

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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Music for Memory

In the last few years there has been some exciting research showing that people with memory impairment benefit from listening to music. It has been long known that people who are not able to have conversations due to dementia or strokes can sing along to familiar music. This research is also being used to help people with Mild Cognitive Impairment to help their memory. Listening to familiar music can improve a person's memory for about 30 minutes. It can also increase the ability



of the senior to find the right words, and talk in more complex sentences.

Music involves both the left side of the brain, the analytic side, and the right side, the creative side. It allows both sides to “talk” to each other and increase memory recall and cohesive thought formulation. The kind of music is less important than music that is meaningful to the individual. Music from major life events, such as birthdays, graduations,

By Merryn Oliveira marriage, and cultural or religious celebrations provide the greatest memory recall than general music from a given style or time period. There is also research on twins being done on those who play music, including those who sing, and showing that those who are involved in music have better memories than those who have not.

It's not too late to begin listening to music on a regular basis to help your memory. Put on the radio to a station you enjoy, or put in a tape or CD and listen to a favorite musician or group.



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The Benefits of Exercise

A study published in the New England Journal of Medicine randomly placed 100 frail seniors (aged 72-98) into exercising and non-exercising groups for a 10-week study. Those in the exercising group did strength training on a leg press machine, while the non-exercisers did nothing special.

The results? For the exercisers muscle strength increased by 113%, speed of walking increased by 11.8% stair climbing power improved by 28%, and the general level of

physical activity also increased.

Not only did the non-exercisers see no improvement, their speed of walking decreased by 3%!

Just think what exercise could do for you.



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EXERCISE YOUR MIND

Brain Benders

When was that? Can you identify the year in which the following famous events took place?

- March 1 - Charles Lindbergh's 19-month old son is kidnapped from the family home in Hopewell, New Jersey.
- March 3 - President Hoover signs an act making the Star Spangled Banner the national anthem.
- March 12 - President Roosevelt broadcasts his first "Fireside Chat" radio address to the nation.
- March 13 - Pluto (the now former planet) is first identified from a photograph taken at Lowell Observatory in Flagstaff, Arizona.
- March 15 - Elizabeth Taylor and Richard Burton are married (for the first time) in Montreal, Canada.
- March 18 - The first major postal workers strike in the United States begins.
- March 21 - Dr. Martin Luther King, Jr. leads a civil rights march from Selma, Alabama, to Montgomery, the state capital.
- March 22 - President Truman orders all Federal employees to undergo loyalty investigations.



February's Answers

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

Merry March



The month of March gets its name from the Roman “Martius.” Named after the god Mars, it was originally the first month of the Roman calendar.

During the month of March we celebrate a very fun Irish holiday called St. Patrick’s Day. It is always celebrated on March 17th. Since Saint Patrick is the patron saint of Ireland, it is a national holiday there, but it is a religious one and is usually celebrate with mass and a feast day. Here in America the holiday is more a celebration of Irish heritage, and is celebrated with parades and parties. Some people even believe that on this day you have to wear the color green, otherwise you can be

By Judith Vera-Gutierrez
pinched by someone else.

Also occurring in March (though not truly celebrated by many) is the beginning of Daylight Saving Time; when we all move our clocks forward an hour. This year the magic day is March 8, so don’t forget to “spring forward” your clocks one hour before you go to bed on Saturday night.

Fun Facts about March:

- Flower: The Daffodil.
- Birthstone: The Bloodstone
- Color: White
- Zodiac Sign: The zodiac sign for March is Pisces. If you’re a pieces it is said that you are imaginative, devoted, and accepting.

Fun Facts:

- The English consume more tea per capita than anyone else in the world.
- French was the official language of England from 1066 until 1362.
- The official animal of Scotland is the unicorn.
- Sweden is set to become the first country in the world to phase out petrol in favor of biofuel.
- Halloween is derived from the Irish festival of Samhain.
- Wales is said to have more castles per square mile than any other country in the world.
- Norway means “path to the north”.
- The national sport of Finland, Pesapallo, is like baseball.

