

AEC LIVING

A tradition of caring for seniors since 1971

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

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Laughter Yoga

You may have heard about it already, but what do you really know about Laughter Yoga? What is it? Why should you do it? Can laughing really be exercise? Let's address these questions.

Can laughing really be exercise?

Yes, Laughter Yoga is recognized internationally as a form of exercise,

stretching, and relaxation that helps combat stress and its negative physical side effects. Lucky for us, Alysa S., Administrator of AES Therapy & Fitness, is a certified Laughter Yoga leader.

What is Laughter Yoga?



By Alysa Stanford
Laughter Yoga was created by a medical doctor who studied the effects of deep breathing on blood pressure, immune function, stress, sleep quality, and overall health. The doctor determined that laughing was the easiest way to
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Cyber Safety

With the advancement of technology comes the growth of opportunity for criminals. While you are trying to stay up-to-date on the latest iPhone app, a thief is looking for a new way to steal

your identity or simply scam a few extra dollars out of your pocket.

There are several scams that circulate through the year – some undergo 'facelifts' from criminals, but, for the most part the principles are the same. Here are a few tips on how you can spot and protect yourself from a scam.

Never send money through wire transfers or gift cards – no legitimate government



By Michaelia Parker
agency or businesses will request these forms of payments.

- Many scam artists use fear tactics – threat of arrest by 'local authorities,' deportation or prosecution.
- When pressed with questions over the phone, a criminal will often become aggressive or even hang up.
- Always check the sender's email address. Often, emails can emulate a real business, but may be off by a single letter.

Ex: johnsmith@USBank.com compared to johnsmith@USbak.com.

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STAFF SPOTLIGHT

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Birthdays

- 5/1 - Zeny M, Home Care
- 5/2 - Alex B, Lodge
- 5/4 - Prince E, Elders
- 5/12 - Bayarmaa B, Elders
- 5/12 - Natalie F, Elders
- 5/17 - Basa D, Elders
- 5/23 - Linda B, Lodge
- 5/25 - Sandra D, AES



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 **May!**

1 Year

- Ash O.J, Lodge
- Anishia S, Lodge
- Esperanza M, Home Care
- Norma A, Home Care
- Jorge G, Home Care

2 Years

- Stephen A, Lodge

10 Years

- Rosalina S, Lodge

11 Years

- Adelwisa T, Elders

14 Years

- Moira M, AEC Living

Who's New

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

At AES Therapy & Fitness

- Alanna J, Personal Trainer

At Elders Inn

- Ericka D, LVN

At The Lodge

- Kendall G, Receptionist

World Tour: Morocco

- Morocco, is actually the Kingdom of Morocco.
- The official languages of Morocco are Berber and Arabic. The distinctive group of Moroccan Arabic dialects are collectively called Darija. French, Spanish, and English are also spoken.
- Green tea with mint and sweetened with sugar is a popular beverage.
- From 1912 to 1956, Morocco was divided into French and Spanish zones, there are just two small Spanish-controlled areas still remaining today (Ceuta and Melilla).
- The most famous of Moroccan dishes is couscous; other popular dishes include pastilla, tajine, and harira.
- Chicken is the most widely eaten meat.
- The university called al-Qarawiyyin was founded in the city of Fes in 859 as a madrasa, (an Arabic educational institution), and is considered by some to be the oldest university in the world.
- The capital city of Morocco is Rabat, although the largest city is Casablanca with nearly 4 million people.



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NEWS AND INFORMATION

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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:

Glen R has been a resident of The Lodge for about 7 months. Originally from Kent, England, Glen came to the states in 1964 on the Queen Mary. He finds joy in socializing with his peers and staff alike.

Kendall G recently joined our team as a Receptionist at The Lodge, but you might have seen her around when she was interning for AES Therapy & Fitness earlier this year.

Nancy R has been an Activity Coordinator with AEC Living for almost 15 years! She has worked at both The Lodge and Elders Inn and continues to support both communities during special events. She has always

excelled in the arts and has a new found passion for singing with the residents.

