

AEC Living

A tradition of caring for seniors

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

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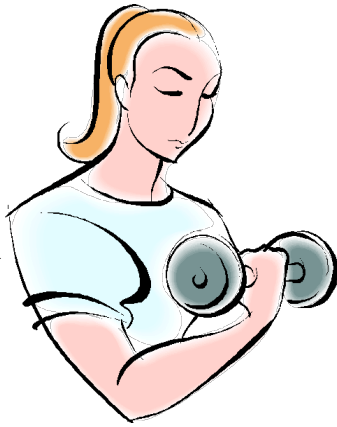
June & July | 2015

Feel Healthier by Growing Stronger

By Matthew Hernandez

We've heard it a dozen of times that exercise is good for you. We hear that it is good for our heart, our bodies and over all our well being. We've heard all the benefits from walking and stretching, but what I want to talk

about is the benefits of strength training. Strength training is a type of exercise using resistance to challenge your body. As you challenge your body with a certain amount of resistance, your muscles adapt to the stress you put on them so they will



become stronger as you progress with exercise. The purpose of strength training is to become stronger. Performing physical tasks are easier when you are stronger such as getting out of a chair, reaching for something on the top shelf, carrying

a bag of groceries etc. That is not the only benefit from strength training, there are many more benefits associated with strength training such as reducing the symptoms of arthritis, diabetes, osteoporosis, obesity, back pain and

depression. Strength training is just another form of exercise to improve our well being and allowing us to become the best possible version of ourselves.

According to a study done by Tufts University, results showed that a 16 week strength training done by men and women with knee osteoarthritis felt reduced pain, increased muscle strength and general physical performance. It is stated that strength training is just as effective in easing the pain of osteoarthritis as taking medication. Strengthening your legs is vital to improving flexibility and balance, which can reduce

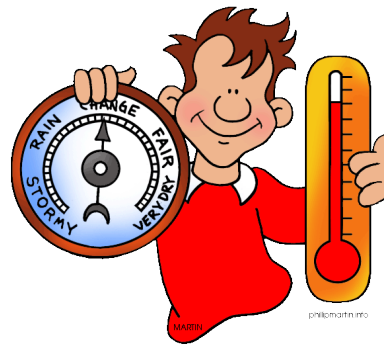
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How Hot Weather Affects You

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.



It has made me wonder, 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 fold 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

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EXERCISE YOUR MIND

Brain Benders

In honor of July's most popular national holiday, let's play with some Independence related trivia.

- "The pursuit of happiness" was not originally in the Declaration of Independence. Thomas Jefferson changed the wording from "the pursuit of xxx". Can you guess?
- Only two men actually signed the Declaration on the 4th of July, can you name them?
- The Star Spangled Banner was written in 1814 but it wasn't officially made the national anthem until what year?
- Due to the cracks in it, the Liberty Bell has not been rung since 1846. However, every 4th of July it is ceremonially "tapped". Can you guess how many times it is tapped every year?
- Why were the stars on the original American flag in a circle?
- The 4th of July was declared a Federal Holiday when?
- What country gained full independence from the United States on July 4, 1946?
- Which two former presidents died on July 4, 1826?
- Why was the Liberty Bell rung on July 8, 1776?
- Thomas McKean was the last to sign the Declaration. When did he sign in?



May Answers

May 27th marks the anniversary of the Golden Gate Bridge. Can you answer our Golden Gate Trivia by connecting the correct number to each statement?

The bridge is more than 75 years old.

More than 112,000 cars use the bridge every day.

The original coat of paint lasted 27 years.

The bridge was designed to handle winds of up to 100 mph.

The bridge is 220 feet above the water.

MOUTH

BASS

NEGATIVE
NEGATIVE

IT



TERquietLUDE

RECK
-DRIVING

G
R
A
D
E

Big Mouth Bass / Double Negative / Hand It Over / Quite Interlude / Reckless Driving / Downgrade

Fun Facts About July! By Judith Vera-Gutierrez

July gets its name after Roman general, Julius Caesar. It is the seventh month of the year in the Julian and Gregorian calendars. It is one of the seven months to have 31 days. July is one of the warmest months out of the whole year in the Northern hemisphere.

