

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 6

June | 2018

Alameda On Camera (AOC) Exhibit

The Lodge, in partnership with Frank Bette Center for the Arts, will be exhibiting Alameda on Camera 2018 Group Show from June 6th through Aug 4th with an artist reception on June 28th at 3:30pm.



Alameda On Camera (AOC) is an annual photography event that has an 11 year history with the Frank Bette Center for the Arts as of 2018! The city of Alameda is divided into 48 sections, 48 photographers participate, and over a 48 hour period photos are taken within the photographers' selected areas.

The judges will focus on the areas bounded by the Harbor Bay district and the areas

of Alameda you can see from Harbor Bay. There are 21 adult and 10 youth areas they will be selecting from for The Lodge's Group Exhibit of Alameda On Camera 2018.

Visitors to The Lodge are welcome to tour and view the satellite gallery artwork from 10:00am to 5:00pm daily.

Frank Bette
CENTER FOR THE ARTS

Elders Village Talk: Alzheimer's Awareness

One in 10 people, age 65 and older, has Alzheimer's dementia. Almost two-thirds of Americans with Alzheimer's are women.

Join us for our Elders Village Talk on The Basics: Memory Loss, Dementia, and Alzheimer's at Mastick Senior Center on Wednesday, June 20th, from 1:00pm to 2:00pm as we will learn about Alzheimer's Disease facts from Dori Sproul, MA, Family Care Specialist for the Alzheimer's Association of Northern California and Northern Nevada.

June is Alzheimer's & Brain Awareness Month, a time dedicated to increasing public awareness of Alzheimer's disease, available resources and how

people can get involved in support the cause.

To RSVP to this Elders Village Talk, please call 510-217-8527 or by e-mailing us at EldersVillage@aecliving.com



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STAFF SPOTLIGHT

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Birthdays

- 6/1 - Anishia S, Lodge
- 6/1 - Cheryl C, AEC Living
- 6/2 - Debaki S, Elders
- 6/4 - Ryan H, Elders
- 6/6 - Ruby G, Elders
- 6/9 - Nancy S, Home Care
- 6/18 - Shardha D, Elders
- 6/29 - Alanna J, AES
- 6/29 - Gianna P, Lodge
- 6/30 - Jorge G, Home Care



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 **June!**

1 Year

- Gianna P, Lodge
- Susana V, Lodge
- Ruby G, Elders
- Zeny M, Home Care

2 Years

- Nadia J, AEC Living
- Alysa S, AES

4 Years

- Kristina O, AEC Living

6 Years

- Sharmaine C, Lodge

8 Years

- Mariah G, Lodge

39 Years

- Darnelle Z, AEC Living

Who's New

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

At AES Therapy & Fitness

- Melissa M, Exercise Instructor

At Elders Inn

- Eva R, LVN

At The Lodge

- Ruth D, LVN

At AEC Home Care

- Betty T, HC Attendant
- Jasmin D.E., HC Attendant
- Henrika G, HC Attendant
- Aaliyah U, HC Attendant

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:

Von W has lived at Elders Inn for the past year. She loves to garden, go to the Farmers Market, and petting all the dogs she sees. If there's an event

going on, you know she'll be there.

Vicky F has been a part of the Elders Inn family for over 10 years. She is wonderful with residents and is a fabulous team player.

Mariah G has been with AEC Living for 9 years. She started as a Med Aide at Elders Inn while she earned her LVN. Mariah now

works at The Lodge as the Resident Care Coordinator.

Where were you born?

Von W. - I was born in Dublin, Ireland.

Vicky F. - I was born in the northern part of the Philippines.

Mariah G. - I was born in Bulacan, Philippines.

What would you do if you

continued on 3

Inquiring Minds *continued*

won the lottery?

Von W. - I would give most of the money to my five children. I'd still live at Elders Inn because I'm happy here; there are people I can talk to, plus I don't have to make my own meals! I would probably buy some new clothes for myself and get rid of some of my old stuff!

Vicky F. - I would start by helping out my whole family and send my daughter to a good college and share my blessings with those who may not be as fortunate.

Mariah G. - I would buy an

airplane, travel the world, and give money to the poor and my friends.

Where is your favorite spot in the building?

Von W. - I'd say the Buena Vista dining room because that's where I get to eat all the delicious food that they serve here!

Vicky F. - The rooftop terrace because it's quiet up there, relaxing and I can breathe fresh air.

Mariah G. - My favorite spot in the building would be the nursing office.

What were you like as a teenager?

Von W. - As a teenager I took my education very seriously. I also enjoyed playing piano. Because of poor weather conditions and lack of financial resources, I hung out and had fun indoors most of the time.

Vicky F. - I was a very friendly and responsible teenager. I hung out with my friends during weekends, but I always made sure that I finished all my homework because I was very focused on finishing high school.

