

AEC Living

A tradition of caring for seniors 1971

Waters Edge Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services

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Winter Means New Shoes

By Wilson Trang

As winter winds start blowing in Alameda and the weather changes, it is time to address the changing of the seasons. This new season gives us a great reason to do something wonderful for ourselves – shoe shopping. Winter is a great reason to go out get a new pair of shoes.

The weather change in winter

can create several problems for our feet. The increase in precipitation can create tripping hazards, and wet ground can be extremely slippery, making falls more common. Shoes with new treads can prevent some of the slippage and adjust for moisture on the

floor to help prevent trips and slips. While new shoes with a different covering can be very helpful for a different reason.

Summer shoes tend to be light and airy, designed to keep the feet cool; however, these shoes also tend to soak up moisture more quickly

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Flexibility for Seniors

By Matthew Hernandez

Stretching is important for active adults of all ages, including seniors. Stretching will help delay the onset of normal decline in your joints. As we get older, the muscles in our body become shorter and

lose their elasticity (the ability to stretch). Losing the elasticity in our muscles can affect the structure of our body such as posture. This will create pain in our bodies and decrease our range of motion in such areas like the shoulders and hips. It is very important to maintain the range of motion in our bodies to continue to do the daily activities in our daily lives.

There are two types of stretching, static and dynamic stretching. Static stretching is the preferred method of stretching to lengthen the muscles of our body and provide greater range of motion. This is usually when we perform a stretch and try to hold it for about 10 to 30 seconds. Dynamic stretching is a forceful stretch in where the body is usually warmed

up before performing. Static stretching is the safer choice.

The few benefits of stretching include the relief of back pain, improve posture, and can help seniors that experience pain from arthritis. Residents with upper body stiffness should try to stretch at least three times a day, performing 3 to 5 stretches for 10 to 30 seconds, to experience these benefits.

To safely and properly stretch, there are some key points to keep in mind before stretching. It is important to follow these points to avoid any injury during stretching. You should always warm up before stretching, a warm body will be able to



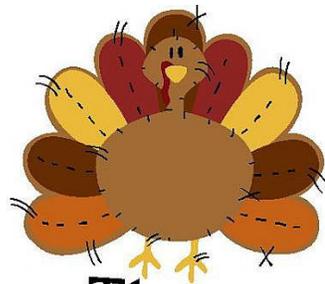
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Brain Benders

- The Greek Goddess of Corn is who?
- The Roman God of Grain is called _____.
- What was the name of the captain of the Mayflower?
- This President gave Thanksgiving an official date.
- Cornucopia means what?



Happy Thanksgiving

Briana, Devon, Eileen, and Thomas, each have a different favorite Thanksgiving food. Use the clues to decide whose favorite is turkey, cranberry sauce, pumpkin pie, and sweet potatoes.

1. Thomas sent a Thanksgiving card to the person whose favorite food grows underground.
2. Eileen is vegetarian.
3. The boys' favorite Thanksgiving foods are orange.

On page 3 Kelsey tells us a little bit about tongue twisters, let's try some about Thanksgiving! How many times can you say...

Ten tricky two-toed turkeys trotted on the table.
Greedy gobblers grabbed the gravy.
Betty baked a better batch of buttered biscuits.

October Trivia Answers

- The first October Fest was held in what year? **1810**
- The month October gained its name from what Latin numeral? **Octo**
- The Loma Prieta earthquake happened October 17th of which year? **1989**
- The first jack-o-lanterns were carved in what? **Turnips**
- Halloween began in what country? **Ireland**
- What religious celebration is closely related to Halloween? **All Souls Day or Dia de los Muertos**

What Year Was It? It was 1941 when:

- A new house cost \$4,075
- Eggs were \$0.20 per dozen
- No Pulitzer or Nobel Peace Prizes were awarded.
- Citizen Kane and Dumbo premiered in theaters
- NY Yankees won the World Series
- Neil Diamond was born
- Glenn Miller came out with: Chattanooga Choo Choo and Elmer's Tune
- The USO was founded

Tongue Twisters

By Kelsey Hasiuk

Reciting tongue twisters is a great way for us to help our minds, mouths, and tongues to stay sharp! Tongue twisters are designed to be difficult to articulate, but they are lots of fun to try to recite! November 7th is International Tongue Twister Day! Let's celebrate throughout the entire month by challenging ourselves to read some of these silly, sometimes absurd but very enjoyable tongue twisters!

Good luck and have fun!

According to the Guinness Book of World Records, this first one is the most difficult one-liner:

The sixth sick shieks's sixth sheep's sick.

A favorite tongue twister that actor Laurence Olivier used when warming up was:

Betty Botter bought a bit of butter. "But," she said, "this butter's bitter. If I put it in my batter, it will make my batter bitter. But a bit of better butter will make my batter better." So Betty Botter bought a bit of better butter, and it made her batter better.

Here are some that are shorter, but not necessarily any easier to say. Especially if you try to repeat the sentence a few times over.

