

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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Community Service, Business Person of the Year

AEC Living is proud to share that on Thursday, October 26th, our CEO, Lauren Zimmerman Cook, was honored with the City of Alameda's Community Service, Business Person of the Year Award.

Each year the Alameda Social Services Human Relations Board honors extraordinary volunteers, non-profits, and local business and business people who make a difference in our community. Specifically, the Business/Business Person Community Service Award is "to honor the outstanding contributions to

the community in support of critical social services by a business or business person in Alameda."

Lauren was recognized for her involvement with Alameda Boys and Girls Club, Rotary Club of Alameda, Alameda Meals On Wheels, Girls Inc of the Island City, and other Alameda-based non-profits.

This dedication to supporting community is so strong that it has become one of

AEC Living's 4 Pillars. Though each member of AEC Living is a separate entity, we consider ourselves a community. Our community is bigger than that though, we are part of Alameda's wonderful community, part of the larger Bay Area

community, and part of the global community. We believe that our actions have an impact on our community, and we take that into consideration when making decisions. We

continued on 4



In this Issue

- 2 Staff Spotlight
- 2 Employee Wellness
- 3 Inquiring Minds
- 3 Tongue Twisters
- 4 Elders Inn
- 5 The Lodge
- 6 AES Therapy & Fitness
- 7 Exercise Your Mind
- 7 Learning About Russia

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Thank You Martha L.

In September we recognized our staff members for their hard work and dedication, and this month we'd like to take a brief moment to recognize a very special volunteer, Martha L (known to many as the BINGO lady).

Martha has been volunteering at the Lodge since shortly after it opened (which means she's been

here longer than every resident and most of the staff!!). Here 5 days a week, Martha is the driving force behind the Lodge's regular BINGO games, and we wouldn't have it any other

way. Thank you Martha for your dedication and care, you bring a bright spot to our days.



AEC LIVING

STAFF SPOTLIGHT

2

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!

11/01 - Stephanie S.

11/03 - Olivia G.

11/15 - James E.

11/16 - Nick L.

11/24 - Susana A.

11/27 - Laura B

11/30 - Vincent O.

1 Year

John C, Lodge
Sandra D, AES
Sarah V, Lodge

2 Years

Lorena G, Elders

5 Years

Sean O, Elders
Jean O, Elders
Cecilia U, Lodge

13 Years

Cora R, Elders

15 Years

Jessica C, AEC Living
Angie T, Elders

17 Years

Laura B, 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

Caitlin O.
Melvin L.
Alex B.
Eduardo F.
Curtis C.
James E.
Myeisha W.

At Elders Inn

Janae L.
Valerie P.

At AES Therapy & Fitness

Lisa H.
Jenna V.

Employee Wellness Success

AEC Living staff members have access to an Employee Wellness Program through AES Therapy & Fitness. Benefits include using the gym equipment outside of therapy hours, classes between 5:30pm-7:00pm Monday through Friday, stretching together at daily meetings, a monthly newsletter with health tips, and packets with



at Elders Inn. Nancy came to AES hoping to lose a few pounds and was initially nervous about exercising due to low back pain, poor

stretches in employee break rooms.

The most consistent staff member for group exercise attendance is Nancy R., an activities coordinator

balance, and a history of injuries. AES Administrator, Alysa, took Nancy through Pilates-based exercises for the first month to build up core strength and prevent a low back injury.

Over the past 5 months Nancy has lost 20 inches and 25 pounds. She also no longer suffers from daily back pain, can stand on one leg, joins in on kickboxing classes, performs yoga poses without falling over, does 60 minutes of

continued on 6

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:

Ruth H. is a former world-traveling model who moved to Elders Inn in 2013. Her smile is quick to come and she's happy to share it with everyone.

Jan L. works as the Concierge on weekends at the Lodge. He first came to the US as a foreign exchange student and returned to California to attend college and marry his high school sweetheart.

Basa D. joined the Environmental team at Elders about a year ago. From Mongolia originally, Basa is a little quiet, but very dedicated to the job he does.

Where were you born?

Ruth H.- I was born in Elmurst, Long Island. That's in New York.

Jan L.- In Goch, a town in Germany close to the Dutch border

Basa D.- I was born in Mongolia.

What would you do if you won the lottery?

Ruth H.- I'm not sure what I'd do; that's a lot of money for someone like me (laughs).

Jan L.- I would buy a waterfront house in Alameda and get my private pilot license.

Basa D.- I would buy rental property here in Alameda.

Where is your favorite spot in the building?

Ruth H.- My favorite spot in the building is my own room. It is relaxing and I have all my favorite

pictures of family and friends.

Jan L.- The cafe, where residents tend to congregate.

Basa D.- Everywhere. My job takes me to all parts of the building so any place is a favorite place.

What were you like as a teenager?

Ruth H.- I don't remember what I was like as a teenager. I do remember that I was a very good girl for my parents. I was very easy-going.

