

# AEC LIVING

A tradition of caring for seniors since 1971

Waters Edge Lodge • Elders Inn on Webster • AES Therapy & Fitness • AEC Home Care

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## Specialty Class: Fast-Twitch

April will begin AES Therapy & Fitness's newest specialty class, Fast-Twitch.

This 7 session class, offered at Waters Edge Lodge through the AES partnership with Alameda Recreation and Park Department (and Mastick Senior Center), begins April 2nd and runs every Monday through May 14th.

### What is the Fast-Twitch class about? Muscle control.

As we age, response time and fitness of "fast-twitch" muscle fibers deteriorates. These muscles help you react quickly to changes in the environment which can help you prevent falls and respond in a timely manner to outside stimuli (like other vehicles when driving).

By Alysa Stanford

This class will train those "fast-twitch" muscle fibers and quick reflexes to keep you as independent as possible for as long as possible.

If you are interested in signing up for this 7-session class, please let the Receptionist or Concierge know and they will be happy to register you for the class. The cost of this class is \$43 for the entire run.

## Best of Alameda

Every year, Alameda Magazine runs the Best of Alameda Contest, where Alameda residents are invited to vote for their favorite companies and organizations. This year, Waters Edge Lodge and AEC Home Care have both been nominated!

The Lodge was nominated for Best Senior Living, and AEC Home Care was nominated for Best Home Care for Seniors.

If you'd like to vote for your favorite Alameda business, visit the Alameda Magazine

**It's the Best Of Times**

You've selected the nominees for the **Best Of Alameda.** Now we choose the winners

Voting ends **March 10**

website. The Administrator, Associate Administrator, Concierge, Activities Staff, and/or Reception Staff are happy to help you.

**Voting closes March 10th!**

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AEC  
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## Daylight Savings Time Starts

Remember! Daylight Savings Time starts on Sunday, March 11th!

That means, before you go to bed on Saturday, March 10th you need to set your clocks ahead 1 hour!



# AEC LIVING

## STAFF SPOTLIGHT

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### Birthdays

#### February

- 2/3 - Jessica C
- 2/3 - Sarah V
- 2/5 - Doug A
- 2/9 - Niko D
- 2/17 - Deepa K
- 2/18 - Katherina A



- 2/19 - Mrinalini S
- 2/21 - Jean O
- 2/24 - Mariah G
- 2/25 - Barbara C
- 2/26 - Norma A

#### March

- 3/2 - Jan L
- 3/2 - Cora R
- 3/3 - Victoria B
- 3/5 - Carmen V
- 3/6 - Baby S
- 3/10 - Ambar L
- 3/11 - Roseline M
- 3/13 - Bernadette A
- 3/13 - Roger C
- 3/13 - Darnelle Z
- 3/15 - Martha M
- 3/17 - Gary D
- 3/21 - Renee S
- 3/29 - Alonzo J
- 3/30 - Jenna V



### 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 celebrated their anniversary in **February!**

#### 1 Year

- Bernadette A, Elders
- Victoria B, Lodge
- Roger C, Lodge
- Katie T, Lodge
- Jason V, Lodge
- Ben V, Lodge

#### 2 Years

- Julia W, Elders

#### 3 Years

- Katherina A, Elders

#### 4 Years

- Irma T, Lodge

#### 5 Years

- Kelsey H, Elders

#### 8 Years

- Gary D, Lodge



Here are those who are celebrating in **March!**

#### 1 Year

- Michaela F, Lodge
- Jan L, Lodge

#### 2 Years

- Bora B, Elders
- Emelita O, Elders

#### 6 Years

- Dalton B, Elders

#### 11 Years

- David B, Lodge

#### 15 Years

- Jane C, Elders

### Who's New

You might be seeing some new faces around, the following people joined the AEC Team in January and February.

#### At AEC Living

- Jordan H-W, Community Living Specialist

#### At AEC Home Care

- Shola H, Caregiver

#### At Elders Inn

- Abigail R, Reception
- Gilbert T, Prep-Cook

#### At The Lodge

- Barbara D-D, Cook
- Janet H, Reception
- Laura R, PCA
- Michelle A, Waitstaff
- Jessica G, Waitstaff
- RJ J, Waitstaff
- Alicia M, Waitstaff
- Lily R, Waitstaff
- Yuri S, Waitstaff

### 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:

**Henry K** moved to the Lodge last September. Henry is an avid dancer and is always ready to teach you a few steps. He also speaks multiple languages, including German which you can hear him practice with Jan, the weekend Concierge.