One very special holiday that all Americans celebrate in July is Fourth of July, America's Independence Day. On July 4, 1776, the U.S. Declared independence from Great Britain. Some ways of celebrating this holiday is usually done by having barbecues, picnics, parades, and fireworks shows.



Some other holidays celebrated in July are: Family Reunion Month, National Grilling Month, Celebrating Patriotism Month, and National Picnic Month, just to name a couple.

Did you know?

July's birthstone is Ruby

July's official flower is Larkspur

And the Zodiac sign is Cancer.

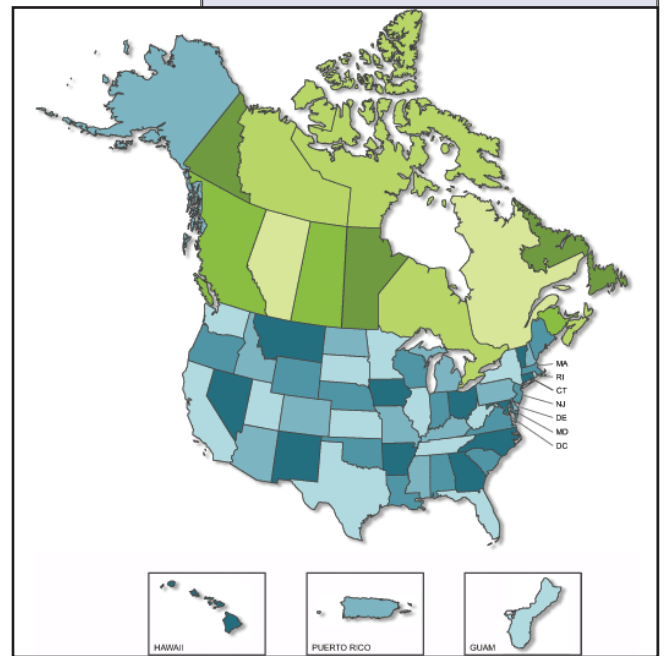
Fun Facts:

- English is the most commonly spoken language in the US, followed by Spanish.
- The statue of liberty was a gift from France in 1884.
- The name Canada comes from the word "kanata" which means "settlement" or "village" in the language of the indigenous St. Lawrence Iroquoians.
- Canada has over 30,000 lakes.
- The most popular sport in Canada is Ice Hockey.
- There are currently 566 federally recognized Native American tribes in the United States.
- There are about 150 Native American languages in Canada and the United States.

World Tour: North America

This month in the world tour we'll be visiting North America. North America is bordered by the Arctic Ocean to the North, the Atlantic Ocean to the east, the country of Columbia to the South, and by the Pacific Ocean to the West. It includes the United States, Canada, and Native American cultures. Don't let your familiarity with the your home fool you, we've got a little taste of everything in our very own back yard!

The United States is one of the most culturally and religiously diverse places in the world today. We've got a beautifully eclectic mix and we take this month to explore that diversity. So in honor of July we'll be taking a look at North America and it's cultures and traditions, everything from apple pie- baseball.



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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

Matthew Bishop, The Lodge
Alex Noble, The Lodge
Kristina Orozco, The Lodge
Judy Rathod, The Lodge

Two Years

Kory Castle, The Lodge

Three Years

Sharmaine Caoile, The Lodge

Rona Tolentino, Elders Inn

Judith Vera-Gutierrez, Elders Inn

Five Years

Cheryl Champ, AEC Living
Mariah Geronimo, The Lodge

Nine Years

Maria Rangel, The Lodge

Ten Years

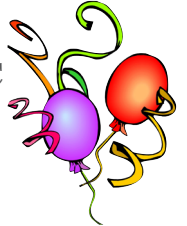
Alicia Elphick, AEC Living

Eleven Years

Arsenia Estonilo, Elders Inn

Thirty Six Years!!!

