

AEC LIVING

A tradition of caring for seniors since 1971

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

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Employee Appreciation

Last month both The Lodge and Elders Inn hosted a full week of Employee Appreciation, including special events, like petting zoos, sundae socials, and paint an art piece, to which friends and family were invited.

Each day of the week spotlighted a different team and each week ended with an awards ceremony where staff were recognized for their length of service and representation of the company's core values.



After more than 45 years in

Alameda, and with employees who've been with us for well over half that time, there were plenty of accolades, to go around.

The most notable award went to Cora R. of Elders Inn, who won the **Four Pillars Award** in recognition of her commitment to the company's values.



Cora has been a member of AEC Living for 13 years. She has referred a number of people (including her own daughter) who have become staff members, can always be counted on to train new employees, always shares information and ideas to achieve the best care for each of her residents, and when a fellow staff member had a tragedy she was there to help. Her care for the residents and her fellow co-workers is an outstanding example of what makes AEC Living great. Along with her shiny new award she also received two round trip tickets anywhere Southwest flies and two nights hotel to pamper her for all she does.

Our newly formed Traditions Club also inducted some people. The Traditions Club



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Our 4 Pillars

Family connections are important, and some familial connections have little to do with blood.

Education is essential to quality of life; by embracing education in all forms we can continually improve ourselves and our quality of care.

Community in all its aspects should be encouraged, and we are part of many communities - our companies, our town, the Bay Area, and the global community.

Communication is key to excellent customer service and actively improving the work/life experience.

AEC LIVING

STAFF SPOTLIGHT

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Birthdays & 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 are celebrating this month!



October Birthdays:

10/05 Adriane D, Home Care
10/09 David B, Elders
10/09 Angela P, AES
10/10 Victoria V, Elders
10/11 Angelica R, Elders
10/11 Conner C, Lodge
10/12 Adelwisa T, Lodge & Elders
10/13 Guy C, Elders
10/16 Kory C, Lodge
10/21 Kathy M, AEC
10/22 Nadia J, AEC
10/23 Irma T, Lodge
10/30 Emelita O, Elders

October Anniversaries:

1 Year
A-Jay B, Lodge
Guy C, Elders
Basa D, Elders
Lerma S, Elders
Stephanie S, Elders

2 Years
Josh C, Elders

4 Years
Angelica R, Elders

9 Years
Denise M, AEC Living

15 Years
Carmen V, Lodge

Who's New

You might be seeing some new faces around, the following people joined the AEC Team between August 15 & September 15, 2017.

At The Lodge

Ashleigh P.
Brandon H.
Alonzo J.

At Elders Inn

Ryan H.

At AEC Home Care

Isabel C.
Renaë T.

Adopt A Soldier Opportunity

Piggy-backing on the wonderful participation in last month's volunteer opportunity (pun intended!) We would like to extend an open invitation to residents, guests, family members, and staff to join us as we show support to the brave men and women fighting for our freedom by assembling care packages to be sent to our own two special cavalries.

Adopt A US Soldier (AAUSS) is a non-profit organization connecting caring

civilians with deployed troops providing a way to express gratitude and encouragement to those serving in the United States Armed Forces. Staffed fully by volunteers, AAUSS has helped thousands of soldiers find friendship, support, and a much loved and needed touch of home.

In the month of October both the Lodge and Elders Inn will host opportunities. Please see the activities calendars for both The

Lodge and Elders Inn for the dates and times we will have activities for this special cause and be sure to RSVP to the Reception Desk if you plan on attending!



Personal Training: What's it About?

By Alysa Stanford

Personal Training creates an individualized exercise program based on the participant's goals for themselves and observations made during initial assessment. Common goals for a personal trainer

at a chain gym include weight loss, muscle gain, athleticism, agility, training for events, and overall physique. Training in a medical setting tends to focus more on health conditions and goals such

as lowering blood pressure, lowering cholesterol, cardiac rehabilitation, lowering blood sugar, treating depression, improving circulation, increasing bone density, and working on pulmonary conditions. With seniors, goals
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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:

Ray B. has lived at the Lodge since April 28, 2017. He enjoys spending time in the Explorer's Lounge talking to residents.