Mariah G. - I was just a homebody and enjoyed watching movies.

National Senior Health & Fitness Fair

AEC Living and AES Therapy & Fitness took part in the National Senior Health & Fitness Day on May 30th at Mastick Senior Center. This is our 5th year participating in this festivities.

We had vendors and local businesses from VITAS, the Alameda Police and Fire Department, Hearing Zone, FAAS, and many others who participated in this fair.

National Senior Health & Fitness Fair is a nationwide health and fitness event for older adults, always held

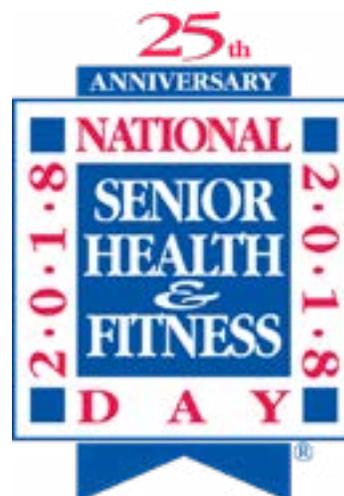
the last Wednesday in May during Older Americans Month. This year marked the 25th anniversary of the program, and more than 1,200 locations across the country on the same day.

The event's goals are to promote the importance of regular physical activity,

and to showcase what local organizations are doing to improve the health and fitness of older adults in their communities.

AEC Living and Mastick Senior Center both strive to make our Alameda seniors the happiest and healthiest!

Thank you to everyone who attended and took part in this event.



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NEWS FROM ELDERS INN

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Calendar Highlights

- Tuesday, June 5th at 3:30pm, celebrate Chocolate Ice Cream Day with ice cream at Happy Hour with Darryl on guitar.
- Saturday, June 9th at 2:00pm, join us for a special Cartoon Trivia for Donald Duck's Birthday, in Buena Vista Dining Room.
- Wednesday, June 13th at 2:15pm enjoy in some Aromatherapy Fun in the Buena Vista Dining Room.
- Saturday, June 16th at 10:00am, test your juggling skills on World Juggling Day in the Webster Dining Room.
- Wednesday, June 20th at 3:00pm, we'll be having an ABBA tunes sing-a-long in the Webster Dining Room.
- Thursday, June 21st at 10:00am, we'll be celebrating the Summer Solstice with First Day of Summer Gardening.
- Monday, June 25th at 10:00am, join us as we read some romantic love poems in the Buena Vista Dining Room.



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

Celebrating France

As we will be celebrating France for our World Tour this month, our Activities team member, Kelsey, who is fluent in French, will be teaching the residents all things Frenchie throughout the month.

She will be incorporating French in the following activities from learning French songs for sing-along & more!

Here are some of the classes she will be doing in French this month:

Wednesdays at 9:45am: Penmanship

Thursdays at 9:45am: Creative Writing

We will also have some of our more regular calendar items devoted to France this month.

Thursday, June 7th we will have a special "Learn Basic French in a Flash!" class.

Thursday, June 21st we will enjoy our very own cafe de Paris World Tour lunch. For a preview of this special meal, read on.

Here is a little preview of what will be on the menu for our Le Cafe de Paris

World Tour Lunch on June 21st:

Starters: French Onion Soup with a French Lentil Salad served with Chicken Liver Pate.

Main entree: Coq au Vin, is a chicken dish braised with wine, lardons and mushrooms.

Dessert: You'll have to wait and see.



AEC LIVING

NEWS FROM ELDERS INN

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Eid al-Fitr Break the Fast Breakfast

June 15th, we'll be celebrating Eid al-Fitr with a special breakfast.

In addition to our regular breakfast, we will be serving blueberry coconut oatmeal, cheese blitz, mini baklava, cinnamon rolls, scones, along with fresh fruit cups and mint tea for this special occasion

What is Eid al-Fitr? Eid al-Fitr is an important religious holiday celebrated by Muslims worldwide that marks the end of Ramadan, the Islamic holy month

of fasting. This religious Eid (Muslim religious festival) is the first and only day in the month of Shawwal during which Muslims are not permitted to fast.

Don't forget to tell your friends and family the Urquhardt Band will be here on Wednesday, July 11th!

Lunch Out

This month's lunch outing is in keeping with our World Tour destination!

We will be going to Cafe Jolie on Friday, June 29th. We will be meeting in the front lobby at 11:30am.

Hope to see you there!

Ladies' Tea Party at Elders Inn

Elders Inn Ladies' Tea Party was held on Sunday, May 6th. The annual event was a feast to the eyes and mouth. We had sittings for tea at 2:00pm and 2:30pm.



Dining Room. All residents and guests thoroughly enjoyed the lovely background music they performed.

Once more, guests and residents enjoyed the selection of teas and delicious delicacies. The table settings, tea cups, and teapots made



the event super special, which made everyone feel like a queen for the day.