Darnelle Zimmerman, AEC Living



Laughter is the Best Medicine

Did you know laughter is good medicine? Have you ever felt better after having a really good belly laugh? Research shows that having a good laugh causes your body to release hormones called endorphins that can improve your health. In the short term laughing brings extra oxygen to the body which can stimulate your brain, heart, and other organs. It can also help relive daily stress. The long term effects of laughter are



also significant. People who laugh more tend to have healthier immune systems, making it easier for them to fight off infection.

Laughter can also decrease pain and can even reduce muscle spasms. Some studies have even shown that laughter can help people manage mild depression. What is even more surprising is that

By Merryn Oliveira
the laughter doesn't have to be real in order to see the benefits of laughing. Fake laughing (such as when actors laugh during a scene) provides the same benefits as real laughing. Laughter Yoga and Laugh Clubs are becoming more popular as people realize the benefits of laughing. Find your favorite comic to look at daily, watch a sitcom that you find funny, or tell jokes to family and friends. Find what makes you laugh and practice laughing daily.

Weather *continued from 1*

sensitive to weather, changes in weather seem to affect them the most.

Temperature: Low temperatures may make circulatory conditions worse and may 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.



Are You Drinking Enough Water?

Do you ever wonder if you are drinking enough water? As we enjoy the summer months, it is important to make sure that we are drinking enough water. The minimum recommended daily intake of water for a healthy person is eight to ten eight-ounce glasses a

day. You need more if you exercise a lot or live in a hot climate. Your water intake should be spread throughout the day and into the evening. You may be thinking: If I drink this much, won't I constantly be running to the bathroom? Yes. But after a few weeks your bladder

By Laura VanHarn
tends to adjust and you urinate less frequently but in larger amounts. By consuming those eight to ten glasses of water throughout the day, you could be on your way to a healthier, leaner body. If you're not drinking that much, you could end up with excess body

Healthier and Stronger *continued from 1*

the chances and severity of falls. Strength training is also important for maintaining weight. Individuals who have more muscle mass have a higher metabolic rate. Having a higher metabolic rate means you are burning calories at a faster rate. According to the Center for Disease Control and Prevention, studies now show that strength training (when done consistently) have a great impact on helping older adults manage their diabetes. One of the biggest benefits strength training provides is a healthier state of mind. Strength training can help relieve depression as much as anti-depressants can. It is not known if people feel better when they are stronger or that strength training produces a biochemical change in the body but some agree that it is a combination of both.

Now that we understand the benefits of strength training, we now need to understand how much intensity is appropriate to prevent injury while progressing

to increased strength. It is very important to consistently keep up with strength training but making sure you perform your strength training exercises safely and correctly. Here are a few questions you could ask yourself to determine how much intensity and effort you need to get stronger. First, you can ask yourself (1) "Was I able to perform 10 repetitions with good form?" If you answered no then you should consider reducing the weight until you can perform 10 repetitions with good form. If you answered yes, you can then ask yourself (2) "Did I need to rest because the weight is too heavy to do more repetitions?" If you answered yes to the second question, you are working at a proper intensity. If you answered no to the second question, then you may want to consider using heavier weights the next time you perform the exercises. The key is to finding the right balance to challenge your body but not to exhaust yourself.

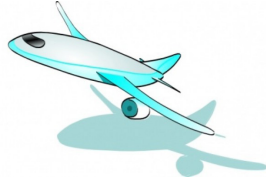
If a weight is too heavy to perform 10 repetitions, try reducing the weight. There are some exercises that are done without the use of weights. If performing 10 repetitions of each exercise is too easy, try increasing the amount of repetitions to maybe 12 to 15 (with good form).

Overall, there are many ways to exercise. Strength training is a form of exercise that challenges the body to improve overall strength and can help reduce the symptoms arthritis, diabetes, osteoporosis, obesity, back pain and depression. There are a few days that the group exercise classes use weights to strengthen the body. Come try the class out and test yourself if the weights you used are sufficient to help increase your strength. If you are interested in strengthening your body, come try a class out or speak with Matt or Wilson at AES Therapy & Fitness!