- How can a clam cram in a clean cream can?
- Toy boat
- Sheena leads, Sheila needs
- Willy's real rear wheel

And these are just a few! What are your favorite tongue twisters? Don't be embarrassed if you mess up when reciting any of these because they are meant to be challenging! My tongue got twisted up on each and every one of them!

World Tour: Eastern Europe

This month we are going all the way to Eastern Europe where we get to explore the countries of Russia, Poland, the Czech Republic, Hungary, Croatia, Serbia, Bulgaria, and Romania.

The area of Eastern Europe is bordered by the Baltic Sea to the North, the countries of Germany and Austria to the West, by the Pacific Ocean to the East and the Black Sea to the South.

Fun Facts:

- Poland was invaded, or fought for freedom in insurrections 43 times between 1600 and 1945.
- Croatia is home to Hum, the world's smallest town, where the population that varies between 17 and 23 people.
- The world's first satellite, Sputnik, was launched by the Soviet Union in 1957.
- Hungary is one of the oldest countries in Europe, it was founded in 896, before France and Germany became separate countries.
- Bulgarians are responsible for inventing the first electronic computer, digital watch, and car airbag.
- Europe's second largest underground glacier, the Scariscara glacier, is under the Bihor Mountains in Romania.



AEC Living

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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!

Two Years

Sean O'Shea, Elders
Jean Obtera, Elders
Cecilia Urbina, Lodge

Twelve Years

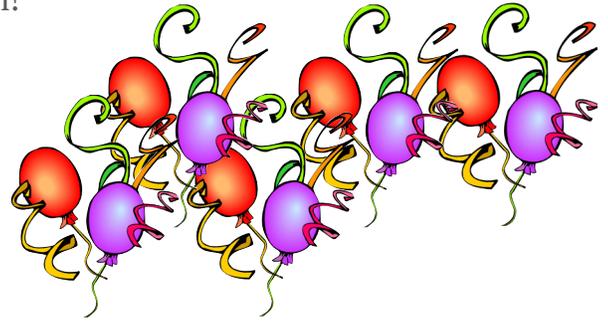
Jessica Cortez, AEC
Angie Trias, Elders

Fourteen Years

Laura Becerra, Lodge

Ten Years

Cora Ramos, Elders



Social Exercise

We all know the importance of exercising for our bodies and our minds, but we don't always think about the need for



social exercise. What is social exercise? It is simply having relationships and engaging in social activities. It can mean having coffee with a neighbor, talking on the phone with

a friend, or having visits from family and friends. It is any activity that has two or more people interacting together. Just as physical exercise keeps our bodies health,

social exercise keeps our minds and souls healthy.

When we engage in social exercise the brain releases oxytocin, which not only

By Merryn Oliveira strengthens our relationships, it also makes us feel good. Those good feelings are what help us to continue interacting with those we have relationships with. When we move to a new home it can be hard for some people to make new friends. However making new friends and trying new social situations help to make our brains happier, and happier brains work better.

Winter Shoes *continued from 1*

than winter shoes. If moisture or water is splashed onto these light summer shoes, the water might soak directly into the socks. Wet and soaking socks are not only uncomfortable, they can pose a health risk. Wet socks can grow bacteria relatively quickly and the skin on the feet of the elderly can be easily irritated (and skin tears on the feet are commonplace as well). New shoes with protective

lining can prevent your socks from getting soaked.

New shoes can also be better fitted for your feet. Because many people's shoe size

changes on an annual basis, it can be beneficial to have shoes refitted on a regular basis. Having a more proper fit of shoe during inclement weather can also lower the risk of falling outside.

With so many good reasons to buy a new pair of shoes, don't you think it's time for you to buy yourself a new pair of winter shoes?



Veterans Day: A Brief History

World War I – known at the time as “The Great War” - officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day with the

following words: “To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country’s service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations...”



An Act approved May 13, 1938, made the 11th of November in each year a legal holiday—a day

to be dedicated to the cause of world peace and to be thereafter celebrated and known as “Armistice Day.” Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II had required the greatest mobilization of soldiers, sailors, Marines and airmen in the Nation’s history; after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word “Armistice” and inserting in its place the word “Veterans.” With the approval of this legislation on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Daylight Saving Around the World

Sunday, November 2nd marks the end of Daylight Saving Time. So don’t forget to turn your clock backward before you go to bed!

While the adoption of Daylight Saving Time is almost always rife with controversy, most of the world (except for countries around the Equator)



has implemented DST at one point or another.

Today, approximately 70 countries utilize Daylight Saving Time in at least a portion of the country. Japan, India, and

China are the only major industrialized countries that do not observe some form of daylight saving.

Equatorial and tropical countries (lower latitudes) generally do not observe Daylight Saving Time. Since the daylight hours are similar during every season, there is no advantage to

moving clocks forward during the summer. China has had a single time zone since May 1, 1980, observing summer Daylight Saving Time from 1986 through 1991; they do not observe DST now.