Where were you born?

Glen R. - I was born in 1956 in London, England.

Kendall G. - I was born in San Francisco, California.

Nancy R. - I was born in the Midwood section of good old Brooklyn, New York.

What would you do if you won the lottery?

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Last Month's Trivia Answers

Were you able to identify the person or show that made these catch phrases famous?

- "Yada, yada, yada." **Elaine Bettis, Seinfeld**
- "What'choo talkin' bout, Willis?" **Arnold Jackson, Diff'rent Strokes**
- "And that's the way it is." **Walter Cronkite, CBS Evening News**
- "The thrill of victory and the agony of defeat." **Jim McKay, Wide World of Sports**
- "Book 'em, Danno." **Steve McGarrett, Hawaii Five-O**
- "Who loves you, baby?" **Lt. Theo Kojak, Kojak**
- "Make it so." **Jean-Luc Picard, Star Trek: The Next Generation**
- "Nanu-nanu." **Mork (from**

Ork), Mork and Mindy

- "I pity the fool." **Clubber Lang, Rocky III**
- "Baby, you're the greatest." **Ralph Kramden, The Honeymooners**

Did you recognize the phrases hidden in these pictures?



Did you know these famous April Birthday Babies?

- Born 4/1/1973, **Rachel Maddow** is an author and political commentator whose nightly television show airs on MSNBC.
- Born 4/7/1933 **Wayne Rogers** is best known as Captain John "Trapper" McIntyre from the TV series M*A*S*H.
- Born 4/23/1936 and nicknamed "the Big O", **Roy Orbison's** hits included Only the Lonely, Crying, and Oh, Pretty Woman.
- Born 4/26/1564 **William Shakespeare** is regarded as the greatest English language writer in history.
- Born 4/29/1901 **Hirohito** was the 124th emperor of Japan, and ruled from 1926 until his death in 1989.

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NEWS FROM ELDERS INN

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Calendar Highlights

- Friday, May 4th at 10:00am, celebrate Firefighters' Day as we show our appreciation to our local firefighters.
- Saturday, May 5th at 2:00pm, celebrate Cinco de Mayo with piñata fun on the large patio. Do you have what it takes to break the piñata?
- Tuesday, May 8th at 3:30pm, join us in the Webster Dining Room as we celebrate Coca-Cola's Birthday with a Coke Happy Hour featuring Madeline on piano!
- Sunday, May 13th at 2:00pm, enjoy a special performance from Pearl's Singing Group in the Webster Dining Room.
- Tuesday, May 15th at 9:45am, take a trip to the Farmer's Market. Interested residents meet in the lobby.
- Friday, May 25th at 3:00pm in the Buena Vista Dining Room, join in as we sing the songs of the magical Stevie Wonder as part of our Sing-A-Long!
- Sunday, May 27th at 10:00am, join us for a discussion about the Golden Gate Bridge.
- Monday, May 28th at 12:00pm, join us for a Memorial Day BBQ lunch at the patio.



Gardening

Do you ever look at a plant and think it needs trimming? Do you like getting your hands dirty? If you answer "YES" to any of these questions, then join us for gardening. Or at the very least join us outside and enjoy this beautiful, sunny spring weather.

We are lucky to have a private space to catch a nice breeze, enjoy the sun, and be surrounded by beautiful plants.

If you are

interested in lending your green thumb you should join us!

This month we are meeting:

Saturday, May 12th at 2:00pm

Tuesday, May 15th at 2:00pm

Tuesday, May 22nd at 10:00am

Saturday, May 26th at 2:00pm

Tuesday, May 29th at 2:00pm

Meet in the lobby, we hope to see you there!



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 Morocco. Here are some fun activities that we have planned to help us explore this historic country.

5/14 - Make a Moroccan Lantern

5/17 - Casablanca Cafe World Tour Lunch

5/30 - Find the Morocco Flag

Please join us!

Lunch at Abigail's Moroccan Cuisine

Want to try something different? How about some yummy Moroccan food?

