

AEC LIVING

A tradition of caring for seniors since 1971

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

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Gallery Opening at The Lodge

We are so excited to announce a new feature at the Lodge, The Lodge Gallery!

The art gallery, is a collaboration with The Frank Bette Art Center, here in Alameda. Located at the entrance of the dining room, the gallery displays a new exhibition of original art every other month.

The first exhibits included photographs by Mike Gifford and Charles Lucke.

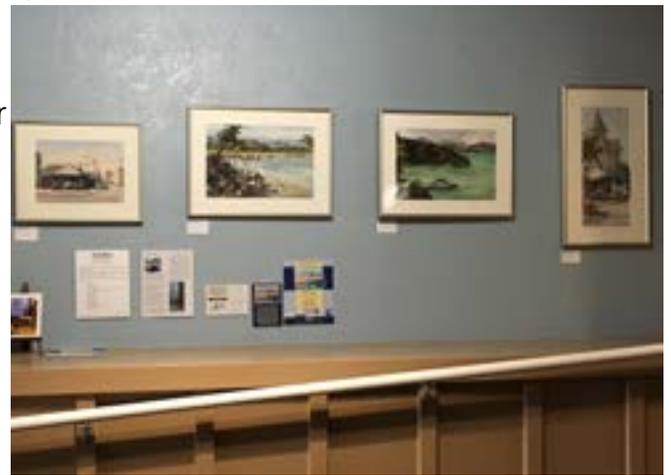
Our next exhibit starts at the end of August and will

feature plein air paintings by various Alameda Artists. The Artist Reception is open to the community and will be held on Thursday, August 30th, 3:30pm to 4:30pm. We hope to see you there!

Frank Bette Center for the Arts is an Alameda based non-profit, committed to supporting personal artistic growth, enriching the art experience, and

By Allison Rodman
cultivating appreciation of the arts.

For more information about the artists or Frank Bette's mission, call (510)523-6957.



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Elders Village Talks Skin Care

This month, Elders Village will lead a discussion on skin care for aging skin.

Chris Tam, of RISE Bodyworks, will help us learn new ways to look our best at any age.

The talk will be held at Mastick Senior Center on Wednesday, August 16th, at 1:00 PM.

If you are interested in attending please speak with the front desk and they will be happy to help you make travel

arrangements.

Elders Village is an Alameda based non-profit sponsored by AEC Living that believes in educating seniors, and those who care for them, about services and opportunities available to them in Alameda and the surrounding area.

Elders Village Talks is their monthly speaker series that covers a variety of topics, including things like skin care, pets, and downsizing.



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STAFF SPOTLIGHT

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Anniversaries and Birthdays!

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. Every month we would like to acknowledge those who will be celebrating their anniversaries!



August Anniversaries:

Linda B., Med Aide at The Lodge, 24 years

Maria C., PCA at Elders, 2 years

Trinh M., Senior Accounting Associate for AEC Living, 16 years

Allison R., Community Living Specialist for AEC Living, 1 year

August Birthdays:

Donna Z., Wait Staff at The Lodge 8/11

Sharmaine C., Med Aide at The Lodge 8/13

A-Jay B., Dishwasher at The Lodge 8/16

Jacob S., Wait Staff at The Lodge 8/19



Inquiring Minds

In an effort to get to know one another better, every month we are going to ask our residents, staff, family & friends a couple of questions to learn more about each other.

This month, we spoke with:

Joe G. - Joe is a Lodge Resident who came to AEC in 2016. Joe can often be found anywhere there are games and good jokes to be shared.

Kelsey H. - Kelsey is an Activities Coordinator at Elders Inn, who has been with AEC since 2013. Kelsey has worked in Activities at both The Lodge and Elders Inn.

Jessica C. - Jessica is our

Driver, and while she is officially an employee of The Lodge, she works everywhere - always making sure we all get to where we need to go. Jessica has worked for AEC since 2002 when she started in the dining room.

Where and when and when were you born?

Joe G. - "I was born in Oakland, California in 1930. In 1943...my family moved to San Leandro."

