

AEC Living

A tradition of caring for seniors

The Lodge on Harbor Bay • Elders Inn on Webster • AES Therapy & Fitness

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Fool Me Once

There are a number of theories concerning the origin of April Fools' Day, harking back to various ancient traditions of foolery and trickery. In ancient Rome, during the winter festival of Saturnalia, slaves were allowed to pretend to switch places with their masters, and a mock king, the Saturnalicus Princeps (lord of Misrule), would reign for a day. Norther Europeans observed an ancient festival to honor Lud, a Celtic god of humor. In medieval Europe, professional



“fools” were quite prominent, and they are still known today for their distinctive dress: multicolored robe, horned hat, and scepter. The fools even had their own celebration, known as Festus Fatuorum, or “Feast of Fools”. Celebrants of this feast elected a mock pope and parodied church rituals, at least until the celebration was suppressed in the sixteenth century. Another popular theory for the origin of April Fools' Day

involves the calendar reform established by the Council of Trent in 1563. With the new, Gregorian calendar, New Year celebrations were moved from late March to the beginning of January. Those steadfast souls that refused to accept the new order and continued to celebrate the New Year on April 1st, naturally became victims of numerous jokes. In one example, pranksters would stick paper fish on their backs, from whence came the epithet Poisson d'Avril, or “April Fish”.

While the precise origins of our favorite celebration of trickery may be unclear, the immense popularity continued on 5

By Kryspin Turczynski

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Lifelong Learning

By Merryn Oliveira

I'm sure that you have heard the saying “you can't teach an old dog new tricks” - but don't believe it for a second. For most of human history people have believed that as you age you lose the ability to learn and be creative. New research shows that this is not true. Your ability to learn new ideas, hobbies, or information continues throughout your

whole life, it's called brain plasticity. The brain can change as it learns new information throughout our lives, not just as children.

We often say that children are like sponges that soak up knowledge and information quickly, however, the brain doesn't stop soaking continued on 4

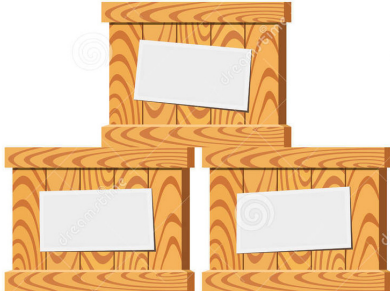


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EXERCISE YOUR MIND

Brain Benders



There are three boxes. One is labeled “APPLES” another is labeled “ORANGES” and the third is labeled “APPLES & ORANGES”. You know that each is labeled incorrectly. You may draw one item, from only one box. How can you label the boxes correctly?

The square below has eleven letters missing, and you have to replace them all.

Every row, column, AND the main diagonals contain all the letters in the word BRAVE.

Can you fill in the letters?

B	R	A	V	E
	E	B	R	
		V		B
	B	R		
		E	B	

Mary’s mum has four children.

- The first child is called April.
- The second May.
- The third June.

What is the name of the fourth child?



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.

March Answers

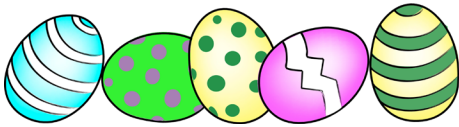
When was that? Can you identify the year in which the following famous events took place?

- March 1 - Charles Lindbergh’s 19-month old son is kidnapped from the family home in Hopewell, New Jersey. **1932**
- March 3 - President Hoover signs an act making the Star Spangled Banner the national anthem. **1931**
- March 12 - President Roosevelt broadcasts his first “Fireside Chat” radio address to the nation. **1933**
- March 13 - Pluto (the now former planet) is first identified from a photograph taken at Lowell Observatory in Flagstaff, Arizona. **1930**
- March 15 - Elizabeth Taylor and Richard Burton are married (for the first time) in Montreal, Canada. **1964**
- March 18 - The first major postal workers strike in the United States begins. **1970**
- March 21 - Dr. Martin Luther King, Jr. leads a civil rights march from Selma, Alabama, to Montgomery, the state capital. **1965**
- March 22 - President Truman orders all Federal employees to undergo loyalty investigations. **1947**

April Shines

The birds are chirping and the flowers are blooming, no doubt that spring is here. At its fullest.

April's name comes from the Latin name Aprilis, a verb meaning to open. It is the fourth month of the year and it contains thirty days.



Perhaps the most famous holiday that gets celebrated in April is Easter. Easter Sunday falls this year on April 5th. The word Easter is derived from Eostre, an ancient goddess; she symbolized the rebirth of life during the spring season. Now many celebrate Easter as a remembrance of the death rebirth of Christ.

