

AEC Living

A tradition of caring for seniors 1971

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

Volume 13 | Issue 2

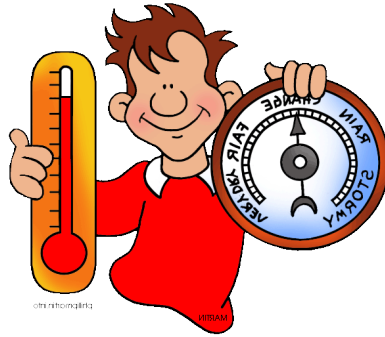
February | 2015

Does Weather Affect Your Body?

By: Kathy Hanley, PT

During my 30 years as a practicing physical therapist, I have heard many patients relate increased or decreased pain or aching in their muscles or joints with weather changes. I sometimes felt that my patients were better weather prognosticators than the meteorologists on TV. I recently had the same experience. I play tennis two to three times per week and usually feel some shoulder or knee pain while playing. Recently, I went to Palm Springs to my delight I was able to play tennis without any pain.

Does weather really affect your body? The ancient Greeks noted



the effect of “hot and cold winds” on pain and illness 2,400 years ago, and folk wisdom says people, especially older ones can “feel the weather in their bones.” Some scientific studies have shown weather-related effects on the body while others have not. For those who are sensitive to weather, changes in weather seem to affect them the most.

In particular, the following weather factors may contribute to aches and pain:

Barometric Pressure: This is the weight exerted by the

By Kathy Hanley, PT
air around us. Rapidly falling barometric pressure generally signals the onset of stormy weather and is believed to have a strong correlation with the potential for feeling aches and pains. It has been suggested that changes in barometric pressure may affect the pressure within joint capsules, thus accounting for pain with weather changes.

Humidity: This is the amount of water vapor in the air. An increased humidity can lead to more aches and pains. Some research suggests a correlation between dry, cold air and migraines.

Temperature: Low temperatures may make circulatory conditions worse and may

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The Language of Love

By Kryspin Turczynski

February is inextricably tied with Valentine's Day, which is the perfect time to think about love. It's funny, this thing we call love. We all think we know what it is, but we seem to have a terribly hard time describing it. Why else would we use the same word for so many different feelings? I love my mother, but



I also love football. I love my wife, and we both share a deep love for that food of the gods known as pizza. So if alien invaders with a rudimentary knowledge of English were listening in on my conversations, they might understandably think that nothing means more to me in this world

continued on 4

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EXERCISE YOUR MIND

Brain Benders

February is the second month, so let's see how many puzzles we can solve that involve the number 2.

- Name the second day of the week.
- Name the Dynamic Duo.
- A person gets this after an initial exhausting effort.
- Name a word that means something is used or worn previously, by someone else.
- Name the Twin Cities and the state they are in.
- Name the sports phrase meaning players who are substitutes for the starters.
- Name the phrase that refers to the deep-seated habits and characteristics of people.
- Name a commissioned officer of the lowest rank in the U.S. Army, Air Force, or Marine Corps.
- Name the 1967 British movie that starred Audrey Hepburn and Albert Finney as a couple trying to save their 12-year marriage.
- Name the 1970 movie set in 19th century Mexico that starred Clint Eastwood as a drifter and Shirley MacLaine as a nun.



January's Answers

Every Sudoku has a unique solution that can be reached logically. You enter numbers into the blank spaces to that each row, column, and 3x3 box contains the numbers 1 to 9.

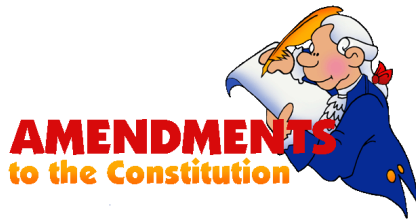
How did you do on January's Sudoku?

If you would like to contribute a puzzle, item of interest, or article to the monthly newsletter please speak with the Administrator or Activities Team in your building.