June Resident of the Month: Bill Schedler

Bill Schedler was born in San Francisco after his father, an engineer, moved from New York with his wife, to work in the Bay Area. Bill's mother was a loving housewife who devoted her time to raising Bill and his younger sister. Bill grew up in Berkeley and enjoyed playing in the many vacant lots throughout the neighborhood and the church basement, which lead to many adventures and was highly entertaining for him and his friends.

Bill graduated from Berkeley High, then went on to become a liberal arts student at College of the Pacific in Stockton. He



completed at the Oakland and Livermore airports. Bill was later recruited to the Navy as a pilot where he became an officer and served for over 30 years.

Bill met his wife Patty when she had taken a job on Treasure Island. After they married, Bill and Patty remained in California. Bill came to Elders Inn for some extra care while his wife is still holding down the fort, residing in their home. The couple enjoy going on dinner

dates and Bill enjoys her visits to Elders Inn.

The Activity Team has been seeing a lot more of Bill Schedler recently. Not only does he come down to the cafe to chat with us over a cup of coffee and join in on discussions during the circle of Elders, he is playing BINGO as well as dabbling in arts and craft.

Bill is a friendly guy who will always wish you a good morning on his way to pick up his newspaper. If you don't already know him, don't be shy to introduce yourself because he is always happy to meet someone new.

Enough Water *continued from 5*

fat, poor muscle tone, digestive complications, muscle soreness - even water-retention problems. The human body is composed of 25% solids and 75% water. Brain tissue is said to consist of 85% water.

It has become a practice to regard a "dry mouth" as a signal that the body needs water, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. A dry mouth is the last outward sign of extreme dehydration, however. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated.

Actually signals of dehydration can

be any of the following:

- Heartburn or stomach ache
- Non-infectious recurring or chronic pain
- Low back pain
- Headache
- Mental irritation and depression
- Water retention-ironic but true!

Further problems often develop when the sensation of thirst urges an intake of water, and instead, soda, coffee, or alcoholic beverages are consumed. While these beverages do contain water, they are actually dehydrating fluids. Not only do they eliminate the water contained in the, but they also cause you to lose further amounts of water from your body's reserves!

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 flower for the month of July: the Delphinium, also known as the Larkspur.

Did you know that there are more than 150 species of Larkspur flowers. They bloom in the colors ranging from violet to blue to white.

July Resident of the Month: Jack Nowak

Jack Nowak is July's Resident of the Month, for a number of great reasons! Jack has lived at Elders Inn for four years this July and is an ideal person for someone who hosts the activities here! He is on board for a variety of our daily activities. You can be sure he is participating in exercise class with Wilson each morning on the weekdays, followed by balloon volleyball or ball toss, etc. We can also learn a lot from Jack and get to know him better, each day at the Circle of Elders or on Sundays for Doughnuts & News. Jack also appreciates and enjoys our live entertainers that come to play music for us daily. He won't hesitate to request his favorite songs, which we all enjoy listening to as well!

Jack was born as Clarence

Nowak but as a young boy, easily adopted the name "Jack" that his friends gave him.

Jack grew up in a small town called Little Falls Minnesota, located in central Minnesota. The population was very small,



especially compared to here in Alameda, but that didn't stop him from having fun!

He, along with his eight siblings enjoyed spending hot days playing in the local creek.

As a teenager, Jack worked with his uncle in Detroit restoring various pieces of equipment, then at 17 he joined the Civilian Conservation Core (CCC). This was during the Great Depression and after spending 1.5 years in the CCC he decided

to take freight trains through the country, spending time in each state. To get by, he worked in the fields harvesting local crops and he also did boxing in local fight clubs. In 1939, Jack joined the Merchant Marines, working his way through the ranks, eventually retiring in 1982 as a chief engineer.

Jack has lead a very interesting and amazing life and enjoys sharing stories from his past. If you haven't met Jack yet, be sure to say hello, because after all, we can never have too many friends!

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.



Walking Club

Little is healthier than going outside for a stroll and getting some sunshine. Studies show that walking improves balance, strengthens bones, and keeps your heart healthy.