By Judith Vera-Gutierrez

A few of the national holidays celebrated in April are: April Fools Day in April 1, Easter Sunday in April 5, Listening Awareness Month, National Garden Month, National Parkinson's Awareness Month, and Physical Wellness Month.

Fun facts about the month:

- The flower for the month is the Sweet Pea or the Daisy.
- The birthstone for the month is the diamond.
- The zodiac signs are Aries and Taurus.



Fun Facts:

- Coffee, one of the world's most popular beverages, was discovered in the Kaffa region of Ethiopia.
- The Capital of Morocco is Rabbat, while it's currency is the dirham.
- The Sahara Desert covers 80 percent of Algeria.
- The country was named "Nigeria" after the River Niger.
- Hydroelectricity is the largest contributor to Kenya's electricity supply.
- Kenya only has only two seasons, rainy and dry.
- The highest point in Zimbabwe is Mount Inyangani (2,592m).
- South Africa is the second largest exporter of fruit in the world.

World Tour: Africa

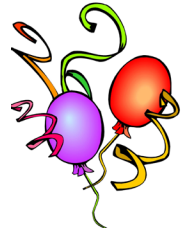
This month for our World Tour we travel to the largest continent, Africa. This region is known for its beauty, varied landscapes, and wild life. It is bordered by the Mediterranean Sea to the north, the Indian Ocean to the east, the South Atlantic Ocean to the south, and the North Atlantic Ocean to the north.

Here we get to explore a multitude of countries including Egypt, Ethiopia, Morocco, Algeria, Nigeria, Kenya, Zimbabwe, and South Africa. In fact, Africa consists of 54 countries and one "non-self governing territory", the Western Sahara. There are over 2,000 languages spoken on the continent, more than 25% of which are **only** spoken in Africa. The most popular languages include: Arabic, English, Swahili, French, Berber, Hausa, Portuguese, and Spanish.



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

Chris Lovelady, The Lodge

Two Years

Robert Wiemer, The Lodge

Five Years

Roseline Mlanga, Elders Inn

Eight Years

Concepcion Cortez, The Lodge
Marianne Cruz, Elders Inn

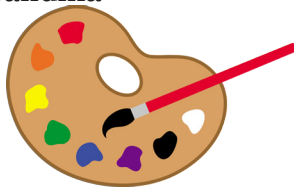
Thirteen Years

Saba Ghermay, The Lodge

Learning *continued from 1*

up information and ideas as we age, but it can take longer to learn something new.

The famous painter "Grandma Moses" didn't start painting until she was 76 years old, and continued to paint for



another 25 years. She embodied the spirit of the saying "There is no time like the present". You don't have to aspire to become a great painter. Think about something that you have been interested about for awhile.

From learning to paint, figuring out how to send and receive email, to learning a new language, It isn't too late to develop a new skill. A new hobby can add new purpose to your days and there is no limit to what a person can learn.

Changes at Elders Inn

By David Ballerini

In our continuing effort to provide the best care for our residents, this month Elders Inn is moving forward with using a preferred provider of pharmacy services, Omnicare. Omnicare is a pharmacy that specializes in servicing the needs of individuals who reside in assisted living communities like Elders Inn.

Working together with Omnicare, we have developed an exciting, efficient, and clinically advanced program designed to increase the level of care we offer. I ask for your cooperation as we implement this necessary and important

change. Omnicare steps beyond traditional pharmacy services to become an integral partner in healthcare management. Unlike our current system, where medications are only delivered on a rigid delivery schedule that sometimes requires emergency trips to the pharmacy, Omnicare keeps track of medication levels, will deliver refills (and even new prescriptions) multiple times a day, and automatically complies with the required standards for labeling, packaging, storing, and processing medications. Additionally, with all medications running

through a single pharmacy, there is the added benefit of using these uniform standards to help protect all residents from medication errors or accidental drug interactions. Omnicare Pharmacy provides the expertise in this area, and many others, to ensure that we continue to meet the increasing regulatory burden.

If you have any questions about this new system, that is starting at Elders Inn on April 6, please feel free to speak with myself (Dave Ballerini) or Denise Marshall, we will be more than happy to answer your questions.

An Introduction to Physical Therapy

Physical Therapists are health care professionals who treat people with medical problems, or other health-related conditions that limit their ability to move and perform functional activities in their daily lives, such as walking, getting up to standing, and balancing.

Physical Therapists must graduate from an accredited Physical Therapy program, successfully complete a series of internships, and pass a national licensure examination. Most Physical Therapists hold a Master's Degree, although many programs now award the Doctor of Physical Therapy (DPT)

degree.