Marie L. started at the Lodge as a Med Aide, was our first Associate Administrator, and is now Administrator at the Lodge.

Agheeba A. started as weekend Activities Staff at the Lodge and has moved to Reception at Elders Inn.

Where were you born?

Ray B.- I was born in small city Canton, Illinois.

Marie L.- I was born in Quezon City, Philippines. I moved to the U.S. when I was 9.

Agheeba A.- I was born in Berkeley, CA.

What would you do if you

won the lottery?

Ray B.- I would save my money for things I would need in the future and give some money to my cousins who have been very nice and helpful to me.

Marie L.- I would pay off my student loans, donate money to Children's Hospital Oakland and The American Cancer Society, and use the rest to travel.

Agheeba A.- I'd most likely pay off my student loans. But I also may buy a car or go to grad school.

Where is your favorite spot in the building?

Ray B.- My favorite spot is the lounge and dining room. I can always meet and talk to new people as they pass by. It makes my stay here enjoyable.

Marie L.- I like the nursing office because it's where I started and it feels familiar. Also, it's where I get to see the "regular customers!"

Agheeba A.- My favorite spot is the conference room. It's very quiet in there and I like to use it to reflect and pray during my breaks.

What were you like as a teenager?

Ray B.- I spent most of my time with my family doing different things. One of my favorites was fishing; I also liked delivering newspapers with my bicycle; when it was too cold to bike, I rode my sled in the snow.

Marie L.- I was a complete tomboy. My mom would force me to wear dresses; I would change into pants, she pushed me to play with Barbie but because my dad secretly wanted a boy, he would buy me any video game I wanted!

Agheeba A.- I kept to myself most of the time (except at home). I was dedicated to school and getting good grades. I found comfort and strength in my faith.

Celebrating Grandparents

On Sunday, September 17th, Elders Inn celebrated Grandparents' Day with an ice cream social on our large patio. We went all out with a variety of ice cream and yummy toppings including: walnuts, cookie crumbles, M&Ms, chocolate chips, syrups, and whipped cream.

We even had adorable polka dot cups to put our ice cream in.

The Activity team decorated the event with colorful balloons and festive tablecloths. We chalked the sidewalk and ground with fun pictures and sayings to encourage others to



join in. Tables were set up with all kinds of games, sidewalk chalk, puzzles, and bubbles to blow! We also had a Face Painting Station and a Handprint Station, in which residents and family members could do handprint keepsakes to take home. We even had a dress up area with fun glasses, wigs, and boas to put on for picture taking at the photo station. Last, but not least, was our entertainment, which

was provided by Todd Haemmerle on guitar and vocals. He's always a champ in encouraging our residents and guests to sing along, truly amazing. A big thank you to all our staff who helped make the event memorable and joyous!



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

World Tour - Time For Canada



This month our World Tour is taking us to Canada! Join us in celebrating our neighbor to the north!

Monday, October 16, we'll have leaf rubbing art! We will use Maple as well as other leaves in this art project in honor of Canada and the Fall season!

We are all in for a treat on breakfast on Sunday, October 29, which is National Oatmeal day. We will have maple syrup sampling in each of our dining rooms. Be sure to taste more than one and share which one is your favorite!

Farmer's Market

Did you know we offer escorted trips to our local Farmer's Market? Elders Inn residents Joan and Von are regulars on our weekly outings and would love more company. Flowers are our favorite find! Many of the vendors know us and treat us to yummy samples of fresh seasonal fruits and vegetables, which inspires us to be healthy. Beckman's Bread and desserts from Santa Cruz are always a must have. Nancy brings her small shopping cart, perfect for towing all our goodies! We'd like to extend a warm

invitation for you to join us! We depart from the Cafe on Tuesday mornings at 9:30am!



Halloween

Halloween fun is always a treat at Elders Inn. Join us for the following:

- October 23 - Pumpkin painting!
- October 24 - driving tour of Alameda decorations.
- October 25 - Spooktacular BINGO!
- October 26 - Make ghost lollipops which we'll give out to the trick-or-treaters!
- October 31 - Trick or Treat on Webster! Come pass out goodies to the kids between 1- 4pm in our Lobby!