**Susana A** is a medication nurse at Elders Inn. She's been with AEC Living for just about a year (coming up in April). Susana got her nursing degree in New York, before coming back to California.

**David B** is the acting Administrator at Waters Edge Lodge. He's been with AEC Living since 2007 and worked in both activities and admissions before moving to administration.

#### Where were you born?

Henry K. - San Francisco, CA was the lucky place to host my birth.

Susana A. - I was born in San Francisco, CA where I spent the majority of my life until my teenage years.

David B. - I'm an Alameda baby; born right here at Alameda Hospital.

#### What would you do if you won the lottery?

Henry K. - I'd be very happy, beyond that, I don't know

what I'd do if I won the lottery.

Susana A. - If I won the lottery (and if it was possible) I'd move to Mars.

David B. - Winning the lottery would allow me to work on changing people's lives through selfless acts of giving.

#### Where is your favorite spot in the building?

Henry K. - I enjoy sitting in the sunshine in the garden, working on my winter tan.

Susana A. - My favorite spot in the building is the sunny hallways located on the second floor; I just love enjoying the beautiful sunlight coming through the windows.

David B. - I continued on 7

### Open House at Waters Edge Lodge

Lodge residents and the greater community had a fun, educational and delicious time at the Waters Edge Lodge Open House on Saturday, February 24th. The Open House celebrated a year and a half of renovations to the building, and the addition of many new services and amenities.

Residents and guests alike were invited to view newly renovated spaces like the

spa, the massage room, and the theater, then try a mini version of specialty classes like "Train Your Brain" or "Laughter Yoga" by AES Therapy & Fitness.

Entertainment was provided in the newly redecorated living room by Jan Nichols-Franz and the perennial favorite, Christopher Nguyen.

The morning ended with celebrity chef, Nikki Shaw, known for her work with the

By Allison Rodman  
American Heart Association, giving an excellent presentation on eating heart healthy. At the end of the presentation audience members rolled their sleeves up and joined Chef Nikki as they made "two-berry yogurt parfaits" together.



# AEC LIVING

## NEWS FROM ELDERS INN

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### Calendar Highlights

- Sunday, March 4th at 3:30 join Jimmy Kimmel and the Academy of Motion Picture Arts and Sciences in celebrating the 2018 Oscars.
- Monday, March 5th at 10:00, learn about Alameda with a Hornet Presentation by Chuck Meyers
- Friday, March 16th (weather permitting) interested residents are invited on a brown bag picnic at Crab Cove.
- Wednesday, March 21st at 9:45 participate in our very own Poetry Reading.
- Saturday, March 24th invite your friends and family to join us on an Easter Egg Hunt in our very own courtyards.
- Thursday, March 29th let's celebrate Baseball's Opening Day.



### Basketball

Last month we celebrated the Super Bowl and this month we move on to Basketball!

First, join us as we root on the Warriors during this year's basketball season. We will have the games on the big



screen in the Buena Vista Lounge every night the Warriors game is televised.

Games are scheduled to play at 7:30pm on:

- Tuesday, March 6
- Thursday, March 8
- Wednesday, March 14

- Friday, March 16
- Friday, March 23
- Tuesday, March 27



Next, Selection Sunday, when the NCAA Division I Men's Basketball Committee reveals which 68 teams have made the field for this year's College Basketball Championships, will take place on March 11th.

Don't forget to come to the Resident Council! It's on the first Saturday of the month.

### World Tour

This month our World Tour takes us to Ireland, and we've put a couple of fun experiences on the calendar to help us explore the Emerald Isle.

- 3/7 - Shamrock Triple Trivia
- 3/12 - Luck of the Irish Arts & Crafts
- 3/15 - Irish Luncheon
- 3/17 - Shamrock Search
- 3/23 - Lunch Outing to McGee's Irish Pub

# AEC LIVING

## NEWS FROM ELDERS INN

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### Sing-Along with Us

Last month we enjoyed a blast from the past as residents and staff participated enthusiastically in a sing-along honoring the musical talents of Carole King.

Carole King is widely known for her 1973 breakout album Tapestry. What people may not be familiar with is that along with her (ex) husband, Gerry Goffin, she wrote songs like the Loco-Motion, Take Good Care of my Baby (sung by Bobby Vee), Chains (sung by the Beatles), Go away Little Girl (sung by Steve Lawrence), and Up on the Roof (made famous by the

Drifters). It was rollicking good time and fun was had by all who participated.

In fact, the sing-along was such a success we've decided to have another!



Join us this month on Monday, March 26th for a Diana Ross Sing-Along.