All **Physical Therapy visits** are by appointment. Most people are seen for 30-60 minute visits three times per week until the presenting problems are resolved. During the first visit, the therapist administers evaluative tests to determine each individual's



specific problems and needs. The therapist then designs a treatment program specifically tailored for that individual. Physical Therapy treatment techniques promote

the ability to move, reduce pain, restore function, and prevent disability.

By Kathy Hanley, PT

Through the use of exercise and joint mobilization, Physical Therapy can strengthen weak muscles, loosen stiff joints, and improve the ability to move and function. An order from a physician for Physical Therapy is required to begin therapy. Most Physical Therapy is reimbursable through Medicare and other forms of insurance.

Modalities such as ultrasound, electrical stimulation, and light therapy, can also be used to help alleviate pain and thus enhance movement.

Ultrasound is literally a high frequency sound wave produced from a vibrating crystal inside a sound-head. The sound wave causes a vibrational heating of the soft

continued on 8

April Fools! *continued from 1*

of April Fools' Day is well established, and there have been some famous April Fools' hoaxes perpetuated on the masses. In 1976, British astronomer Patrick Moore



announced on BBC Radio 2 that a rare astronomical event would occur at 9:47 am. He claimed that at that precise moment, Pluto would pass behind Jupiter, temporarily decreasing the gravitational pull

here on Earth. That morning, BBC received hundreds of calls from listeners claiming to have felt the sensation. In 1992, NPR announced that Richard Nixon was running for President again with the slogan, "I didn't do anything wrong, and I won't do it again!". Listeners responded with shock and outrage before the host revealed the ruse. And in perhaps the most famous April Fools' prank in history, BBC News announced in 1957 that Switzerland was enjoying a record spaghetti crop. The announcement was

accompanied with footage of Swiss peasants pulling strands of spaghetti down from trees. Many people called the BBC wanting to know how they could grow their own spaghetti tree, to which the BBC diplomatically replied that they "should place a sprig of spaghetti in a tin of tomato sauce and hope for the best."



Resident of the Month: Marjorie Munn

Marjorie Munn was born in the little Texas town of Ennis. As an only child, she was quite a Daddy's Girl. Her father was a railroad engineer for South Pacific, but his love was farming. Marjorie inherited her father's passion for gardening so they always had a huge garden where they grew vegetables to be eaten or canned.

After graduating from High School in Ennis,

Marjorie spent two years at Texas Women's College. When she met her husband, Walter, he was in the marching band at Texas A & M.

When they married, Walter joined the oil industry and they lived in Wyoming, Oklahoma, and eventually Chicago.

Marjorie & Walter loved to cook but also enjoyed all the great restaurants of Chicago. She also loved taking road

trips and going camping. She was an avid Bridge player and crossword puzzle solver as well.

Marjorie and Walter grew their family with 2 wonderful children, 3 grandsons and 5 great grandchildren. In fact, they're the reason she moved from Chicago to Alameda!

When Marjorie is reading her newspaper in the hallway, she never fails to greet everyone with warm wishes or an uplifting compliment. Thank you, Marjorie, for being part of our community!



From the Activities Desk

Hello residents! April is filled with a variety of different activities. We have activities, events, and socials revolving around springtime, the World Tour, and the April holidays

April Fools Day is, as usual, on the 1st so be on the look out for any jokesters trying to pull a prank on you!



With Easter coming up on the 5th, we invite you beforehand, to help us weave some beautiful Easter baskets.

For our sports fan residents, opening night of Major League Baseball also happens on Easter.



If you prefer golf instead, join us for some friendly golfing on the April 15th in the Buena Vista Lounge, to honor the 7th Annual Golf Day!

April is also Parkinson's Awareness Month so we will be learning all about it and encourage you to come each week to a Parkinson's exercise class. Be sure check out the April calendar so that you don't miss a thing!



Don't forget to come to the Resident Council!

It's on the First Sunday of the Month.

Garden News!

Spring is officially here. So this month in the Garden Neighborhood we are learning some interesting facts about the flower for the month of April, the daisy. Did you know that the daisy symbolizes innocence and purity, and certain types of daisy's are known to have medicinal properties that can give relief from indigestion?



AEC Living

NEWS FROM THE LODGE

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Resident of the Month: Lee Eichelberg

Lee Eichelberg is a Renaissance Man. Born in Fresno, he grew up in East Oakland. His dad was a mechanical engineer who invented car and truck designs. His mother was a secretary and homemaker. Lee attended Burbank Elementary, Frick Middle School, and Fremont High School before going on to the University of California at Berkeley, and majoring in civil engineering. Lee joined the Navy in WWII, became a electronics technician and instructor for basic mathematics.

