

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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Dehydration is Not Just a Summer Thing! By Kelsey Haisuk

Although we tend to focus on staying hydrated during the hotter months of the year, the truth is, dehydration is possible even in the winter months. When it is cold outside, the air you breathe is drier so your lungs need to work harder to humidify that air and warm it up; this can cause dehydration.

One way to stay hydrated is to match your drink to the duration of your activity. If you are doing a physical activity for more than an hour, water alone may not be enough to



rehydrate. Adding electrolytes and carbohydrates can help to replenish the fluids that you lost during exercise.

The holidays are here and in celebration, there are plenty of different foods and desserts all around us. Snacking on winter fruits like apples, pears and clementines is great, since they are an excellent source of water. They can also help fight off the flu since they all contain

vitamin C.

The winter months give many of us a craving to cuddle up with a hot cup of cocoa. Go ahead and splurge! Chocolate milk is a great post workout drink because of its 4:1 carbohydrate to protein ratio. Soup is a favorite comfort food for many of us and with all its broth and vegetables it is hydrating, too.

Let's make a toast to the holidays with a big, thirst quenching glass of H₂O and stay hydrated this winter!

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Make Exercise a Habit By Matthew Hernandez

So we are into a new year, 2015, and everyone has New Year's Resolutions; spending more time with family, calling friends more, being nice, and – of course – one of the more popular resolutions, exercising more. Unfortunately, it is sad but true for most individuals (including myself) most of us fail to follow through with our New Year's Resolutions. There are always a variety of reasons and excuses, "I'll do it next month", "I feel sick", "I am too busy with work", etc and we end the year without making much headway towards our lofty January goals. When it comes to the resolution to exercise more, or be more

mindful of our personal health, we all know exercise is good for us; but most of the time we don't make enough time for it. Here are some tips to help make exercise a habit for us!

1. Don't Break the Habit - If you are a habitual exerciser, great job! You should avoid long breaks because it will take a lot more time to get your mindset back into exercising regularly.
2. Make the Effort to Show Up – When Woody Allen said "half of life is showing up" he was right. The biggest part of making exercise (or anything) a

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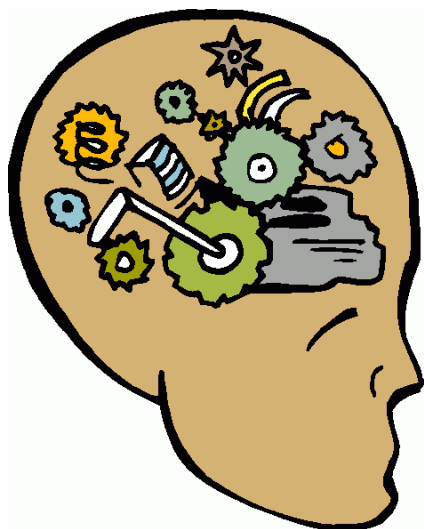
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EXERCISE YOUR MIND

Brain Benders

Fill in the grid with digits in such a manner that every row, every column, and every 3x3 box accommodates the digits 1 - 9, without repeating any.



3		2		4		5	6	8	
8				5	9	2			
5							1		
	3	9							
				9		4	1	7	
	5	1		2	6		4	9	
	8					7		9	3
	6				1	9		4	
9	4			8			7		

December's Answers

Did you find the names of all of Santa's reindeer, not counting Rudolph?

- Dasher
- Dancer
- Prancer
- Vixen
- Comet
- Cupid
- Donner
- Blitzen

M	R	M	B	T	J	R	L	P	Z
E	M	R	E	L	U	M	O	R	L
B	A	M	E	D	I	P	R	A	Q
T	O	H	O	C	H	T	U	N	R
C	P	L	A	I	N	E	Z	C	E
C	P	R	E	H	S	A	D	E	N
H	U	V	I	X	E	N	D	R	N
C	Q	P	G	F	S	E	C	R	O
L	R	S	I	X	A	K	H	X	D
X	G	K	Y	D	X	W	I	Q	P

Why Does Age Make Balance Worse ?

By Kathy Hanley, PT

Our bodies depend on input from three different sensory systems for balance. These three are: 1) vision, 2) sensory receptors in the skin, and 3) inner ear mechanisms.



The brain must receive and integrate sensory input from all three systems and formulate a motor response from the muscles in order to maintain balance. This motor response requires strong leg muscles with flexible joints. Many of these components can be affected by aging. Vision can become less acute, and sensation diminished with diabetes or circulation

problems, while medical problems or medications can affect the inner ear. Brain processes can become slower with strokes, Alzheimer's, or other neurological conditions. Muscles can become weak and joints stiff from lack of exercise.