Come join us on our lunch outing this month to Abigail's



Moroccan Cuisine located at 1132 Ballena Boulevard in Alameda, on Thursday, May 24th.

We are looking forward to trying their Thursday

Lunch Special of lamb shanks with couscous and vegetables or chicken with couscous and vegetables.

We will be meeting in the lobby at 11:30am. We hope to see you there!

April Follies - The Elders Inn Stars Shine

America's Got Talent has been pounding our doors for our staff, and last month we decided to demonstrate why.

It was with great pleasure that we showcased our wonderful, talented staff during our April Follies.

There is no doubt that our staff is a talented group, not only with the care of our residents but in a variety of other ways as well.



This year's April Follies kicked off with a special martial arts performance from Ajour, Mitchell, and Anthony from West Wind Schools in Alameda. Ajour is the son of our fabulous nurse, Shardha D.

Next, our Director of Community Affairs & Education, Kathy M., and our CEO's daughter, Abigail C. did a duet of "Puff the Magic Dragon" complete with an impromptu dance recital by Abigail.

Then Kathy did a solo performance of Irving Berlin's "Blue Skies."

Next, Administrator Marie L. sang "Close to You" by

The Carpenters and Nancy R. performed the Willie Nelson classic, "On the Road Again."

Talent isn't just limited to Elders employees, Michaela F. (who works at the Lodge now but started at Elders Inn), brought her dog who entertained us all with dog tricks.

The grand finale was a wonderful demonstration of ice cream scooping powers by our CEO Lauren C and COO Stephen Z as they dished out Tucker's Ice Cream to all.

Hi five to everyone! And America's Got Talent - you can't have any of our stars!



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NEWS FROM THE LODGE

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A Taste of Morocco

Don't forget to join us in the Cafe every Monday at 2:00pm as we enjoy the different flavors of Morocco.

This month, we'll sample the taste of Berber Morocco and Moorish Morocco, as well as both Mediterranean and

Arab cuisines.

Generally, Morocco produces a large range of Mediterranean fruits and vegetables. Spices are used extensively in Moroccan food. Although some spices have been imported to

Morocco through the Arabs for thousands of years, many ingredients—like saffron from Talaouine, mint and olives from Meknes, and oranges and lemons from Fes—are home-grown, and are being exported internationally.



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

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.

5/4 South Shore Cafe

5/11 Mama Papa Lithuania

5/18 Homeskillet

5/25 LaVal's Pizza

Walking trip - LaVal's Pizza (5/25)

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

Cherry Blossom Tea

In celebration of this year's Cherry Blossom Festival, Waters Edge Lodge residents and their families joined us for a Cherry Blossom Tea on Saturday, April 14th.

Sweet and savory treats were prepared by our new Kitchen

Manager, Eugene.

Residents and their family members had a great time taking pictures in our cherry blossom themed photo booth and live piano music by Rodney completed the afternoon.



Calendar Highlights

- Sunday, May 6th at 2:00pm in the Living Room, listen to the talented performances from Piedmont Performing Arts.
- Tuesday, May 8th at 1:30pm, we'll be taking a trip to the Alameda Theatre to see what movies interest us. Residents who are interested in attending should meet in the lobby.
- Thursday, May 10th at 10:30am, join us for National Photo Month as we take a look at the Best Photos of 2018 in the Theater.
- Sunday, May 13th at 1:30pm, celebrate Mother's Day by attending the Park Street Spring Festival. Interested parties please sign up early at the front desk.
- Thursday, May 24th at 6:00pm in the Living Room, join us as we throw a reception for 5th graders from Bay Farm School.
- Saturday, May 26th at 2:00pm in the Cafe, test your jazz knowledge as we celebrate International Jazz Day with a fun trivia game while enjoying fresh baked cookies.
- Sunday, May 27th, Bach & Bulbs Gardening Social at our beautiful Courtyard Garden.



Inquiring Minds *continued*

Glen R. - I would go on a holiday. I'd also buy an RV to live in and travel around.