Kelsey H.- "I was born in Winnipeg, Manitoba, Canada in 1982. It is also known as "Winter-Peg" because it is extremely cold in the wintertime and it snows during much of the

year."

Jessica C.- "I was born at Kaiser in Oakland, February 3, to a family of 6 siblings that later grew to 8 siblings 4 brothers and 4 sisters. I am the 5th girl (total of 9 children) 5 girls and 4 boys."

What would you do if you won the lottery?

Joe G. - "I would make sure my kids and grand kids were taken care [of] then I would help anyone else I could."

Kelsey H. - "If I won the lottery, I would live in a modest sized house with lots of property for my many rescue animals to run around. I

continued on 3

Plein Air Paintout

On Friday, July 14, Nancy Seamons Crookston, an internationally recognized painter, demonstrated the art of Plein Air painting on the Lodge's waterfront patio.

Plein air painting is about leaving your studio walls behind and experiencing art in the outdoors. The practice goes back centuries, but was truly made into an art form by French Impressionists. Their desire to paint light and its changing, ephemeral

qualities, coupled with the creation of transportable paint tubes and the box easel—the precursor to the plein air easels of today—allowed artists the freedom to paint “en plein air,” which is the French expression for “in the open air.”

This was a preview event for the annual PAPo Plein Air Paintout coming to Alameda at the end of July.

Hosted by Frank Bette Art Center, the PAPo will have 40

artists painting all over town, east to west end.



Inquiring Minds *continued from 2*

would spend my winnings on experiences and memories, not things, although I would invest my money and time, in my favorite charities.”

Jessica C. - “I would definitely travel the world but I would not go crazy with it. I would save half of the money so that my family and I could have a comfortable retirement.”

Do you have a favorite spot in the building?

Joe G. - “I like all of the activities. I love doing things and being involved instead of sitting in my room.”

Kelsey H. - “My favorite spot in the building is the cafe

because that's where I get my morning coffee and where residents come down to read the paper and catch up with one another. Not to mention, the cookies are delicious!”

Jessica C. - “Anywhere my residents are is where I love to be! I enjoy talking to residents- seeing how their day is going, just chat about life and family, or just say ‘hello’.”

What were you like as a teenager?

Joe G. - “I was kind of crazy and funny. I was friends with everyone, no matter what “group” they were a part of. I wasn't a trouble maker and I got along with

all of the guys. I especially liked the girls!”

Kelsey H. - “As a teenager, I was quite a ‘wild child.’ I was never afraid to try out a crazy hairstyle or against the fashion-trend. In high school, I was voted “Most Original” in the yearbook. My group of friends were called ‘the Misfits’ because we were all so different from each other or anyone else!

Jessica C. - “I loved playing sports with my neighbors baseball, basket,ball football, kickball - you name it, I loved playing! Even door bell ditch, that was probably my favorite game to play!”

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NEWS FROM ELDERS INN

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The Urquhart Band Returns to Elders Inn

One of our favorite local bands played at Elders Inn on July 5th. The Urquhart Band came to Elders Inn and gave an outstanding, early evening performance on our large patio. The playlist included classical music, Broadway tunes, and Big Band hits.

Residents and guests were glued to their seats, enjoying every minute of the music.

We are fortunate to have the band perform for us twice a year, and grateful for their devotion to music!

Some interesting facts about the Urquhart Memorial Band:

- The band was founded in 1922 and was called the Oakland Letters Carriers Union Band. It's now a community band. Its members are musicians with varied musical abilities and all are welcomed.
- The band is known to play

annually at the Alameda 4th of July Parade and Memorial Day ceremonies.

- The band has been playing here for over 10 years!



Garden News



Green thumbs abound this summer! Residents have been trying their hands at a variety of different gardening techniques over the past several months and you can now see the payoff of all the pattering about our collection of patios and gardens. Next time you stop by make sure you check out all our hard work!

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

You're Invited

Join us for our Hot August Nights celebration for summer! There will be food and entertainment and best of all, the company of good people! Please RSVP.