Family Fun at Elders

Residents at Elders may have noticed a small group of youthful guests one day late August.

Inspired by the adorable kids who had volunteered alongside their working parents here and there throughout the summer,

Alysa, the Administrator of AES, noticed a gap between summer camp and the start of the school year and decided to create a mini "Kids Day" for staff children.

From 9:00am to 5:00pm we had seven children between the ages of 6 and 8 playing games, eating pizza, watching Disney movies, and doing arts and crafts on-site here at Elders Inn. We were able to include therapy modalities such as TheraPutty, Legos, puzzles, coloring books, and bubbles to keep the children

entertained. They drew chalk figures in the Elders Inn courtyard that served as cheerful reminders of their presence for weeks after!

Interns and staff took turns watching and engaging with the children so there was always a 2 staff to 7 children ratio. All of the children were sweet, energetic, well-behaved, and enjoyed being around residents and being in an ALF/therapy setting.

AES hopes to host this event at the end of summer annually so that residents and our youth can enjoy each other's company!



AEC LIVING

NEWS FROM THE LODGE

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Grandparents' Day Celebration

You scream, I scream, we all scream for ice cream! What better way to celebrate the grandparents in our lives than with one of the most delicious desserts ever! Residents, families and staff gathered together to indulge on Tucker's Ice Cream on Sunday, September 17, in honor of the grandmothers



and grandfathers who have been and continue to be an

important part of our lives. Our love and appreciation go out to each and every one of them. And, as always, thank you to Tucker's for your time and service to our community. You are delicious!

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

Partnering with Mastick

Recently, representatives from Mastick Senior Center were invited to Waters Edge Lodge to observe exercise classes provided by AES. Our Group Exercise Instructor, Angela P.'s, teaching style was a hit and they requested that our classes be opened to Mastick Senior Center members and included in

their activity catalog.

AES was happy to oblige and has already featured Laughter Yoga and Train Your Brain. Participants have been incredibly kind and gracious and are already seeing results from cognitive rehab and deep breathing. Coming up soon are Cycling classes and a Posture & Strength series.

We are excited about this new partnership and having quality senior programming that benefit Bay Farm residents saving them a drive to Mastick Senior Center. Mastick is also interested in featuring our Get Balanced series. We hope this is just the beginning of a wonderful collaboration.

Lunch Outings

Please sign up at Front Desk

Oct 6 Red Onion

Oct 13 La Penca Azul

Oct 20 Jolly Rogers Diner

Oct 27 Ikaros

Staff escorted trip-

Jolly Roger Diner

Walking trip- La Penca Azul

AEC Living 6th Annual

FALL FUN FEST

OCTOBER 22

2:00 PM

THE LODGE

801 ISLAND DRIVE

ALAMEDA, CA 94502

RSVP by October 15th to:
510-748-4300 or
Vincent@aecliving.com



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NEWS FROM THE LODGE

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Men's Club

The Men's Club meets every month in the Activity Room, giving our gentlemen a chance to bond with each other and talk about manly things. Last month, the guys decided to do some virtual travel, so they took turns strapping on the goggles and experiencing a hot air balloon ride over England.

Join us on October 5, for drinking (soda) and shooting (foam arrows)!



World Tour Travels

Lodge residents enjoyed September's World Tour dinner by being transported to Austria. Peach spritzers and soft pretzel bites were served in the lounge, while songs from The Sound of Music played in the background. Traditional spatzle, schnitzel, and pork medallions were topped with marsala sauce and accompanied by Viennese braised red cabbage. The hand crafted menu was topped off with a classic Austrian apple strudel. Thank you to our

residents for attending a wonderful evening filled with lively conversation, lots of laughs, and delicious cuisine.

This month our travels take us to Canada. Please join us for our Toronto Tavern on October 11th.



Please join us at The Lodge for a Veterans' Ball, in honor of all those who have served. Following dinner on Thursday, November 9, 2017, we will enjoy cocktails and dance the night away.

Appreciation *continued from 1*

is comprised of those employees who have worked for AEC Living for 20 years or more! And four current employees were recognized for their tenure and inducted

to the club this year; they were Barbara C. (34 years), Christine M. (26 years), Rosalinda B. (24 years), and Lilia H. (23 years).