Kendall G. - I'd pay off my student loans and then make some smart investments with my money.

Nancy R. - I would buy a home on the beach, travel, help my daughter with what she needs and charitable things like working with animal rescue.

Where is your favorite spot in the building?

Glen R. - I love the cafe. It is

nice and bright. I also like going to the dining room. There's always good food and good people down there.

Kendall G. - My favorite spot is the lobby. I see everyone coming in and I get to greet them all.

Nancy R. - My favorite spot in the building is the 3rd floor patio. It is nice to get a breath of fresh air at lunch.

What were you like as a teenager?

Glen R. - I was a quiet kid, I spent a lot of time with

my grandfather. I played drums for the Salvation Army church.

Kendall G. - I was friendly; I was friends with everyone at my high school which only had 400 students!

Nancy R. - I was your average 70's teenager. Loved listening to rock music, going to the record shop, concerts, hanging out with friends, and doing art. I also loved going to the beach and spending summers in upstate New York.

Laughter Yoga *continued*

activate deep breathing.

During Laughter Yoga, laughter is sustained for at least one minute during each exercise and the class lasts approximately 30 minutes in total. This sustained focus on laughing, promotes deep breathing and stretching of the core muscles, all while helping the participant decrease stress levels and improve sleep quality.

Guided relaxation helps bring the body down from the excitement of



laughing for such a long time.

Why should you participate in Laughter Yoga?

For decades, studies have proven the negative effects stress has on the human body. Other studies have proven that yoga can be a gentle and easy form of exercise that is appropriate for all ages and fitness levels. Laughter Yoga was designed

to address the findings of both sets of studies.

Developed by a doctor,

Laughter Yoga is a low impact, exercise or fitness class that helps participants relieve the effects of stress and bring their bodies and minds to a more relaxed place. In this class participants are brought into a child-like state of play and get to turn off the critical mind.

When can I take Laughter Yoga?

Laughter Yoga will be back at the Lodge in June. Running Tuesdays and Thursdays at 11:00 am. This class costs a total of \$25 for all 8 classes.

Cyber Safety *continued*

catch the difference?

- Check your email! Criminals are trying to bait any victim and will often send scam emails in bulk. If you notice your email does not appear in the "to" field, rather, the word "recipients" or no email appears, you are most included in a mass email.
- Be cautious when clicking on links in an email – always hover your cursor over a link to review the real website address.
- The IRS will never initiate business with you via email, social media or

phone. You will receive notifications in the mail.

If you are suspicious of a call, email or text, do your homework and call the company directly for the number listed on their website.

If you become a victim of identity theft, contact the Alameda Police Department right away to file a police report and receive steps on what to do next.

The non-emergency phone number for the Alameda Police Department is (510) 337-8340.



Michaelia Parker is the Crime Prevention & Community Relations Specialist for the Community Oriented Policing and Problem

Solving Unit (C.O.P.P.S.) for Alameda Police Department. She is working on revamping law enforcement based community events, increasing awareness and educating the city's citizens about safety precautions.

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EXERCISE YOUR MIND

Famous Inventors

ACROSS

1. He invented condensed milk.

Gail _____

4. He invented Coca-Cola.

Dr. John _____

5. He invented the battery.



Alessandro _____

7. He invented the elevator.

Elisha _____

8. He invented this amusement park ride.

George _____

10. He invented the roll film.

George _____



13. He invented the potato chip.

George _____

15. He invented bifocals and the lightning rod.

Benjamin _____

16. He invented penicillin.

Alexander _____



DOWN

1. He invented auto-loading pistols.

John Moses _____

2. He invented the parachute and ornithopter.

Leonardo _____



3. He invented the telephone

Alexander Graham _____

4. He invented pasteurization.

Louis _____

6. He invented the aqua-lung.

Jacques _____

9. He invented the sleeper car for trains.

George _____



11. He invented the saxophone.

Adolphe _____

12. He invented the method for communicating with taps.

Samuel _____

14. They invented the airplane.

Orville and Wilbur _____

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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