What can you do to maintain or improve your balance? Stay healthy, keep your mind active, and exercise regularly. You are never too old to start exercising. Take daily walks or join an exercise class. Physical Therapists can successfully work with people whose balance has decreased to the point that it is starting to impact the performance of everyday activities.

Fun Facts:

- The Himalayas, the highest range of mountains in the world, originates in North India.
- Pakistan translates as "land of the pure" in the Persian and Urdu languages.
- Buzkashi, which means goat grabbing, is the national sport of Afghanistan.
- At 2,172,000 square kilometers, the Bay of Bengal is the largest bay in the world.
- The Gobi Desert of Mongolia is where fossilized dinosaur remains were found in the 1920s, and the first place dinosaur eggs were found.
- The national bird of Kazakhstan is the Golden Eagle.

World Tour: Central and South Asia

The first stop on our World Tour this year is Central and South Asia. Here we get to explore the countries of India, Pakistan, Afghanistan, Bangladesh, Nepal, Tibet, Mongolia, and Kazakhstan.

Central Asia extends from the Caspian Sea in the west to the border of western China in the east. It is bounded on the north by Russia and on the south by Iran, Afghanistan, and China.

South Asia extends from Iran and the Arabian Sea on the west to the borders of southwest China and Burma on the east. The southern border consists of the Bay of Bengal and the Indian Ocean.

Please enjoy this month's activities and meals that help us explore and discover the delights of this region. And remember, if you've been here, please let your Activities Team know, we are always interested in personal stories!



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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!

One Year

Esperanza Candelario, Lodge
Angela Greenlee, Lodge
Marie Lagasca, Lodge
Rosie Mendiola, Lodge

Two Years

Luz Rodriguez, Elders

Three Years

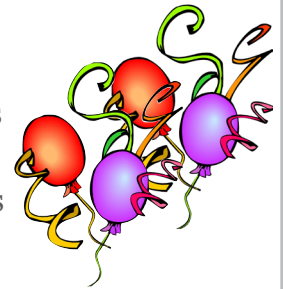
Jenny Quan, Elders

Six Years

Victoria Vivero, Elders

Fourteen Years

Milon Celindro, Elders
Edna Magno, Elders



Thank You!

The Staff of AEC would like to thank all those Residents and Family Members who so kindly donated to the staff Holiday Fund. It is our pleasure to be a part of your lives and your generosity has touched us all. From all of us to all of you, our deepest and most heartfelt thanks.



New Year Resolutions

A New Year's Resolution is a commitment that a person makes to one or more personal goals, projects, or changing a habit. They differ from other resolutions in that they are made in anticipation of the New Year and new beginnings, and those committing themselves to a New Year's Resolution generally plan to do so for the entire upcoming year.

The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts, while the Romans began each year by making promises to the god Janus. Moving ahead in history

to the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry.

There are other religious parallels to this tradition. During Judaism's New Year, Rosh Hashanah, through the High Holidays and culminating in Yom Kippur (the Day of Atonement), one is to reflect upon one's wrongdoings over the year and both seek and offer forgiveness.

Interestingly, 40 to 45% of American adults make one or more resolutions each year and topping the list are resolutions about: weight loss, exercise,

By David Ruttan
giving up smoking, and better money management/debt reduction.

The following shows how many of these resolutions stand the test of time:

- after the first week: 75%
- after 2 weeks: 71%
- after one month: 64%
- after 6 months: 46%

While many New Year's Resolutions are broken, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

January is Glaucoma Awareness Month



Glaucoma is the second leading cause of blindness in the world, and belongs to a group of eye diseases that damage your optic nerve, leading

to vision loss. In its early stages, glaucoma may produce no symptoms at all, and it's estimated that half of the more than 4 million Americans with glaucoma do not even realize they have it.

Because the vision loss caused by glaucoma comes on so gradually, it is sometimes called the "silent thief of sight." Often,

it's not until the disease is at an advanced stage that the related vision loss becomes apparent, and by then your sight may suffer permanent damage. There are ways to prevent glaucoma from worsening. Which are as follows:

- Get regular eye care. Regular comprehensive eye exams can help detect glaucoma in its early stages before irreversible damage occurs. As a general rule, have comprehensive eye exams every three to five years after age 40 and every year after age 60.
- Treat elevated eye pressure. Glaucoma eye drops can significantly reduce the risk that elevated eye pressure

By Seven Zendragon will progress to glaucoma. To be effective, these drops must be taken regularly even if you have no symptoms.