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

February Fun

The month of February is most commonly known for Black History Month, Groundhog Day, the Super Bowl, and, my personal favorite, chocolate. So let's talk about these fun topics.



Black History Month:

This year marks the 150th anniversary of the adaptation of the 13th Amendment to the Constitution, and the abolition of slavery in the United States. On February 1st, 1865 President Lincoln signed the proposed amendment. Though it wouldn't be ratified by the states until the end of the year, the proposal was actually approved by the Senate in April of 1864 and passed the House on January

By Seven Zendragon

31st of 1865. February first is now recognized as Freedom Day, a day to celebrate and recognize the enactment of this historic amendment.

Groundhog Day:

The tradition of Groundhog Day must have started long before we had weather predictions so our ancestors depended on the cute little burrowers to predict how long winter would last. The belief is that if the groundhog



sees its shadow on Feb 2nd winter will continue for another 6 weeks. This custom was brought to North America by immigrants from Great Britain & Germany where, due to lack of groundhogs, they depended on badgers for their winter forecast.

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Fun Facts:

- The Great Wall of China is the largest man made structure in the world, stretching an incredible 5,500 miles.
- There are over 200 volcanoes in Japan.
- The national flower of Korea is the Mugunghwa (Rose of Sharon).
- Taiwan, in Chinese, means "terraced bay".
- Vietnam is the largest exporter of cashew nuts and black pepper in the world with one-third of the global production.
- The Thai alphabet has 32 vowels and 44 consonants.
- More than 1,500 species of orchids grow wild in Thai forests.
- The major export products of Cambodia are rice, fish, garments, and rubber.

World Tour: East Asia

This month for our World Tour we continue our exploration of Asia by delving into the Eastern portion. Here we get to explore the wonderful countries of China, Japan, Korea, Taiwan, Vietnam, Thailand, and Cambodia.

The region of East Asia borders with the Russia to the north, the Pacific Ocean to the east, the Indian Ocean to the south, and India to the west.



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!

One Year

David Guiterrez, AEC
Merryn Oliveira, Lodge
Claudia Tambagahan, AEC
Irma Tanjuakio, Elders

Two Years

Kelsey Hasiuk, Elders

Three Years

Wilson Trang, AES Therapy

Five Years

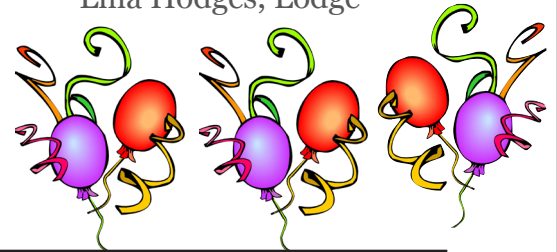
Gary Dichoso, Lodge
Tatiana Simpson, Lodge

Fourteen Years

Cindy Wilson, Lodge

Twenty One Years!!

Lilia Hodges, Lodge



Weather *continued from 1*

contribute to arthritic joint pain and stiffness.

Wind: Wind can carry pollution and allergens far distances, thereby affecting people with

allergies or respiratory ailments such as asthma.

Doctors who specialize in chronic pain sometimes suggest that people keep a weather

and pain diary to establish a possible relationship between the two. This might be a fun activity to try and see how weather affects you.

Language *continued from 1*

than the Chicago Bears and a deep dish pie with sausage and mushrooms.

Other languages seem to have a much more developed vocabulary of love.

A prime example of this is Greek. The

most famous Greek word for love is probably *eros*, which is also the name of the primordial Greek god of lust, love, and intercourse (he is better known by his Latin name, Cupid).

Eros is a passionate love, with sensuous desire and longing, and so would not be used in conjunction with a sandwich or other food item. From *eros*, we

have the English word "erotic".