Jan L.- I was on the quite side. For a few years I pursued gliding as a hobby, that is flying planes without engines.

Basa D.- I was a good kid. I treated everybody kindly. I was studious and did my homework.

Tongue Twisters

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 12th 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.

Here is one of the most

By Kelsey Haisuk
common of tongue twisters:

Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?

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

continued on 6

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NEWS FROM ELDERS INN

4

Recognizing Gracepoint Church

In September we took a week to recognize and celebrate our employees. Though we didn't talk about it much at the time, we also took the time to recognize volunteers who have played an important part in the lives of our residents.

While we have many fabulous volunteers who participate in the activities of Elders Inn, the group that was mentioned time and

time again was Gracepoint Church.

We are pleased to announce that Gracepoint Church earned Elders Inn's first ever Community Partner Award for their years of service to

the residents of Elders Inn. We would like to recognize them for how they come to visit every week, and are always a source of good cheer and comfort for residents.



Halloween Fun

Halloween is always a fun time of year here, from Spook-tacular BINGO to pumpkin decorating, from costume contests to Trick-or-Treat on Webster, there were a ton of



activities.

This year's costume contest was a blast, and the winners were - Adelwisa, Robina (pictured), and Cora! Well done ladies, and we can't wait to see what you come up with next year!



When it comes to pumpkin decorating, we were all winners, but if we are discussing the pumpkins decorated by administration the general consensus was the one worked on by our very own Steve P with an assist from Sarah V (from the Lodge) was by far the best!



Service Award *continued from 1*

take pride in our record of giving back to our community; we love Alameda, and want it



to continue to be a place we are proud to come from and proud to be in, and we believe that building a better community requires participation - you must contribute time, talent, and treasure.

And Lauren has spent her more than 20 years with the company demonstrating her belief in the importance of this pillar. Congratulations Lauren on your well-deserved award!

Exploring Our World Tour

In October, we celebrated the beautiful country of Canada. To start the evening, residents dined on traditional poutine. The dinner began with an apple cheddar salad, followed by an Empress Hotel tea sandwich or pork loin sandwich with a side of sweet potato fries and roasted Brussels sprouts topped with maple bacon.

This month we are visiting Russia and are looking forward to a variety of activities to help us explore

this large nation. We are starting off with our World Tour Dinner, spending the first at our very own Kremlin Cafe! Then, every Monday at 2:00 in the cafe we'll be able to enjoy a "taste" of different region with some snacks.

We will be wrapping up our tour this month with a bit of virtual travel! Join us on Thursday the 30th as we use bit of virtual reality to explore the largest country (in land mass) in the world.

Lunch Outings

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

11/3 - Waterfront Deli

11/10 - Ole's Waffle Shop

11/17 - India Palace

11/24 - Angelfish

Escorted - Waterfront Deli

Walking - Angelfish

Don't forget to come to the Resident Council!

It is on the First Saturday of the month

Lots To Do at The Lodge

We love it when our friends and family come to visit us, and enjoy it even more



when we get to host them for a special celebration. And this year November is one busy month!

Please join us

on Thursday, November 9th as we dance the night away at our annual Veterans' Bal.

Then come back and help us celebrate our blessings at our Thanksgiving Luncheon.

You can RSVP for either (or both) of this month's special events by calling 748-4300.

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6 NEWS FROM AES THERAPY & FITNESS

Laugh for Your Health

As part of our partnered classes with Alameda's Department of Parks and Recreation and Mastick Senior Center, AES Therapy & Fitness now hosts Laughter Yoga, Mondays at 2:00pm, in the Multi-Purpose Room at Waters Edge Lodge.

Alysa, the AES Administrator, became a certified Laughter Yoga leader earlier this year. The class is based on the concept of "voluntary" laughter. When watching a funny movie or hearing a funny joke you may laugh for a few seconds, and

that feels good. Laughing for no reason at all can be sustained for more than just a few seconds, and that feels even better.

The class was created by Dr Madan Kataria, a medical doctor in India that studied the effects of deep breathing on blood pressure, immune function, stress, sleep quality, and overall health. Dr. Kataria determined that laughing was the easiest way to activate deep breathing. Laughter is



By Alysa Stanford sustained for at least one minute during each exercise and the class lasts approximately 30 minutes in total. Guided relaxation helps bring the body down from the excitement of laughing for such a long time. Participants are brought into a childlike state of play and learn to turn off the critical mind during class. Expected results are inexplicable smiling after class, a greater sense of well-being, socialization, and stress relief!

Twisters *continued from 3*

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.

- Toy boat
- Stupid superstition
- Willy's real rear wheel

And these are just a few! What are your favorite tongue twisters?

Success *continued from 2*

sustained cardio, and reports feeling younger and more spry than she has in years! She is regularly being approached by friends and acquaintances who remark

on her transformation. Her consistency and enthusiastic attitude has helped her regain mobility and function and turn exercise into a lifelong habit.

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

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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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