Check your activities calendar to see when your Walking Club meets, then **join the Walking Club and see how far you go!**

Resident of the Month: Peggy Centanni

Peggy was born in Santa Rosa. Her mom, Ester, was a WWI nurse and her dad, Clyde, was a pharmacist. Peggy has a younger sister named Dorothy who is 92. Peggy attended Fremont Grammar School, Santa Rosa J.H.S., and Santa Rosa H.S. Peggy went to Junior College for one year and finished her college degree in Physical Ed and Hygiene at San Francisco State. Peggy has two teaching credentials: one allowed her to teach anything in Junior High School or below while the other, in Physical Ed, allowed Peggy to teach all grades from grammar school up. After graduating from S.F. State Peggy got a job at San Jose Roosevelt Junior High School, which she taught for

15 years before moving on to Hoover Junior High School for 17 years.

At the end of World War II, Peggy had a apartment, a second hand car, and was ready for her sweetheart, Angelo Centanni, to return home from the war. They married a week after he got back. Angelo went back to school at San Jose State, graduated and then went to Stanford for his Master's and PhD in Architecture. Angelo became a professor of Architecture at San Jose State University. Both Peggy and Angelo continued working while they raised their two girls, Colette and Anne, in San Jose. After retirement, Peggy's favorite past times were weaving and volunteering at

O'Conner Hospital in San Jose.

Peggy said she met lots of lovely women during her 27 years of volunteering.



Peggy and Angelo were married for 63 years. After Angelo passed away, she did not enjoy living alone and decided to move closer to her daughter in Alameda. Peggy is an avid walker who walks every day and enjoys going to exercise every day. Please give Peggy a warm "Hello". She is a jewel at the Lodge. Who knows, she may even show you her beautiful place mats, bags, and shawls.

News & Notes from Activities

With the weather being nice and warm it's a perfect time to garden, and you may notice some changes in our center patio. We've been updating our gardens and will start planting a variety of drought resistant succulent plants. These require less water and will help with the new watering recommendations made by EBMUD. If you'd like to stop by and see what we're doing, we'd enjoy the company and you're more than welcome to help! With that being said, make sure to stay hydrated during the warm weather.

We would also like to remind all residents that might be interested in learning a new language, that we are still hosting Spanish Class every Tuesday, at 11:00AM. The class is focuses around conversational Spanish instead of traditional teaching methods. But don't think class is all work and no play; they get together and play educational games as well. So stop in and say Hola! to Martha our Spanish teacher.

Also, as I'm sure some of you have noticed that we've added a daily outing to our activity

calendar. Every day we visit either Safeway, CVS or the Library. If you start to feel a little cabin fever, just want a little company on your shopping trips, or would just like to stretch your legs and enjoy the sun, please join us.

Walking Club

So far this year, the Walking Club here at the Lodge has waked 113 miles. That is like

July Resident of the Month: Martha Bruce

Martha was born and raised in Munich Germany. Her father, Matthew Streitweiser, was a dairy farmer and her mother, Laura, raised the children and helped on the farm. Martha had one brother named Frank who was ten years older. They lived in the small town of Traustein. Elementary and middle school were combined in one building in Traustein, and for high school Martha had to travel to Munich.

Martha enjoyed socializing with friends, going to dances, bike rides, and hikes on the Alps. Martha's dad was an amazing painter, he enjoyed painting scenes of

their local town, the mountains & flowers. Martha's uncle had a top job as the King's Ludwig.

Martha enjoyed painting, ceramics, needlepoint knitting & sewing for many years. She was an avid reader of mysteries & suspense novels, the more excitement, the better. Martha at one time was a Lutheran sister and midwife, she's caught hundreds of babies!



Martha moved to Chicago in 1956, which is where she raised her family. Education was very important to both Martha, and not just for her children. Martha decided to go back to school for nursing and became a certified RN trauma nurse. Martha did that

for many rewarding years.

After the school year, her family were world travelers visiting many countries such as Barcelona Spain, Brussels Belgium and Jamaica. As the children grew up, Erica, Martha's daughter moved West to Berkley, CA and her son Robert moved to Louisville, KY.