- Eat a healthy diet. While eating a healthy diet won't prevent glaucoma, it can improve your physical and mental health. It can also help you maintain a healthy weight and control your blood pressure.
- Wear eye protection. Serious eye injuries can lead to glaucoma. Wear eye protection when you use power tools or play high-speed racket sports on enclosed courts. Also wear hats and sunglasses if you spend time outside.

Janus and the New Year

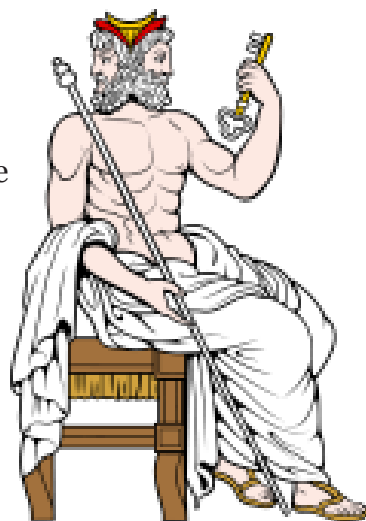
January is named for the Roman god Janus who kept watch at the gate of Heaven, and later become the god of doors and gates. He was very important to Romans because they believed that a house is only as strong as its doors.

His temple in Rome had its doors thrown open in times of war, and closed in times of peace; unfortunately, they were usually open.

Janus has two faces, one looking forward and one looking back (since a door can let you in, or let you out).

January is the doorway of the year, when we look both forward and back, that is why this month was named for him.

Although the New Year has been celebrated since prehistoric times, it was celebrated on the vernal equinox (the first day of spring) rather than what we now consider the first day of the year. The Romans were the first to recognize New Year's Day on



January st. Rather than tie the day to some significant astronomical or agricultural event, in 153 BC the Romans selected it for civil reasons; it was the day after elections in which the newly elected assumed their new positions. The majority of the Christian world continued to celebrate the New Year in March, until the Gregorian calendar was instituted in 1582.

Resident of the Month: Henry Foo

Henry Foo was born in 1919 in Guangzhou, China, and he is currently 95 years old. As a little boy, Henry came to the USA with his mother. As an adult, Henry owned a number of small businesses, from restaurants, to dry cleaners and laundry services. He always took great care of his customers and was open, friendly, and respectful to

the public. In addition, he spent much of his adult life moving between China and America.

Henry has three children, Angela, Wendy, and Lenard. He also has four grandchildren Sam, Ryan, Alexandra, and Maya. Throughout the years, Henry has enjoyed cooking for the family,

carpentry, handyman work, and photography.

Henry has only recently moved to Elders Inn, where he has comfortably settled, from the Lodge. Please stop and give Henry a warm hello and smile when you see Henry strolling through our community!



Martin Luther King Jr.

Martin Luther King Jr's powerful words inspired so many people, especially those who engaged in the daily struggle for human rights. King said, "as you move on for justice, be sure to move with dignity and discipline using

only the weapons of love. If you succumb to the temptations of using violence in your struggle, unborn generations will be the recipients of a long and desolate night of bitterness and your chief legacy to the future will be an endless reign of meaningless

chaos." Dr. King's contribution to the Civil Rights movement was that he turned a protest into a crusade that touched the consciences of Americans of every creed and color.

News & Notes from Activities

January is here, the Latin word for January is Januaries which means door, door to a new year how appropriate. With a New Year comes New Year's resolutions. Typical choices are to improve our well being. Example in health could imply weight loss, healthier eating, exercise and improve our spirit and mind. Other choices might be improving our finances, learn something new by taking a new class or even volunteer. The list could go on but most importantly, its a time for self reflections and what feels most important to us.

In light of this, at our Circle

of Elders we will be talking about what we came up with, and share our ideas, personal challenges or solutions. We might even find someone in our community thinking about the same things, someone to share similar experiences with. The possibilities are limit less, new friends to encourage us and inspire each other. We might even have ideas for new activities to support our New Year's Resolutions!

In closing dear friends, I'm wishing us all good health, happiness, wisdom and prosperity.

Don't forget to come to the Resident Council!

It's on the First Sunday of the Month.

Garden News!

This month in the garden neighborhood we are learning about the Carnation.

Did you know that carnation flowers have been cultivated for 2,000 years. Or that they can reach 31 inches in height and there are over 300 different species?

Iron Man of the Month: John Ratto

It's not about doing something because you have to do it; it's about enjoying it while doing it. For some individuals, exercise is considered chore and a pain to do. For others, they can't wait to exercise – and our Iron Man of the Month, John Ratto, is one of those individuals who can't wait. John brings a great attitude to the exercise classes and always likes to tell a joke to make everyone laugh.