After the war, Lee began working for the city of Alameda, and kept at it for 29

years, ascending the ladder to become an Assistant City Engineer in Public Works. Lee was the project engineer for Harbor Bay development for 11 years, and then began working for Union City. Lee also served, for 35 years, on the Board of Directors for the Altarena Playhouse where he contributed to improvements and modernization of their sound systems and electrical equipment.

Lee is a Professor of Jujitsu, he is a 10th degree black belt in Kodokan Jujitsu and a 9th degree black belt in Small Circle Jujitsu. An inductee into the Black Belt Hall of

Fame, Lee still teaches Jujitsu in Alameda. Lee has also taught folk and exhibition dancing.



Last but not least and most certainly dearest to his heart, is Lee's marriage to his dear wife Donna Jean Casey whom he met folk dancing and married in 1952. They had four children Dennis, Marilyn, Susan, and Peter and nine grandchildren! His wife passed away in 2012, just short of 60 years of marriage. One of our best kept secrets of accomplishment, please give Lee a big hello when you see him in the halls.

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 to Ensarro (for Ethiopian) on Friday, April 3rd, and then to Abigail's Moroccan Cuisine on Friday, April 17th.

On, Friday, April 10th a member of the activities team will join the fun on an outing to Suya African-Caribbean Grill.

News & Notes from Activities

In honor of our world tour we'll be working on different crafts that represent the places in that our word tour covers. Our craft class will be making clay scarab beetle pendants to represent Egypt and basket-weave wall hangings to represent South Africa; while our sewing class will be making hand embroidered tapestries to as homage to Morocco. Each of these countries has a style rich in bright colors and brilliant patterns and a type of uniqueness that we've grown to expect from Africa.

Then, on April 24th we will be having an Arbor Day social

where we plant the Kumquat tree we got for the Chinese New Year. According to tradition, the Kumquat represents wealth and luck, so here's hoping that by planting ours we all get a little more of both wealth and luck in our lives!



Walking Club

So far this year, the Walking Club here at the Lodge has waked 57 miles. That is like walking North to South across Rwanda!

Physical Therapy *continued from 5*

tissues, such as muscles, tendons, ligaments, and fascia. Ultrasound causes a much deeper heating than hot packs or heating pads and so promotes blood flow and healing in the deeper soft tissues like muscles and tendons close to the bone.

Moist Hot Packs are packs containing a gelatinous material that absorbs the hot water that the packs soak in. When placed on a patient, this moist heat is transferred to the patient. Hot packs are primarily used for muscle relaxation and pain relief and are a more superficial



form of heat. Heat causes the blood vessels to dilate so hot packs are also used to promote healing by increasing circulation to an area.

Cold Packs use cold to decrease pain and muscle spasms, and to treat acute injuries such as sprains and strains. Cold tends to cause the blood vessels to constrict and therefore is often used to decrease swelling after an injury.

H Wave is a form of electrical stimulation used to decrease pain and muscle spasm, increase blood flow, increase

range of motion, and train muscles. H Wave is often used in conjunction with hot or cold packs.

Light Therapy uses infrared light to decrease pain and muscle spasm and to increase blood flow. Because of its ability to increase local blood flow, light therapy is often used to promote healing in wounds such as decubitus ulcers.

Paraffin Bath is a hot wax used primarily for arthritic and/or painful hands.

If you feel you could benefit from Physical Therapy, or to schedule a free screening, please talk with Wilson or Matthew from AES Therapy & Fitness.

A Year in Review

It has been a year since I started working at The Lodge and I just wanted to let everyone know that they are doing a wonderful job staying active. I am impressed by the participation for the exercise classes, the attendance has been consistent with personal training, and a few more of you have been interested in the walking group. From the start, I have been able to interact and enjoy my time working here and it is always fun to talk and work with you all. Let's make it another fun year by staying active

I want to thank you all for coming to the exercise classes. Your attendance is making me look good! Every time I walk in the building to start my shift, the class is already filled up (I hope you are not racing to the class)! Seeing a full class brings me a sense of accomplishment that you all have an interest in staying active and being healthy and you do so by exercising with me. I also enjoy the support you all give one another. Not only do you make the effort to stay healthy for yourself, you encourage others and that is

By Matthew Hernandez

going to create an ongoing cycle of being healthy.

You all continue to show me ways that residents are taking steps into becoming more active and healthier. With the consistency of attendance for personal training and the more and more residents I see walking. Whether they walk outdoors, up and down the hallways, or even with the walking club, it is great to see residents getting some exercise. Thank you for making my first year so amazing, and keep up the good work!