Is there someone else whose music you love and would like to sing-along with their greatest hits? Let Kelsey or Nancy know!

### Super Sunday

Elders Inn residents gathered in the family room for the Super Bowl Sunday Eagles Vs Patriots. They enjoyed eating ice cream while rooting for their favorite quarter back. Many residents were rooting for Patriot's quarterback Tom Brady and the staff were rooting for Eagles' quarterback Nick Foles to take home the win. Eagles were ahead of the game until the third quarter when the Patriots scored a touch down and was ahead of the game. Finally, at the end of 4th quarter the Eagles took home the Super Bowl 2018!



### Lunar New Year Dinner

The Lunar New Year Dinner was sensational. The residents were truly impressed with our festive decorations to set the tone of the Lunar New Year. Crisp red tablecloths adorned the tables with centerpieces



inspired by Chinese art.

Hand-painted, numbered table cards added zing to help residents get to their assigned tables for the event. Barbara our in house chef did her magic with dinner. The residents and their families could not stop

talking about how delicious everything was. They kept asking if all the food came from our next door Chinese restaurant, East Ocean. To top off the event, we had an encore performance of Zither music. Our residents and families loved them so much from last year, we invited them back. The performers said they would be honored to play at Elders Inn! Till next year. Happy New Year blessings.

# AEC LIVING

## NEWS FROM THE LODGE

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### Oscar Viewing

Join us on Sunday, March 4th as we take in the majesty of the 90th Oscars ceremony!

All residents and their guests are invited to enjoy the show in the comfort and luxury of our new theater. And unlike those poor Hollywood stars who will be at the historic

Dolby Theater in Los Angeles, our guests will be treated to snacks and comfy seats!

With our new, 82-inch screen, the action will practically be life sized, so come enjoy the show!



### An Egg-cellent Tradition



We hope everyone's planning on hopping on down for our 8th Annual Easter Egg Hunt!

This year the hunt will fall on Sunday, March 25th and will start at 2:00 pm.

All residents, resident families, staff, and friends are invited to attend. If you'd like additional invitations to send to your friends and family please stop by the front desk and speak with Either Michaela or Jan!

### Lunch Outings

To sign-up or see the menu for any of the restaurants, please see either Michaela of Jan at the Front Desk

3/3 Horatio's

3/9 Speisekammer

3/16 Slainte Irish Pub

3/23 La Penca Azul

3/30 Pier 29 Seafood

Escorted trip -

Slainte Irish Pub (3/16)

Walking trip -

La Penca Azul (3/23)

Don't forget to come to the Resident Council!

It is on the first Saturday of the month.

### A Taste of Ireland

Don't forget to join us in the Explorers' Lounge on Mondays as we indulge in a taste of the Emerald Isle.

Every Monday at 2:00pm

we will be tasting something special from Ireland. This month we will be enjoying a taste of: Dublin, Kerry, Galway, and Derry.

### New Theater, Soft Opening

Now showing...The New England Patriots vs. the Philadelphia Eagles!

For Super Bowl Sunday, The Lodge hosted a soft opening of the newly renovated Movie Theater. We are excited to complete a few finishing touches on the room in order to host a grand

opening event in the spring.

Featuring luxurious theater seating, freshly popped popcorn, surround sound,



and an 82 inch screen, the new theater will not only be used for movie viewings, but will also serve as a lecture and special activity room!

### Movie Marathon

Who is your favorite Oscar winning actor or actress?



What is your favorite Oscar winning movie?

In honor of the Oscars

this month, on Sunday, March 18th we will be hosting a marathon of Oscar winning movies.

Drop in to our theater and enjoy popcorn and surprises as we watch a series of Oscar winning performances from over the last 90 years!

### New Courses

You asked for it, and now it's coming! New Great Courses are on their way. Keep an eye on the calendar to see what new offerings will appear over the next few months!

### Technology Tutoring

Would you like to learn more about your new smart phone? Or maybe better understand how to use websites like Facebook?

Come to the Cafe on Wednesdays at 3:00 and meet with Leo who is happy to share his knowledge.

### Inquiring Minds *continued*

I love the living room at the Lodge, it has great light and the new furniture is super comfortable.

#### What were you like as a teenager?

Henry K. - I decided, when I was 11 years old, that I wanted to be a chemist. So, by the time I was a teenager, I was deep into studying and reading about chemistry; college was foremost on my mind.

I went on to attend and graduate, with honors, from Cal State Berkeley.

Susana A. - As a teenager I loved reading and doing my make-up, even though my make-up skills were horrible.