Another word for love in Greek is *filia*. Now used as a term for friendship

in modern Greek, *filia* is a dispassionate, virtuous type of love, a concept used heavily by Aristotle. This would be the kind of love one expresses for a symphony or baseball card collection. *Filia* is the root of the English word "phil", which may be used as a prefix ("philanthropy") or a suffix ("oenophile").

Finally, there is also *agape*. While *agape* is used in modern Greek between lovers, it had the meaning of general affection in ancient Greek. Much of the popularity of *agape* stems from its high frequency in the New Testament, and its subsequent role in Christian theology. In biblical literature, *agape* is a self-sacrificing kind of love between a believer and God or between believers in community. Whatever kind of love you may be feeling this Valentine's Day, may it fill your heart with joy, and help your soul discern the fantastic beauty that can be found around and inside us.

Heart Healthy Month



February is National Heart Healthy Month. When you hear heart health being

mentioned, what do you automatically think about? Do you think about having a healthy heart? Do you think about ways on staying active and maintaining a healthy heart? Or do you think about what can you do to have a healthy heart? Whatever the answer may be, being an active person and having an active

lifestyle will lead you to good heart health.

Did you know that cardiovascular disease is the number one killer of men and women in the United States? It affects men twice as likely as it affects women. Ethnicity and race also impact your risk level. Some risk factors that we can control cardiovascular disease include: diabetes, obesity, diet, high blood pressure, high blood cholesterol, physical activity, and tobacco use.

Many cardiovascular disease deaths could be prevented by simply changing our lifestyles.

Some simple things that we can

By Judith Vera-Gutierrez do to start into a healthier heart path are, more physical activity in our lives. Taking a walk, or deciding on walking instead driving can be so beneficial for your health. Another thing that we can change is healthier eating habits. Making healthier food choices instead of all those high on fat food options can make a big difference in our health. Also checking your cholesterol levels more often. Its always good to know your numbers.

This is the month that we celebrate love and friendship. So lets love ourselves and take control of our heart health.

Frederick Douglass: The Father of the Civil Rights Movement

By Aisha C. Young,
MA, ADC

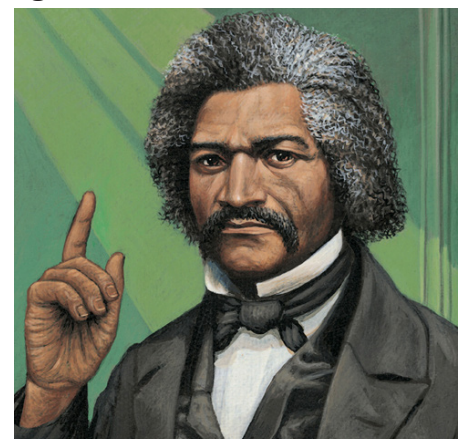
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Frederick Augustus Washington Bailey is thought to have been born February 14 in 1817 or 1818 in Talbot County, MD. The exact year and date are unknown due to poor record keeping. A slave woman and white man (thought to be the plantation owner) were his parents. Following the death of his childhood master, Bailey (whose surname was later

changed to Douglass) moved to Baltimore to the Auld plantation. It was there, around the age of 12, that his master taught him to read and write.

Frederick Douglass is known as the original Father of the Civil Rights Movement. He was a very influential abolitionist and an adviser to President Lincoln regarding the treatment of slaves during the Civil War. Douglass also has the distinction of having the two highest appointed positions in federal government by any black person in the

19th century. President Grant appointed him the marshal of the District of Columbia and minister to Haiti. He was also instrumental in the women's rights movement.



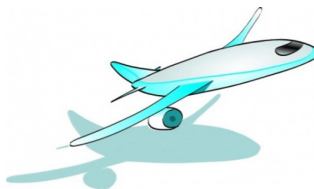
Resident of the Month: Kay Kwan

A New Year's baby, Kay Kwon was born in San Francisco in January of 1927. The youngest of six children, Kay had three brothers and two sisters. Her dad's name was Haideshima and her mom's name was Midori Haiguchi. Kay's dad was a Prince because of a prior marriage, a real "Blue Blood."