John was born and raised here in Alameda. He's lived here for more than 89 years! When he told me that he laughed and said "I thought that this was the only place to live." He went to local schools and, surprisingly,

didn't play any sports. He has two kids, John and Tina, and has worked many jobs in his life including working on a farm, for AT&T, and as a garbage man. Those jobs kept him very busy and active. He didn't have many hobbies but one hobby however might be the reason why he loves to exercise, body building. During his teenage years he began to spend a lot of his time in a gym and lift weights, and jokes "that's why I'm so muscular now."

John's reason for exercising is "I just enjoy doing it, and it helps. I don't know how

to explain it but it just does." He hurt his back a lot when he was working as a garbage man and he got better through some exercise. A lot of individuals know that exercise can be beneficial but some people still think of it as a chore. Just like any other activity, if you enjoy doing it, it will be much more enjoyable. Try and have a



different outlook on exercise, it may help you in more ways than just physical. Just ask our Iron Man of the Month, John Ratto that.

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

Lunch Outings

Please join the "Lunch Bunch" for our Resident Only lunch outings!

On Friday, January 9th, we will be going to India Palace here in Alameda.

Then on Friday, January 23rd, we will venture to Oakland to enjoy Afghani food at Aria Restaurant. Please feel free to join us, we will leave in the van at 11:30 from the lobby.

Walking Club

In all of 2014 the Walking Club at the Lodge covered 156 miles!

That's an average of 13 miles a month! Join the walking club for our neighborhood explorations and see how far we can go together! Walkers of all speeds are welcome.

News & Notes from Activities

Now that the holidays are over, our sewing and craft classes will once again be centered around the world tour, so we will be working on a few different projects. In honor of Nepal, we'll be working on Nepalese weaving, which can be done with a few very simple materials: yarn, thread, and a shallow box. In honor of

India, we'll be making mini Rangoli's, which are colorful geometric designs typically painted in front of houses and filled in with colored rice or flowers. Lastly we'll be making felt wall hangings in honor of Kazakhstan. It should be a fun and interesting way for us to learn about different cultures.

Iron Man of the Month: John Ganchoff

This month, I'm proud to announce our Iron Man of the Month: John Ganchoff. John has had his ups and downs at his stay at both Waters Edge Lodge and Elders Inn but fortunately, he is now stronger than he is ever after maintaining his fitness regiment and focus on the goals at hand.

The son of immigrant farmers from Bulgaria, John grew up in rural Milwaukee. He earned his bachelor's and master's degree from Marquette University in the field of chemistry. He would finish his education with a doctorate's from Georgia Tech, making John one of the few residents at



Elders Inn with a PhD.

John enjoys bingo and balloon volleyball as well. He generally a quiet and reserved person but he has grown out of his shell and started hanging out with the residents as well. He has integrated into the Elders community with a problem.

The last three months, John has been participating in personal training as a way to increase his strength and walking ability. He suffered several setbacks but he is back on track with

his hard work and dedication to trying to be as independent as possible. He is standing and walking in his room with assistance again and he is

getting stronger by the moment. He is also able to stand up for three minutes several times for the first time in a long time as well, accomplishing one of his goals in 2014.

John also participates in the Parkinson's exercise class. The exercise class is the only group exercise class that features standing exercises at the Inn. While there are lots of standing classes at the Lodge, we only have one class that requires standing for a duration of the class. Together with his personal training, he has gotten a lot stronger and his daily activities also increase as well.

You can catch John at Circle of Elders at 11am on Mondays to Fridays and congratulate him as this month's Iron Man of the Month.

Exercise Habit *continued from 1*

habit is simply getting there.

3. Make it Enjoyable - If you do not enjoy exercising, it is going to be difficult to keep it as a habit. If an exercise class isn't enjoyable try going for a walk, or trying another other fitness activity like Wii Fit, Wii Bowling, or Golf!

4. Find the Right Time - If you are not a morning exerciser try exercising later in the day, everybody performs

best at different times of day – find what time is right for you.

5. Have a Friend Join You – Exercising with someone else makes it more fun (see #3) AND you can keep each other accountable, you are more likely to show up if someone else is counting on you too (#2) (It's like a 3 for 1!!).

6. Create a Routine - Try exercising on a regular

schedule, like exercising at the same time every day, if you work out at random times it may be harder form the habit of exercising.

These are just a few tips to help make exercise (or anything) a habit. There are many ways to form a habit; it is up to you if you are willing to make the commitment to being healthier. Determine which tips work for you and stay active. Let's all start the New Year off healthy and keep it that way!