

# AEC LIVING

A tradition of caring for seniors since 1971

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

Volume 47 | Issue 7

July | 2018

## A Brief History of the National Anthem

As we celebrate America's birthday this July, we will all be singing our National Anthem, "The Star Spangled Banner." Many Americans know that our National Anthem was penned by Francis Scott Key, but how many know that Key, an American lawyer, was in the process of negotiating the release of an American hostage held by the



British during the war of 1812 when he wrote it? Key won the hostage's release, but was not able to leave the British fleet where he had negotiating until the British had completed their attack on Baltimore. Key had to watch in horror as British bombs pummeled Ft. McHenry for more than 24 hours. Just before dawn on the morning of September 14, 1814, with British

rocket fire still tracing the sky, Key caught a glimpse of the huge American flag still waving above Ft. McHenry, took out his pen and began to write.

The flag that waved that morning, inspiring Key's song, was made by hand in Baltimore in July or August 1813 by a flag maker by the name of Mary Pickersgill. She was fulfilling a commission from Major George Armistead, the commander of Fort McHenry. Pickersgill's flag was a continued on 5

## Elders Village Talk: Naturopathic Medicine

Naturopathic Medicine is a distinct system of primary health care that emphasizes prevention and the self-

healing process through the use of natural therapies. Many people are turning into alternative medicines to help deal with pain and other common ailments.

Join us for our Elders Village Talk on Wednesday, July 18th from 1:00pm to 2:00pm, at Mastick Senior Center, as we will discuss Naturopathic

Medicine: Alternatives in Health.

Speakers will include Acupuncturist and Practitioner of Chinese Medicine, Tracy Zollinger, LAc, from Island Acupuncture in Alameda and Naturopathic, Dr. Stella Park, ND from Naturopathic and Intuitive Medicine in Oakland.

Both women are passionate about helping people feeling their best when it comes to their health.

To RSVP to this Elders Village Talk, please call 510-217-8527 or by e-mailing us at [EldersVillage@aecliving.com](mailto:EldersVillage@aecliving.com)

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### Inquiring Minds

In an effort to get to know one another better, every month we ask our residents, staff, family, and friends a couple of questions.

This month, we spoke with:

**Richard B** is a resident of Lodge. He came to Alameda from New Jersey and, conveniently for him, his brother only lives 4 blocks away from The Lodge.

**Vicky V** is a PCA at Elders Inn. She's been with AEC Living for almost 10 years! You can always find her singing and laughing around the halls and with residents.

**Linda B** is a Med Aide at the Lodge. She enjoys her days off spending time with her two sons and shopping for purses!

#### Where were you born?

Richard B. - I was born in Jersey City, New Jersey.

Vicky V. - I was born in Manila, Philippines.

Linda B. - I was born in Pampanga, Philippines.

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

Richard B. - I would give 25% to charity and buy myself a brand new Jaguar; the rest, I would give to my relatives!

Vicky V. - I'd buy a house

for my family, and buy my dream car - a Mercedes Benz. Then I'd travel with my family, especially to Paris and Rome. I will donate some money to the less fortunate and help my poor relatives as well.

Linda B. - I would buy a huge building in the Philippines to provide housing for all the homeless elders.

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

Richard B. - The Theater is my favorite spot in the building.

Vicky V. - It would have to be patio, where I can sit down and relax. I can enjoy the fresh air and feel the nice breeze.

Linda B. - It would be the nursing office.

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

Richard B. - I was a "B" student in school. My teachers told me I should have opened my books more often and they said my books were in better condition after the school year was over!

Vicky V. - I was friendly, but a very quiet and shy teenager. I love sports a lot. I used to play badminton and volleyball in school.

Linda B. - I was very rebellious!

### Live It Up!

Our very own Community Living Specialist, Cheryl C, was one of the featured speakers for the "Live It Up Seniors!" presentation on Monday, June 19th at Mastick Senior Center in Alameda.

The Senior Real Estate Alliance-sponsored event focused on the challenges of the life transitions that happen as seniors age.

Other speakers included Justine Francis, Broker Associate & Senior Real Estate Specialist from Berkshire Hathaway Home Services, Paul Hunt, Trust Attorney, & Chris Freck, Estar Mortgage.

The audience enjoyed refreshments and raffle prizes were awarded to four lucky attendees.

Due to the many questions and interest in this topic,



another "Live It Up Seniors!" panel and discussion will be scheduled in the near future.