During the war Kay's mom and siblings went to a relocation camp in Salt Lake City, Utah, while her dad went to a concentration camp in Montana. After the war, Kay's family left the relocation camp and came back to the Bay Area. Kay and her sister went to UC Berkeley. Kay studied Oriental language and was also a nanny

when she attended school. Kay's future husband Tat, studied pre-med at UC Berkeley, and worked in the neighborhood.

At the age of 22, Kay married Tat. At that time Tat was a chemist and Kay worked at Traveler's Insurance. She became a regional manager for Oakland office. She worked there during her marriage, while she was pregnant, and after their three children were born. All of her bosses were kind and like family to her. In 1958 Kay was offered the opportunity to retire with full benefits and four years pay, it was a chance too good to pass up. This gave Kay a chance



to travel the world. She saw Spain, France, China, and Japan.

Kay enjoys cooking, crocheting, and her family, who is very close and enjoys doing things together. Kay is friendly, kind, and an enthusiastic person ready to do almost anything. Kay is the friend you've yet to meet, so please take the time and have some fun with her. You'll be so glad you did.

Don't forget to come to the Resident Council!

It's on the First Sunday of the Month.

February Fun *continued from 3*

Super Bowl XLIX:

All the big party's are on there way in honor of Super Bowl XLIX (49 if you are unfamiliar with roman numerals). The Super Bowl itself will be held Feb 1st at the University of Phoenix Stadium in Glendale, AZ, and will be broadcast on NBC television world wide.

Chocolate:

Last but not least Chocolate. There are a lot of different things said about chocolate,

normally that too much of it is unhealthy. However before the sugar is added and it's processed, technically..... it's a vegetable. I know this sounds a little crazy but hear me out. Chocolate is a derivative of beans harvested from the cacao plant. And we all know that beans are vegetables. So... chocolate is a vegetable! Sadly, this does not mean we can go and eat all the chocolate we like. It should still be enjoyed in moderation and we should try to reach for dark chocolate, which is very high in antioxidants and magnesium, first.

Garden News!

Here in the Garden Neighborhood we have tea at 2:00 pm every day, and it's a very important part of our day. Our tea time here is a bit earlier than England's traditional tea time which is 4:00 pm.

This custom originated among the wealthy classes in the early 1840's for the same purpose we use it for here. Having a good daily excuse to snack and spend time with friends and loved ones.



Resident of the Month: Norma Camicia

Norma Camicia was born and raised in Oakland, California. As a young girl, she used to sneak out of the house after dinner to play with her friends. They would block off the street to play games and have fun until her Dad would catch her and bring her back inside the house; if all the other kids were outside, she was determined to be as well. Those are fond childhood memories for Norma, even if she did occasionally get grounded for disobeying her parents.

After graduating from High School, Norma worked at an exclusive dress store in Oakland. Her husband, Joe

Camicia, had his own business, repairing and manufacturing large trucks, so when they had their sons, Joe Jr. and Phillip, Norma quit her job to become a full-time housewife and devoted mother, she was very involved in the extra curricular activities of her two boys. Her sons played baseball for the Alameda Park Department and at the end of season, all the mothers would have drinks at Norma's house and then play a game against the boys. The boys never let the moms win!

After her husband passed away, Norma took a class on painting china, bought her own kiln, and began painting all kinds of

beautiful items, like vases, cups and saucers. She no longer paints, but she does still enjoy displaying and showing people her marvelous works of art.

Norma recently traveled throughout Europe with her youngest son, Phillip, and experienced many of the marvelous sights of Paris, Switzerland, and England. Norma is a member of the Italian American Club in Alameda. She still attends their monthly dinners and meetings. Norma is a pleasure to be around; her participation and company are always enjoyable, we are very lucky to have her residing here at the Lodge.