Please join us for a
Hot August Nights
Barbecue
At Elders Inn
WEDNESDAY | 9 | AUGUST
- 5pm -
On the Large Patio
1771 Webster St. | Alameda, CA 94501
rsvp to Sam at 510-521-9200 or Sam@aecliving.com

Viva Las Vegas!

Complete with an amazing performance by Elvis himself, The Lodge was transformed into a private Las Vegas Casino. On the evening of Friday, July 21st, residents enjoyed cocktails and table games, placing their bets at Blackjack, Horse Racing, Roulette, and Car Racing!

Elvis was a favorite of residents and staff alike! After a memorable performance of his greatest hits, The King of Rock & Roll was kind enough to



walk around the casino to sign autographs and pose with fans for a memorable

photo opportunity. Our thanks go out to Elvis for the entertainment and smiles. We Can't Help Falling In Love with you!

The big winners of the evening were Elizabeth P.'s daughter, Lynn, Sarah O.'s daughter, Linda, Lija B., and Ed U.

Winners took home gift cards to La Penca Azul, Target, and ice cream tokens for everyone's favorite ice cream parlor - Tucker's!

Thank you everyone for a fun and successful night!

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

Upcoming Lunch Outings

If you are interested in going out to lunch on any of these days, please meet in the Lobby at 11:30.

August 4 - Habanas

August 11 - Pier 29

August 18 - Kingston 11

August 25 - Jim's at the Golf Course

Luau at The Lodge



Stick around after lunch, there will be an authentic hula performance in the living room.

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Class Spotlight: Total Body Toning

According to CDC and AHA recommendations say fitness programs for seniors should include strength training twice a week. To help insure that AEC Living residents are offered the opportunity to meet the requirement, AES Therapy & Fitness has added a new class to the rotation - Total Body Toning!

In this class, residents use one to six pound dumbbells and light to

firm resistance bands to work on strength training. All exercises in these classes take into account possible back problems, shoulder instability, and osteoarthritis pain while still being challenging enough to promote muscular growth. Participants can expect to feel stronger, safer on their feet, and better able to do their daily activities without risk of injury or falling. Exercises are

completed while seated and take approximately half an hour with slow, controlled breathing, and proper posture.



Meet the Trainer: Angie

Angie P. joined our team in June 2017. She was a roofer with her husband for several years when she realized the



profession was taking a toll on her body. She decided to join a gym to better prepare her body for roofing. Her gym experience was so uplifting

and transformative that she wanted to learn more. She has since obtained several certifications and transitioned into being a full-time personal trainer, leaving her husband and staff to handle the majority of the roofing business.

Angie has worked for big chain companies including Crunch, as well as working privately with those 55 and over in their own homes. Her concentrations are strength and functional training. She has already helped several AES clients "turn back the clock" and take control of their bodies and has become a valued and inspirational part of our team.

Are you as healthy as you would like to be?

Are you interested in a more take-charge approach to maintaining your health?

Have you heard about Personal Training?

Working one-on-one with a Personal Trainer can help you remain as independent and healthy as possible.

If interested please speak with Angie at AES Therapy. Appointments available at The Lodge and Elders Inn.

510-748-0158

Word Search



Can you find the words shown below in the puzzle above?
Words may appear in any direction, including diagonally and backwards.

- Agriculture
- Art
- Concerts
- Contests
- Exhibits
- Food
- Games
- Giant Slide
- Livestock
- Midway
- Parade
- Races
- Rodeo
- Vendors
- Zipline

Brain Bender

What has four letters, sometimes has nine letters, and never has five letters.

Answers will appear in next month's newsletter.

World Tour Fun Facts Jamaica

- With 2.8 million people, it is the third most populous country in the Americas, after the United States & Canada.
- It has about 250 route miles of railways, of which 77 are currently active to handle privately operated aluminum ore trains. Passenger & public freight service ceased in 1992, but increasing road congestion & poor highway conditions have caused the government to re-examine the commercial feasibility of rail operations.
- Jamaicans speak Patois (pronounced "patwa") natively. It's based on a combination of languages such as English, Spanish & French.



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 Alameda and 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.



AEC Living

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