Martha decided to check out the beautiful horse country of Kentucky and discovered the Bourbon trail. She lived in the area for 13 years with her grandson. The wild west was calling Martha's name and decided to be closer to Erica in California. She now enjoys the simpler life at The Lodge. Martha enjoys the sun getting vitamin D, fresh air and our various entertainers.

Don't forget to come to the Resident Council!

It is on the First Saturday of the month

Lunch Outings

This month the Lunch Bunch will be going out on their own to Jim's Coffee Shop on Friday, July 17th, and to McGee's Restaurant on Friday, July 31st.

The staff escorted lunch will be on Friday, July 24th as we visit 1400 Bar & Grill.

If you want to go, please meet in the lobby at 11:30 to catch the van.

Urquhart Memorial Band

July is here and so is our favorite band, The Urquhart Memorial Concert Band. They'll be playing for us on July 1st at 7 P.M. after dinner.

Did you know they are also called the Oakland Band, Oakland Community Band, and Oakland "Parks Band"? The band was formed in 1922 and serves the San Francisco Bay Area. The band not only plays for The Lodge & Elders Inn, but they do special events for the Coast Guard and other Bay Area institutions including Mastick

Senior Center.

They have quite a selection of instruments which include the woodwinds - flute, clarinet, oboe & bassoon, and the percussions- drums, mallets, brass trumpet, French horn, & trombone baritone tuba. The band has 25 members and occasionally have more players join them.

It's always a treat for them to perform at our home, so please keep our tradition alive & join us for some fabulous patriotic music and tunes on July 1st!

June's Iron Woman of the Month: Betty O'Neil

We always hear that we need to exercise. What we need to really need to focus on is the importance of exercise while knowing our physical limits. Some individuals, including myself, tend to push our limits and that may lead to injury. You have to have the right balance of intensity and safety and our Iron Woman of the Month, Betty O'Neil, has found that right balance. Betty has been attending the afternoon exercise class and understands the importance of intensity and form during exercise. Her positive attitude and friendly



demeanor always puts a smile on the faces of the residents in the exercise class.

Spending most of her life in Oakland, California, Betty walked to school every day. If that wasn't enough she was very active in high school playing for the softball, basketball, and badminton team.

After graduating from high school, Betty then went on to Business School. After completion she then got a job Kaiser Engineering where she also met Mr. O'Neil and had one daughter. On top of having her job and her daughter, she continued to stay active by

walking.

Betty is active here at the Lodge and had to undergo some physical therapy. With an understanding of her limitations, Betty continued to do as much exercise as she can to help maintain her mobility. After taking a break from the exercises, she could feel the difference exercise makes and that's why she continues to do it, making her believe the statement "use it or lose it". Thank you Betty for being so friendly and positive. Your attitude greatly influences us here at the Lodge, which is why we honor you as June's Iron Woman of the Month!

July's Iron Woman of the Month: Peggie Centanni

Taking charge of your health may be one of the most important things in your life if you want to stay independent. Knowing what you have to do what it takes to stay healthy and sticking to it is key for making a change in your life. Our Iron Woman off the Month, Peggie Centanni has been taking charge of her health for a very long time and it shows.

Born in Santa Rosa, California, Peggie was a star athlete at her high school. She earned her letters for tennis, basketball and swimming. Being very active she also went on to become a Physical Education teacher.

She went to Stanford and then taught in San Jose being on the San Jose State faculty. Her father was a pharmacist and her mother was a registered nurse. She also has a sister who currently lives in Madison, Wisconsin. I could assume health was a very important aspect in the family.

About a year ago, Peggie had a kidney infection and was feeling very ill. She told me she spent 5 weeks in the hospital and her logs got very weak. After she got out of the hospital, she made getting better a priority. She has been attending the exercise classes everyday except

for Thursday because she has to make sure she gets her hair done (which is also important!). On top of taking the classes, she also walks up and down the halls of the third floor to make sure she stays active. It is a pleasure to have Peggie in the classes. She always ensures everyone else has the appropriate weights before we begin and is also helpful for the other residents.

Keep up the great work

Peggie and that is why we honor you as our Iron Woman of the Month for July!