All residents and their guests thoroughly enjoyed the lovely background music done by our amazing performers: Darryl on guitar in the Buena Vista Dining Room and Jim on guitar, in the Garden Neighborhood and Doug on Piano in the Webster



Thank you again to all the guests who attended and staff who worked so hard to make this a memorable day to our residents!

We are so glad everyone could join us for this very special event!

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NEWS FROM THE LODGE

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A Taste of France

France, the mecca of modern cuisine of the culinarian world has revolutionized the American palate to appreciate refined basic food in the most simplest forum of natural flavors from region to region.

Join us as we take a culinary trip to France this month every Monday at 2:00pm at the Explorer's Lounge.

We will be exploring the regions of Champagne, Nord-Pas-De-Calais, Loire Valley, and Burgundy.

Champagne is best know for their famous sparkling wine that bears its name.

Nord-Pas-De-Calais sits

in the center of Europe which makes this area a border region. This region is influenced by its neighboring parts. Popular cuisines such as La Carbonade Flamande comes from this region.

Loire Valley is a wonderful place to relax and unwind and also enjoy cheese, duck, wild boar, rillettes, sables, and tarte tatin. Soft cheese, duck pate, lemon and almond cookies, and an upside-down tartelette comes from this region.

Burgundy is known for its various wines, parte, and terrines. Some of the popular cuisines that were created from here

are escargots and parte. The capital city of Dijon is where dijon mustard came from.

Don't forget to join us for our Parisian Happy Hour on June 14th! Here is a little preview on what is being served: chiffon cakes, cream puff, and fresh french breads with delicious French wines.



Summer is for Friends and Family

We have a very busy summer planned this year, and June is just the beginning! Please make sure you note the special dates that were printed on your calendars, and join us for at least one of our fabulous summer events this year.

6/09 - Gentlemen's BBQ

6/14 - Parisian Happy Hour

6/15 - Eid el-Fitur Break the Fast Breakfast

6/22 - Monte Carlo Night

6/27 - Urquhart Band

If you need additional invitations to send to family members please see either Michaela or Jan.



Please note, this year's casino night will be on FRIDAY, June 22nd. Not Thursday as indicated on large calendars you were gifted with at the beginning of the year.

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

Eid al-Fitr Break the Fast Breakfast



Eid al-Fitr is one of the most important holidays of the Islamic calendar. It marks the end of Ramadan, the holy month in which Muslims fast everyday from sunrise to sunset.

On Eid al-Fitr, over a billion Muslims around the world celebrate with their families and communities by breaking bread together and giving thanks for God's many blessings.

At the Lodge we will be

having a special breakfast menu for this holiday on June 15th.

Here are some of the items we are serving: Spinach omelet, Khubz, an oval shape flatbread, Samon, a diamond shape yeast bread served with butter, jam, honey, cheese and Libna, which is a yogurt with olive oil. Dates, nuts, apricots, bean paste, will also be served with baklava and mint tea.

NOTICE: on Wednesday, June 27 dinner will be served at 4:30pm to make sure everyone can enjoy the Urquhardt Band's performance!

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.

- 6/1 Cafe Jolie
- 6/8 Black Bear Diner
- 6/15 Pho Sinh
- 6/29 China Villa

Escorted Trip - Black Bear Diner (6/8)

Walking trip - China Villa (6/29)

Annual Ladies' Tea



The Lodge hosted our annual Ladies Tea on May 12th. We had a great turn out this year and

were treated to a variety of different teas, finger sandwiches, and desserts.

Thank you to our wonderful staff for their hard work especially Lauren, Moira, and Eugene for working tirelessly on preparing and plating the food.

want to thank all the residents and families who came to the event.

Residents and their guests



We hope everyone had a wonderful Mother's Day weekend.

The Lodge
801 Island DR
Alameda, Ca, 94502

Monte Carlo Night

Friday, June 22, 2018
6:30 PM

RSVP to
The Front Desk

(310) 748-4300 or
michaela@aceliving.com

AEC LIVING

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NEWS FROM AES THERAPY

Meet The Trainer: Alanna



You might have seen a new face among our AES staff, her name is Alanna J. She joined our team in April as a Personal Trainer at The Lodge.

Alanna became interested in becoming a personal trainer because she wanted to help individuals reach their exercise and health goals through motivation and education. Knowing that she can help make a positive change in a person's life through movement is very rewarding, along with being able to build a connection with her clients.

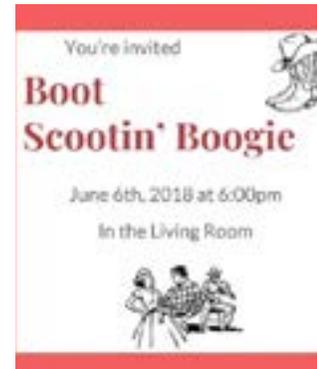
In 2013, she graduated

from Cal State East Bay with a Bachelor of Science in Kinesiology, with an emphasis in Exercise, Nutrition and Wellness. A few years later, she went to grad school to pursue her degree in Master of Science in Health Education, which she completed in January 2018.