David B. - Teenage me was really into sports and that consumed my life. I liked music too, and (of course) was focused on finishing high school.

# AEC LIVING

## NEWS FROM AES THERAPY

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### Interns at AES

Over the past few months you may have noticed some new and changing faces at your exercise classes or when you visit the AES gym and therapy spaces. That is because AES has a Community Partnership Agreement with Cal State East Bay and receives interns each quarter to enrich the Wellness Programs at both Elders Inn and the Lodge.

As part of working toward their degree at Cal State East Bay, interns help gather materials for classes, assist

with therapy and personal training sessions, present health topics, and provide extra eyes and ears in the community to make sure AES clients are getting the services they need.

Our current roster includes:

- Crystal
- Jason

By Alysa Stanford

- Jazmin
- Kendall
- Rianne

They are with us until March 15th. In Spring we will have 9 new faces joining us. Feel free to stop anyone with an intern name tag to ask questions about health and fitness.

### New Massage Space

Our new massage room is up and running at the Lodge! Guests, visitors, and Lodge residents who came to the open house on February 24th were among the first to get to see the new space and now you can too!

Come enjoy a quiet, relaxing massage in the style of Swedish, Trigger Point, Myofascial Release, or Pin and Stretch.

Appointments available Monday through Friday, please call us!

**510-748-0158**

### Partnering with Mastick

AES is continuing its relationship with Mastick Senior Center and ARPD into the summer months. Look forward to seeing new faces and new classes at both Elders Inn and the Lodge.



### Staffing Scoop

Sasha S, the Physical Therapist many of you have been working with, is relocating to Southern California. Look out for a new physical therapist in our clinics in the next couple of weeks. We've enjoyed Sasha's many years of experience and bedside manner while she's been with us at AES.

Angela P, our fabulous group exercise instructor and masseuse, is studying for her

AFAA/NASM Group Exercise Instructor exam and is excited about the new things she is learning to add to our class offerings.

Jenna V, is studying for her ACSM Certified Personal Trainer exam. AES staff is diligent about continuing education to provide our clients/patients with the latest research in exercise interventions.

**“I am still learning.”**

-Michelangelo, age 87



### World Tour: Ireland

- Irish, or Irish Gaelic is the country's first official language, however the second official language (English) is more commonly spoken.
- At the Olympics, boxing is Ireland's most successful sport.
- The entire country of Ireland is only slightly larger than the state of West Virginia.
- In 1894, John Joly of County Offaly found a way to produce color photographs from a single plate.
- An Irish man, Vincent Barry, accidentally found the cure for leprosy while attempting to cure tuberculosis.
- Guinness has been around since the 18th century, Arthur Guinness was so confident in the success of his profit, that in 1759 he signed a 9,000 year lease with Saint James's Gate Brewery! (Now that's some level of confidence).

### Happy Birthday Dr. Seuss

A Test! A test! Would you, could you, take this test?

Try it! Try it! Do your best!

- All the long way to school and all the way back, I've looked and I've looked and I've kept careful track, but all that I've noticed except my own \_\_\_\_\_ was a horse and a wagon on Mulberry Street.
- The sun did not shine. It was too wet to \_\_\_\_\_, so we sat in the house all that cold, cold, wet day.
- I do not like green eggs and ham. I do not like them \_\_\_\_\_.
- Don't give up. I believe in you all. A person's a person no matter how \_\_\_\_\_.
- Did you ever fly a kite in bed? Did you ever walk with ten \_\_\_\_\_ on your head?
- I meant when I said, and I said what I meant. An \_\_\_\_\_ faithful, one hundred percent.
- From there to here, from here to there, \_\_\_\_\_ things are everywhere.
- Think left and think right and think low and think high. Oh, the things you can \_\_\_\_\_ up if only you try!



### Last Month's Answers:

Four couples met at Mark's place for New Year's eve and announced their resolutions for the New Year, vowing that this year, they would do them. To help them with this goal, each made their resolution a specific, achievable goal, rather than the ethereal "I'll do more" kind of resolution. Determine the full name of each couple and the New Year's resolution each couple announced.

#### Answers!

Greg Diamond is married to Carol and they resolve to buy a new home.

Mark Club and his wife Paula promise to exercise twice a week.

Sam and Martha Spade hope to lose 30 pounds

Sarah Heart and her husband Tom are going to take the kids camping.

# AEC LIVING

## 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 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.

**Waters Edge 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**  
1516 Oak Street, Suite 100  
Alameda CA 94501  
510 748 9700