World Tour:

British Isles & Scandinavia

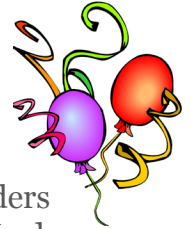
This month for our World Tour we are visiting the British Isles and Scandinavia. Together we will explore the countries of Ireland, Scotland, England, Wales, Norway, Sweden, Denmark, and Finland.

Interestingly, most of our countries this month are surrounded only by water or each other. Ireland, England, Scotland, and Wales are two small islands, and Norway, Sweden, and Finland are one gigantic peninsula connected to Russia at the eastern border of Finland, while Denmark is another peninsula off the northern edge of Germany.



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

Matthew Hernandez, AES
Therapy

Priscella Lieba, Elders

Laura Rodriguez-Garcia, Elders

Aliza Shrestha, Elders

Three Years

Dalton Brown, III, Elders

Samantha Davidson, Elders

Six Years

Maria Diaz, Elders

Seven Years

Mary Jean Ping, Elders

Eight Years

David Ballerini, Elders

Paula Hernandez, Lodge

Jacqueline Rodil, Elders

Twelve Years

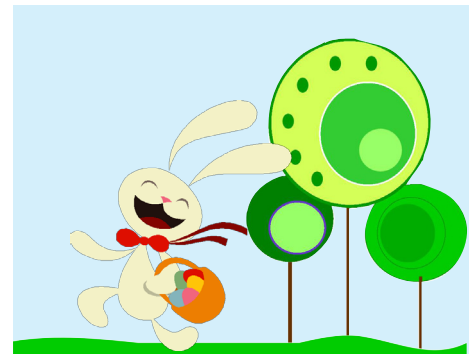
Maria Jane Collins, Elders

The Hunt is On!

It is time for AEC Living's Annual Easter Egg Hunt! On March 28th, the Lodge will once again play host to this tradition. Our families and friends will be invited to join us the residents and staff for a children's

Easter egg hunt and general celebration of Spring.

Invitations are being mailed to residents and their families, but if you need another, please stop by the front desk!



Spring Ahead! A brief history of Daylight Savings

By David Ruttan



In 1784, Benjamin Franklin, who was at that time the US ambassador to France, suggested the daylight saving time concept

but it was taken as a joke.

In 1884, a Canadian railway engineer named Sir Sanford Fleming suggested that the entire world be divided into time zones that would be calculated from a prime meridian. This would help

calculate various time zones relative to that one.

In October 1884, the International Meridian Conference met in Washington, DC and chose Greenwich, a village just outside London, as the prime meridian. Greenwich Meridian Time (GMT) was approved and adopted by the world, but the various time zones across the world caused longer daylight hours in summer and shorter daylight hours in winter in certain countries.

But why would you want to save daylight time at all? Adopting

the Daylight Saving Time (DST) scheme saves energy. Energy used and the demand for electricity for lighting our homes is directly connected to when we go to bed and when we get up.

Studies show that sunrise in the summer is very early and most people wake up after the sun rises. Because the sun is up, we don't need to turn on lights in our homes. Thus, we actually use less energy in the morning. The opposite works in winter.

With DST, the 'spring forward and fall (autumn) backward' system

continued on 5

What is Occupational Therapy

Occupational Therapy is skilled treatment that helps individuals achieve independence and satisfying lives. For example, an Occupational Therapist (OT) might work on improving skills such as dressing, showering, toileting, transferring, and moving on different types of surfaces, like beds and chairs. The OT can also work on energy conservation techniques to help an individual function in the most efficient way possible. This is particularly helpful for people

whose medical situations limit their endurance and ability to perform regular activities of daily living.

Occupational Therapy services typically include:

- Customized treatment programs to improve one's ability to perform activities of daily living.
- Comprehensive Home Evaluations with adaptation recommendations to promote safe and efficient

By Kathy Hanley, PT
functioning within the home environment.