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### Summer Memories

Summer is here and we asked some of our residents what are their favorite summer memories:

Mavis C: My favorite summer memory was August 8, 1952. That was when my oldest daughter was born at Napa Kaiser Hospital.

Robina K: My favorite summer memory would be going to Long Beach with my aunt and uncle and their 3 boys. We would go to the beach



and have Corn on the Cob, S'mores, and make a BBQ pit. Everyone had a good time.

Eddie M: 1947. I had just gotten out of the Navy and I went back to High School. I did it to please my mom; I made a promise to her that I would graduate.

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

### Oceanography

This month, we will be offering a new Great Courses class, "Oceanography: Exploring Earth's Final Wilderness," which will take you on a scientific expedition to fathom the ocean's mysteries in 36 illustrated half-hour lectures.

This video course is led by Professor Harold J. Tobin, Ph.D. of the University of Wisconsin-Madison, who has visited and mapped landscapes on the seabed that no human eyes had ever seen before.

### Fun Activities in July!

We are doing a few fun hands-on activities for July, so make sure you mark these on your calendar:

National Wheelchair & Walker Beautification Month on July 9 and July 23 at 2:15pm, we are decorating our wheelchairs and walkers. There will animal print washi tape, colorful ribbons, and other decorating material to bling out your ride or you can make a fun or more formal label for your wheelchair or walker. This is a nice way to show off your unique and fun personal style to have a portable conversation piece!

To ensure you have the time to carefully beautify your wheelchairs or walkers, we have it on the calendar TWICE! Twice the fun for everyone! Cowboy Day at Dance to the Music on July 28 at 9:30am in the Buena Vista Dining Room. We will be doing line dancing type moves and cowboy moves such as riding a horse or using a rope to lasso imaginary to make our own cowboy exercise routine on this particular morning. We will also be listening to country music

while we dance!

International Day of Friendship: Bracelet Making Class on July 30th at 2:15pm in the Buena Vista Dining Room, we will be using embroidery thread to make these simple, senior friendly friendship bracelets for our friends, loved ones, or ourselves.

The thread could be braided or beaded or both, depending on the taste and abilities of each resident. This is great for hand/eye coordination, finger dexterity, and to use our creativity.



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### Gentlemen's BBQ

The Gentlemen's BBQ 2018 was a blazing saddle success! Residents and guests alike loved the western themed look and wore their cowboy hats with pride!

The tables were decorated with red and white gingham tablecloths and succulent

plants with bandanas and themed cutouts.

There were cowboy cutouts added to tables as well, which added to the ambiance of the wild, wild

west. Barbara C., our Dietary Manager, outdid herself with delicious hamburgers, teriyaki chicken, corn, pasta salad, potato salad, refreshing watermelon, delicious ice cream and good old fashion ice cold lemonade.

We cannot tell you how glad we were to see so many residents



and guests enjoying themselves at this annual event. We hope all who attended had as much fun as we did. Can we get a big "YEE-HAW!" for the fun of this annual event?



### Lunch Out

This month's lunch outing is in keeping with our World Tour destination!

We will be going to L & L Hawaiian BBQ in Marina Village on Friday, July 27th. We will be meeting in the front lobby at 11:30am.

Hope to see you there!

### Anthem *continued*

staggering 30 feet by 42 feet. It featured 15 stars and 15 stripes, representing the 13 original colonies plus Vermont and Kentucky.

Major Armistead's family preserved this grand old flag to commemorate that famous battle for Ft. McHenry. They initially loaned the flag to the Smithsonian



Institution in 1907 and by 1912 it became a permanent gift to the nation's preeminent museum.

Key's song was sung publicly for the first time on October 19, 1814.

It was performed at the Holliday Street Theatre in Baltimore, and soon afterward a local music store published the words and music, giving it the name

"The Star-Spangled Banner."

It took several decades of attempts and a full-fledged lobbying campaign before Congress recognized "The Star-Spangled Banner" as the U.S. National Anthem. The bill that made it America's official national anthem was passed by Congress and signed by President Herbert Hoover on March 3, 1931, a full 117 years after Key composed it.

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### Activity Weekend Outings

We have two wonderful weekend outings scheduled in July.



Sunday, July 8th, we will be going to Pinot's Palette located at South Shore. Enjoy music, sip on bottomless cranberry mimosas, and paint to your hearts content. After the painting session, you will be able to keep your masterpieces. The 2-hour class session cost \$35. We will meet at the lobby at 12:30pm.