It is interesting to note that there are many oddities. For example, some parts of the U.S. and Canada do not observe Daylight Saving Time, and, in some cases, observance can also be erratic. For example, Chile delayed its changeover date for the Pope’s visit in 1987, as well as for a presidential inauguration in 1990.

Resident of the Month: Mavis Caulfield

Mavis Caulfield was born in Nebraska but grew up in West Plains, Missouri on a farm complete with every little girl's dream – her own pony, named Tom Thumb. Mavis has four brothers and remembers back when there were one room school houses. She and her brothers were so close that when one of her brothers would call out sick the teacher would say they might as well all stay home as nothing between them would get done as they would all be too concerned for the other to concentrate on their

schooling.

In her teenage years, Mavis ended up moving to our very own Napa, CA where she married, had three daughters, and lived most of her adult life. As a married woman, Mavis spent her time as a homemaker, active in her church, and extending her education – when she wasn't spending time with her husband and daughters. When it comes to music she enjoys all the big hits from the 40's and 50's, and she still spends a lot of her time participating in various

activities, everything from sewing to crafts she does it all. Mavis even keeps an activity calendar on her walker so she always knows what's going on, and encourages other residents to come and participate with her. We're very happy to know have her here with us at the Lodge, and on a personal note, since I've (Seven) started working here, she's given me multiple ideas and suggestion to get me off the ground in the activities world. I feel I'm lucky to not only have her as a resident, but as a friend.

News & Notes from Activities

As we all know, as we age it becomes more important to keep our brains simulated – and what better way to do that then by learning another language? To this end, we are very proud to once again offer Spanish class! And we continue to offer

American Sign Language.

We've also added Wii: Choice, where you get to pick which Wii game to play, and Share Club, where each resident can bring down an object that they wish to share and talk about.

Keep your eyes peeled for more new classes and events as we enter the new year, we are working on some exciting changes! If there is something else you would like to do or see, please let us know!

Eating Out

Please join us for our World Tour lunch outings!

On Friday, November 7th, we're going to Rosamunde, a Polish pub in Old Oakland.

On Friday, November 21st, we'll enjoy The Fat Lady, Eastern European food in Jack London Square.

We will meet in the lobby at 11:30, see you there!

Admin Corner

We are pleased to be welcoming some new faces to The Lodge team. Zussane Canuel is joining us as a Med Aide, while Austin Wentz, Angelica Orozco and Tahjai Chan are our new servers. You will see them in the dining room at dinner time, so please say "Hi" when they stop by your table. Welcome to The Lodge family!

Don't forget to come to the Resident Council!

It is on the First Saturday of the month

Walking Club

So far this year the Walking Club at the Lodge has walked **114 miles!**

That is the same as walking from Krakow, Poland to Martin, Slovakia!

Iron Woman of the Month: Lucille Schaefer

Having the willpower to do get things done plays a key role into success. Whether it is the willpower to finish an assignment, to eat healthier, or to exercise, if you do not have the willpower to get up and do it, chances are you won't do it and tell yourself "I'll do it tomorrow."

A resident who has shown this willpower to get up and go exercise is Iron Woman of the Month, Lucille Schaefer. Despite some limitations, she has come to every beginners exercise class even if she was the only one



there!

Lucille was born in New Castle, Pennsylvania. She was the oldest of 6, with 4 sisters and 1 brother. Being tall throughout her life, she utilized her height and played center position on the basketball team when she was in school. She Lived in Ohio, where she met her husband at church. What she loved to do with her husband was go to the roller rink and skate the night away. Lucille and her husband then had a daughter, then moved to Alameda's Baywood Village and had another child, a son.

While in Alameda, she worked in Manufacturing at Nasda Electric.

About 4-5 years ago, Lucille had both hips replaced and had to go through physical therapy for about a year. After her therapy she continued exercising by joining in on the exercises classes. She states "It's good, it's better to go to class than sit here in my room." With the help from her son Mark, she came to every beginners class to exercise even if she was the only person at the class!

Willpower, it got her through and is why we honor Lucille as our Iron Woman of the Month! CONGRATULATIONS!

Flexibility *continued*

be more elastic. Do not bounce during stretching to prevent any sudden movements that your body may not be able to handle. You always keep breathing when stretching to avoid lightheadedness and dizziness. **Most importantly, stretching should not cause pain.** If a stretch causes you pain, ease off and be gentle. If you are interested in any particular stretches, come down to the fitness room. Want to try some stretching? Come down and try an exercise class!

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 you are interested in being more proactive about your personal fitness, please speak with Matt, Wilson, or your Administrator about setting up an initial consultation.

Over the river and through the woods, Trot fast my dapple gray. Spring over the ground, Like a hunting hound, On this Thanksgiving Day, Hey!

Over the river and through the woods, Now Grandmother's face I spy. Hurrah for the fun, Is the pudding done? Hurrah for pumpkin pie!