- Adaptive Equipment recommendations and training.
- Guidance for families and caregivers.

Occupational Therapists hold a Master's Degree from an accredited Occupational Therapy Program, and additionally they must complete an internship and pass a national exam.

Daylight Saving Time *continued from 4*

comes into play. In summer, the clock is extended by an hour and the sun therefore 'sets' one hour later. This means that less electricity would be used for lighting and appliances later in the day. In autumn and winters, the clock is set an hour backward as more light is needed in the morning.

However, there was opposition as people did not like the idea of getting up an hour early or going to bed an hour later, just to keep up with the Joneses in some far off village in Greenwich. Others complained of the inconvenience of changing all the clocks, and adjusting to a new sleeping schedule. For most people, this is a mere nuisance, but for some people with sleep disorders this transition is very difficult.

In 1916, Britain and USA adapted DST, and other countries followed suit. The motivation was to conserve coal during World War I. Clocks were put one hour ahead of GMT during the summer months, but after the end of WWI, the law was repealed in the United States.

Two decades later during World War II, DST was re-introduced to help the war effort and clocks were put two hours ahead of GMT during summer! This became known as Double Summer Time.

From 1945 to 1962, DST became quite inconsistent with a hodgepodge of time observances and no agreement when to change clocks. Countries were free to observe

or not observe DST. This caused confusion no end - especially for the broadcasting industry, for the postal service, railways and airlines.

In 1966, the United States Congress introduced the Uniform Time Act to regulate DST across the country. Today, approximately 70 countries around the world recognize DST.

Don't forget to set your clock ahead before you go to bed on Saturday night, March 7th!



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NEWS FROM ELDERS INN

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Resident of the Month: Charlotte Burnett

Charlotte was born in Idaho, on September 21st, to the family of a Lutheran Minister. When she was a child, her family moved to Pasadena, California where she grew up playing the pipe organ in her father's church.

At the age of 17, Charlotte started an art show as a fundraiser to raise enough money to buy a new pipe organ for the church.



It was her first solo art show, and it was love at first sight. She soon made the decision to go to UCLA, where she earned her degree in art.

Charlotte met her husband, Rex Burnett, at work. He was an automobile illustrator, and "the best artist I ever met." Together they have 5 surviving children, 3 sons and 2 daughters. Later in life, they led tours through Switzerland for tourists,

taking them from one amazing sight to the next.

Charlotte has recently moved from the Lodge to the Elders Inn. We Welcome her with open arms and are excited for all you to get to know her. Please take a moment to introduce yourself to Charlotte and don't hesitate to ask her to show you her artwork. She will be happy to share her masterpieces with you and share the stories they tell!

Congratulations Charlotte on being March's Resident of the Month!

From the Activities Desk

It's a busy month here in March. Before bed on March 7th we've got to set our clocks forward one hour for the start of Daylight Saving Time.



Then, on the 17th don't forget to wear your green for St. Patrick's Day and join us for some delicious green treats

at our social that day at 3PM! We'll also be challenging you to test your knowledge of this holiday, with St. Patrick's Day Trivia at the Circle of Elders.

March 20th marks the beginning of spring, in honor of that occasion we will be

incorporating Spring themes into many of our art projects.

Spring

Join us for Arts & Crafts in the Buena Vista

Dining Room to help us decorate our facility for this beautiful blooming season!

Then, on the 28th we are all invited to the Lodge for AEC Living's annual Easter Egg Hunt. Be sure to invite your grandchildren to join in the fun on the hunt!

Have a great spring season everyone and please be sure to check out the calendar for a variety of fun activities, events & socials coming up this month!

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 some interesting facts about the Shamrock plant. Did you know that the Shamrock plant has been around since before the 1500's. It is believed that if you find a Shamrock plant also known as a four-leaf clover, it is considered a sign of good luck.

