

We are starting the month off by honoring some of our favorite ladies with our annual Ladies' Tea on Sunday, May 3rd. We will have beautiful live music and a variety of delicious teas and tasty treats! Hope to see everyone there with their friends and family!



Monday, May 4th is International Firefighters Day, so we are going to honor our brave men and women by walking over to our local fire station to bring them a special

thank you treat!

Then, Wednesday, the 13th is National Apple Pie Day, so join us at Happy Hour in the Webster dining room for an old American favorite!

The restaurant for our World Tour to Mexico, Otaez, is less than a block away! We will be walking over there for the lunch on the 15th.

Finally, on Memorial Day, the 25th, we will enjoy the beautiful May weather at our Banana Split Social, on the large patio!

Be sure to check May's calendar so you don't miss out on any of the fun that's happening!

Don't forget to come to the Resident Council!

It's on the First Sunday of the Month.

Garden News!

This month in the Garden Neighborhood, we are learning about the Lily of the Valley, which signifies sweetness and humanity.

There are three varieties of Lily of the Valley, each with slight variations, of white and rose colors, and it has been around since it was first cultivated in 1420.

Resident of the Month: Dr. Donald Gray

Dr. Donald Gray was born in Santa Rosa, Ca. Donald's father was a mail carrier, his mother did office work. Unfortunately due to the flu epidemic, his father passed away before he was two years old. Donald's grandmother took a big role in raising him and his older sister, Jean, while their mom continued to work.

As children, Jean and Donald enjoyed making music, Jean playing the piano while Donald played the clarinet. Donald's love of music has never left, he performed at the Bohemian Club in San Francisco where he was a member from 1959-2005.

From a young age Donald

Don't forget to come to the Resident Council!

It is on the First Saturday of the month

Lunch Outings

This month the Lunch Bunch will be going out on their own to Otaez Mexican Restaurant on Friday, May 8th and to Calafia Taqueria on Friday, May 22nd.

The staff escorted lunch outing will be on Friday, May 15th when we visit Habanas.

All restaurants this month are in Alameda. If you want to go, please meet in the lobby at 11:30 to catch the van.

enjoyed school; he attended the Luther Burbank Elementary School named after a famous Horticulturist (whom he met!). Before attending the neighborhood middle school and Santa Rosa High School. Donald was active in Sea Scouts until graduating from High School. He went to Santa Rosa Jr. College, and finished his four years at UC Berkeley majoring in Engineering. Then, Donald enlisted in the Navy, and, left after the war ended in 1945, as a lieutenant.

In 1947, Donald married Joan; they were married for 63 years, and together had two daughters, four grandchildren, and a great-grandchild. Donald is very proud of all his daughters and

grandchildren.

If you ask he will be happy to share!

Donald went to Stanford Medical School, graduating in 1951 and ran his own practice from 1953 to 1967. He then went on to UC San Francisco to get his credentials as an anesthesiologist. He accomplished that and had a practice in Berkeley, Martinez, and at the VA hospital retiring at age 66.

Donald enjoys crosswords in the cafe and having a glass a wine at Happy Hour. Please give a warm Hello to Dr. Gray!



News & Notes from Activities

For our world tour we'll be visiting Central and South America. In recognition of this month's World Tour region, Central and South America, we will be working a few things into our crafts and sewing. In crafts we'll be making mini cactus



piñatas and Guatemalan worry dolls. The dolls are very similar to the concept of a dream catcher, except you are supposed to put them under your pillow or in

your pocket and the doll will carry your stress and worry so you don't have to. We'll also be making hand painted clay pots. In our sewing class, we'll be working on hand loomed bracelets. They can be a little time consuming but the finished product is beautiful!

Walking Club

So far this year, the Walking Club here at the Lodge has waked 71 miles. That is like walking the Panama Canal one and half times!

Iron Woman of the Month: Joyce Derdevanis

To better your health and wellness, you must realize what specific aspect you must work on and do what is necessary to improve it. Whether it be to walk more, get out of a chair more efficiently, or to be healthier in general, it will not improve unless you work on it and try to become better.

There is a resident at The Lodge who has realized that she needed to improve her health in order to do the things she wanted to do and, thanks to her hard work, is continuously improving. That resident is this month's Iron Woman of the Month - Joyce Derdevanis.

Joyce knew that in order for her to travel with her family, she needed to be able to walk for longer distances. With that in mind, she consistently comes to her personal training sessions to work on her walking.

Joyce was born in Berkeley,

CA and lived in the Bay Area her whole life. As a child, she was always interested in gymnastics. After graduating from high school, Joyce did a lot of volunteer work for the Red Cross during World War II. She then worked for Bank of America for about 5 years as a secretary for one of the Vice Presidents of the company. She then met Mr. Derdevanis, got married, and had 3 children. Her son Nick lives in Alameda and runs his own company passed down from his father and Lori lives in Hawaii enjoying the beautiful weather.

Joyce has been living at The Lodge for about a year and had some physical therapy due to back surgery. For some time, Joyce has been a little down about not being able to walk like she used to and started doing some personal training after her therapy and her walking has improved greatly since then

Wanting to travel to places like Hawaii, to visit her daughter, and Oregon, to visit her niece, Joyce has realized that in order for her to enjoy these places, she needs to improve her leg strength and walking ability. She chooses to exercise because she said "I don't want to end up like a vegetable!" Also, as she was pointing to her car outside she joked, "and I want to be able to drive that again."

Joyce is so dedicated into



becoming stronger, that she has not missed a personal training session for the past 2 months. Realizing what you need to do and putting in the time to work on it is one of the things you must do if you want to be stronger and healthier, and our Iron Woman of the Month is doing just that.

Congratulations Joyce!

Breathing *continued from 1*

breathing to be shallow and can decrease the oxygen in your blood. By taking deep and mindful breaths you can help decrease the tension and bring more oxygen to the body. Pain can also be helped by mindful breathing. When we are in pain we tend to tense up our bodies, which can make pain worse. When we take deep breaths it allows us to

relax and decrease some of the pain. Deep breathing won't necessarily make the pain go away, but it can help in the management of pain. If you have pain that is new, or is not managed by medication please contact one of our nurses to help communicate with your physician.

Walking Club

Little is healthier than going outside for a stroll and getting some sunshine. Studies show that walking improves balance, strengthens bones, and keeps your heart healthy.

Check your activities calendar to see when your Walking Club meets, then **join the Walking Club and see how far you go!**