Each new inductee received a prize of their choosing; this year two big screen TVs, an Apple iPad, and a laptop were chosen.

To see the full list of honorees, please come in and see one of the new plaques that

proudly displays the list of more than twenty

employees in this club! You will also find a new plaque that recognizes those employees who have been with AEC Living for at least 5 years. Both plaques can be found near the Administrator's office.

To see more pictures please visit our website or our Facebook pages.



AEC LIVING

NEWS FROM AES THERAPY

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Meet The Trainer: Angela



Our Group Exercise Instructor and Massage Therapist, Angela P., started her fitness journey as an athlete. She did wrestling and track in high school and exercise routines in marching band. After graduation she continued to stay active with yoga and softball. After receiving

a compliment from a friend that she gave good massages she decided to go to massage school and became a certified massage therapist. Her favorite type of massage was sports massage which got her interested in helping rehabilitate athletes from injury. She sought further education at Ohlone College in the Athletic Training Program and worked at the women's gym, Curves. From there she did body work for a chiropractic clinic and then came here to AES. She is now a licensed massage therapist and a certified personal trainer with a handful of certifications from various places she has worked.

By Alysa Stanford
Her ultimate goal is to become a Doctor of Physical Therapy. Her specialties are restoring range of motion, circulation, relaxation, and pain management. You can find Angela running around Elders Inn and the Lodge giving massages and teaching fun, engaging, and safe exercise classes. She has a soft spot for seniors and is always suggesting new and interesting classes and activities, as well as occasionally bringing therapy dogs to work. In her free time she pet sits, hikes, backpacks, camps, plays music, dresses like a pirate, spends time with friends and family, and plays board games.

Personal Training *continued from 3*

tend to be more qualitative than quantitative with an emphasis on independence and quality of life.

AES most frequently works on fall prevention, lower body strength, activities of daily living such as dressing, showering, toileting, and feeding, as well as walking distance and pain management. Personal training is a collaboration between the Exercise Physiologist and Physical Therapist which means the

participant gets a clinically supervised program that feels like an extension of their therapy. Seniors can expect to spend an hour per week doing movements that are more specialized, effective, and challenging than what they are getting on a daily basis in group exercise classes or going about their daily activities. Personal training takes into account all medical conditions and medications to make sure the workout is safe but also uses basic sports psychology to

keep the individual engaged, having fun, motivated, and working toward making exercise a lifelong habit. A personal trainer can help you feel more confident in your body and help you set realistic goals for health and fitness that "turn back the clock."

For more information on personal training, please contact AES Therapy and Fitness Administrator, Alysa Stanford at (510)748-0158, or stop by the Front Desk!

World Tour: CANADA

Canada has the longest coastline of any country in the world.

Canadians consume more Kraft Macaroni & Cheese dinners than any other nation in the world.

The population is roughly 36 million. It's the second largest country in the world, but only 0.5% of the world's population reside in Canada.

There are as many as 2 million lakes in Canada.

Canada is home to 15,500 of the world's 25,000 polar bears. If seeing polar bears is on your bucket list, fly to Churchill in Manitoba, which also has the world's only polar bear prison. At certain times of year, the town has more polar bears than people.

There are more donut shops per capita in Canada than any other country in the world. Nanaimo in British Columbia hosts an annual aquatic bathtub race every year. Amazing!

Canadian Thanksgiving

In honor of this month's World Tour trip to Canada, we thought we could learn a little more about our neighbors to the north; especially since they celebrate Thanksgiving on October 9! Enjoy our monthly brain game and let's learn something new!



- CANADA
- CORNUCOPIZ
- FAMILY
- FOOD
- HARVEST
- LEFTOVERS
- MAPLE
- PIE
- PUMPKIN
- STUFFING
- SPUDS
- SYRUP
- TURKEY
- VEGETABLES



Last Month's Answers:

1. Weizen bier- D
2. Lebkuchenherz- C
3. Obatzd' er- G
4. Weisswursttopf- I
5. Holzofen bread- F
6. Kartoffelknödel- J
7. Bratswurst- B
8. Brotzeit teller- H
9. Süsser senf- A
10. Schaschlik- E

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.

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.



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