Resident of the Month: Betty Jenkins

Betty Jenkins, the only child of Pete and Ann Musso, was born and raised in Alameda. Her parents owned the Park Street Delicatessen for over 20 years; her dad ran the business while her mom made the homemade pastas and salads.

Growing up, Betty enjoyed going out with friends, played the accordion and loved going out to local dances. Her love for music included an extensive collection of records that she played for herself and friends.

Betty went to St. Joseph Grammar School, then Alameda

High. After graduation, Betty worked for her parents doing whatever was needed, and at Montgomery Wards filling orders for roller-skates. It was while working for her parents that Betty met her future husband, Jim, a customer at the deli. Eventually Betty invited Jim Jenkins to eat with her family and as Betty puts it, those delicious Italian meals “sealed the deal” and a year later they were married.



Alameda, and Jim worked as a clerk at the local drugstore. They were happily married for many years - Jim and Betty loved to go out dancing and went to local clubs and dance halls, a match made in heaven.

You can see Betty almost any day in the cafe having coffee and doing word puzzles. Stop by and say “Hi”, who knows, maybe you or a family member were a regular at the Park St. Delicatessen.

The happy couple stayed in

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 March 13th to McGee's Irish Pub here in Alameda, and again on March 27th, to Caffè 817, a British cafe with specialty jams!

The Activities Team will be leading a lunch outing on March 20th, to Quinn's Lighthouse in Oakland for a fun mix of American and English food.

News & Notes

This month our Craft Class and Sewing Club will be incorporating projects from our World Tour countries!



The Sewing Club will be making felted 4-leaf clovers in honor of Ireland, and as an easy way to make sure we all wear some green on Saint Patrick's Day. We will also be making Scottie dog coin purses as our homage to Scotland.

The Craft Class will be making some Celtic weaving and pay tribute to our visit to Norway with some clay rune amulets.

Walking Club

So far this year, the Walking Club here at the Lodge has waked 37 miles. That is like walking the entire length of The Isle of Man, and then deciding to go 4 more miles!

Great job & walk on!

If it takes 6 monkeys 6 minutes to eat 6 bananas, how long does it take one monkey to eat one banana?



Iron Man of the Month: Andy Stone

“Always trying to do better, always trying to improve.” That’s a nice motto to live by. A lot of people aim for that and Andy Stone, our Iron Man of the Month from the Lodge is a fine example of someone always trying to do better.

Andy has been telling himself that exercise is good for him and he keeps showing up to class despite some difficult or complicated circumstances. It is always great to have him in the exercise classes because he is such a great supporter.

Andy was born in Washington D.C. and was the youngest of seven children. He moved from the east coast to the west because he father became the commanding officer for the military base at the Presidio in San Francisco.

While growing up, Andy

was sick often, though when healthy he played baseball and basketball. If asked he’ll say “I only made the team because I was able to throw from 3rd base to 1st base, I had a pretty good arm for a kid.”

The Stone family was military oriented. Andy’s 3 older brothers followed in their father’s footsteps and entered into the service as well, starting at West Point. One brother made it to the rank of 4 Star General and the other 2 were

Colonels). Wanting to keep in the family tradition, Andy tried to go to West Point too. There were two parts of the exam, written and physical. Andy passed the written

with flying colors but failed the physical, so he then enlisted. Andy served as an infantryman and proud of his service. If you ask, he can tell you a lot of

stories about the Battle of the Bulge.

After the war, Andy returned to California and continued his schooling by attending the University of California at Berkeley. After graduation, he started working for Wells Fargo, where he stayed for 30 years.

Andy exercises to keep improving. He has had his right hip replaced twice and went through extensive physical therapy. He always tells me how important rehabilitation and exercise is again and again. He always gains inspiration from the woman in his life, Maggie. He always wants to keep up with her when walking and performing the exercises, and he does! (Exercise classes and personal training help.) Your reasons may be different from Andy’s but we should all strive to improve ourselves, just like Andy does.

Congratulations Andy on being a great inspiration!



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!**