She has worked at several health facilities such as YMCA Downtown Berkeley and City Sports Club as a Wellness Coach and as an Operations Manager.

Besides spending her quality time with her daughter and family, she also enjoys going for hikes, playing basketball, watching movies, cooking/baking, and arts & crafts.

Welcome to the team!



Get Balanced

AES, in partnership with Mastick Senior Center, will be offering Get Balanced classes at The Lodge.

Get Balanced was created by a team of physical therapists and doctors, to improve flexibility and



balance, address inner ear problems, and improve core strength.

This class is proven to prevent falls and will practice the "After A Fall Recovery Sequence" and progress from mostly seated to mostly standing. Participants are tested before and

after to track and celebrate improvement.

During this course, it will teach exercises for vision and vestibular systems, strength, flexibility, proprioception, and quick reflexes.

This 12-week course will be held every Monday and Wednesday from 3:00pm to 4:00pm, 6/4-8/22 and costs \$120.

World Tour: France

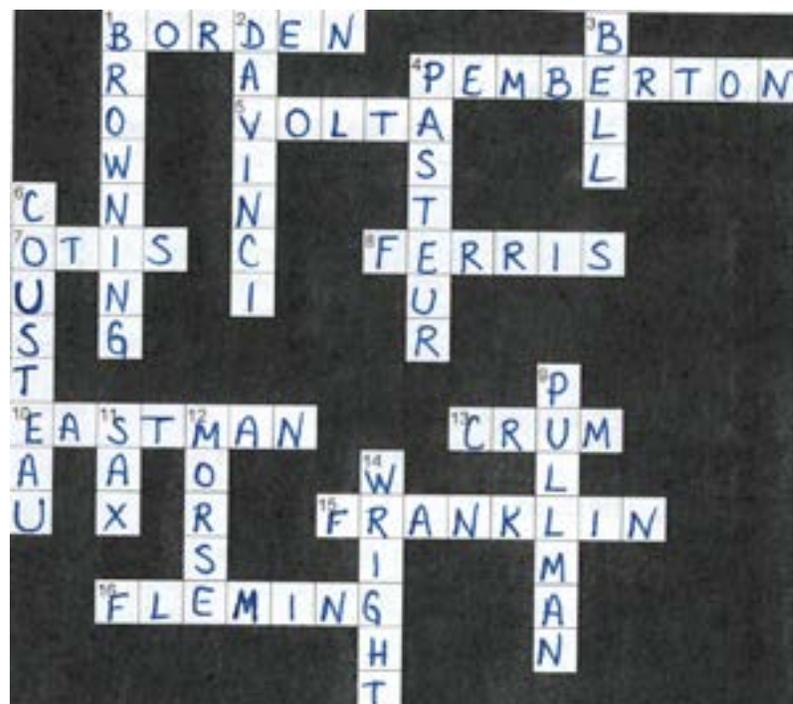
- France is officially known as the French Republic.
- The Millau Bridge in southern France is the world's tallest bridge and France's tallest structure. At its highest point, it stands 1125 ft above the ground.
- Louis Pasteur was a French scientist who made many discoveries in the fields of chemistry and microbiology including vaccinations, microbial fermentation and pasteurization.
- The famous Eiffel Tower in Paris was built as the entrance point for the 1889 World Fair. It is one of the most visited monuments in the world.
- The name France comes from the Latin word Francia, which means 'country of the Franks.'
- France was the second country to host the modern Olympic Games in 1900 in Paris. Paris also hosted the games again in 1924.

June Birthday Quiz

Can you answer these questions about famous June Birthday Babies?

- Born 06/02/1731, she was the 1st First Lady of the United States, even though her title was not coined before her death.
- Born 06/03/1925, this man's film credits include *The Defiant Ones*, *Houdini*, and *Some Like It Hot*.
- Born 06/13/1962, this journalist has covered sports and general interest topics for CNN, NBC Sports, The Early Show, and ESPN/ABC.
- Born 06/16/1951, this four-weight world boxing champion is remembered by most for saying "No Mas" before quitting in the middle of a fight against Sugar Ray Leonard in 1980.
- Born 06/20/1949, he was a member of the band, The Commodores, before embarking on a solo career. His hit songs include *My Love*, *Endless Love*, *Stuck on You*, and *Say You, Say Me*, to name just a few.
- Born 06/25/1925, she was everyone's favorite television mom, first as Timmy's mother on *Lassie*, and then as Dr. Maureen Robinson in *Lost in Space*.

Last Month's Answers:



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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