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

Lunch Outings

This month there will be three lunch outings! The Lunch Bunch will be going out on their own on February 13th to East Ocean Chinese on Webster, and again on February 27th, to Toomies Thai Cuisine on Park Street.

The Activities Team will be leading a lunch outing on February 20th to Katsu, for Japanese food.

News & Notes from Activities

There are many fun and exciting socials and special events coming up this month, so please be sure to check the February calendar for details! For all you football fans, Super Bowl XLIX (49) will be on Sunday, February 1st, so come on down to the activity room, to root for your favorite team and enjoy some snacks and refreshments! If you are more into music or movies than sports, the Grammy Awards are on Sunday the 8th and the Academy Awards are on the 22nd.

For our World Tour, we are traveling to East Asia, so there are different outings to dine on delicious Asian cuisine!

Following Valentine's Day, we are having a Mardi Gras Pancake Breakfast on the 15th, celebrating President's Day the 16th, Ash Wednesday the 18th, and are having a Festive Chinese New Year Party on February 19th. There is definitely no room for boredom this month so come check out the fun and exciting entertainment available!

Walking Club

So far this year, the Walking Club here at the Lodge has waked an impressive 25 miles - not bad for the first month of the year!

Iron Woman of the Month: Marion Sherman

Setting a goal and staying committed to reaching that goal. That is usually all you need to do to reach your goal, being committed. And our Iron woman of the month, Marion Sherman, is a prime example of staying committed to your goal. Ever since Marion moved here, she has rarely missed her personal training sessions. Her goal is to walk independently and her commitment to her exercise program is the reason she is continuing to improve.

Marion Sherman was born in Paia, Maui and lived there for about 13 years. While living in Maui, her father was the manager at the sugar plantation and she enjoyed the island life swimming, walking and many other outdoor activities. She then moved to Honolulu after her father passed away to live with

her grandmother. During the summer, she was employed at the Dole plantation. As she was nearing graduation from high school, she starting working at a bank in Honolulu. While working at the bank, she then met a serviceman in 1949 at the age of 22. She then moved to Alameda after her husband at the time was stationed here. She then started working for a bank in downtown Oakland and worked there for 20 years. She moved from Alameda to Oakland and then back

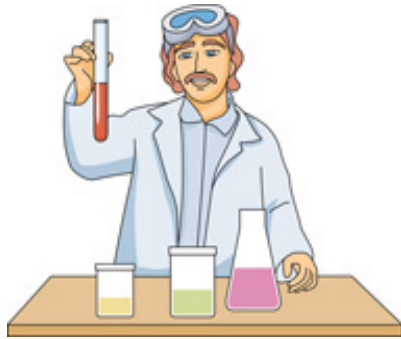
to Alameda and resided here ever since.

On October 16, 2013, she was involved in an automobile accident. She had to undergo surgery and was told that if there were certain bones crushed she would be immobilized for the rest of her life. Fortunately that was not her case and she was

able to attend physical therapy while staying at Elders Inn. Afraid of being in a wheelchair for good, she continued with her physical therapy and her condition improved enough that she could move to the Lodge in November of 2014.

Still wanting to improve, Marion continues her exercise through personal training and is now able to walk more efficiently. She wants to keep improving to be able to walk using only a cane. Each session she is progressing and getting closer to reaching her very impressive goal. In the last several months she has improved from a wheelchair to walking using a walker due to her hard work and commitment to her goal. Keep your eye on the prize and eventually you too will reach your goals. Our Iron Woman of the Month, Marion Sherman, can tell you that.

Congratulations Marion!



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 Matt or Wilson at AES Therapy.

Walking Club

Little is healthier than going outside for a stroll and getting some sunshine. Many studies show that walking improves your balance, strengthens your bones, and keeps your heart healthy. **Join the Walking Club and see how far you go!**