Saturday, July 28th, for the first time ever, we are going to the Berkeley Kite Festival and have a picnic!

It is one of the biggest

free kite festivals in North America. The Berkeley Kite Festival is a feast for the eyes, with thousands of kites soaring over Cesar Chavez Park near the Berkeley Marina. In addition to live music, vendors will be on hand selling kites and food, creating an unforgettable atmosphere for the perfect weekend afternoon!



If you are interested in attending either of these events, please sign up with the Concierge at the front desk.



### A Taste of Hawaii

One of the most fun aspects of exploring the world is getting to taste the different foods people from other



areas enjoy. Since our World Tour takes us to Hawaii this month, we will be exploring the six popular regions of the Islands: Hamakua Coast, Hilo, Kau, Kohala, Kona and Puna.

Join us every Monday as we explore these different regions and sample just a taste of the local culture.

We will also be indulging in a

bit of Hawaii's tropical flavor on Thursday, July 19th at our Tiki Time Happy Hour and again on Saturday, July 21st at our annual Luau (invite your friends and family!). Aloha, and we'll see you there!



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### Gardening

Calling all green thumbs! Now that the weather is warm and summer has begun, we will be spending more time in the gardens around The Lodge. We would love for you to come and join us!

Lilia L., a Lodge resident, has been doing a beautiful job at tending the gardens. Last month, Jan, our Weekend Concierge, helped us plant a few new varieties of



bulbs. We plan to continue our outdoor gardening throughout the summer.

In addition to the outdoor garden, we are also introducing an indoor garden where residents will be able to grow herbs and eventually eat the foods they grow! It is the farm-to-table concept and we are really excited to be doing this.

Residents will be able to grow herbs and eventually eat the foods they grow. Here's how it works: residents will plant and tend to the garden and when the crops are ready, Chef Eugene will use those herbs and incorporate them in some of the food we serve.

If you are interested in participating please let Michaela or Jan at the front desk know if you would like to get involved. We would love your company!

### Lunch Outings

To sign-up for the lunch outing or to see a menu from any of this month's restaurants, please see either Michaela or Jan at the Front Desk.

- 7/6 Ono Hawaiian BBQ
- 7/13 Hang Ten Boiler
- 7/20 Poke Koma
- 7/27 La Penca Azul
- Walking trip - La Penca Azul (7/27)

### Gentlemen's BBQ & Monte Carlo Night

Last month we had some great events! On June 9th, we celebrated Father's Day early with our Gentlemen's BBQ; our way to say thank you to all the wonderful men and dad's of our community.



Residents enjoyed delicious hamburgers, hot dogs, chicken, and ribs, along with classic BBQ sides like potato salad, coleslaw, watermelon, and cornbread. It was a meal fit for a king!

Then, on June 22nd, residents enjoyed their own Monte Carlo night! We had beautiful



music from Dave Altschuler and company while we played Blackjack and Roulette. Our big winner was Sara O., who racked up 89 total chips!

Thanks to all the wonderful staff who made this event possible and thank you to our fabulous residents and guests who came out to enjoy the festivities.

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## NEWS FROM AES THERAPY

### Health Lecture

Each month AES offers a FREE health lecture to the community and residents at The Lodge. This month's talk will be on Wednesday, July 25th at 2:00pm and the topic is: **MEMORY!**

We will discuss normal changes associated with age versus memory impairment and what to do about it. We will also discuss options, including a free confidential memory test and the current Brain Fitness class offerings.

### Senior Olympics

Every 2nd Wednesday, Lodge residents are invited to take part in their very own Senior Olympics.

Monthly, we offer the ability to compete with their fellow residents in simple agility and strength contests.

Test your athletic abilities and win **PRIZES!!!**

We give out healthy prizes ranging from stress balls to Safeway gift cards.

Come and join the fun on the second Wednesday of every month at 2:00pm in the multi-purpose room.



### Posture

Often it seems that seniors do not have the best posture; heads are tilted forward, shoulders are rounded, and feet shuffle. Unless caused by osteoporosis, poor posture is a learned behavior that can be improved. Poor posture can not only increase pain in the neck and back, it also

impacts walking ability, which can increase the chances of falls. A head positioned forward and rounded shoulders decreases the space in the chest cavity and restricts lung function. This can cause shallow breathing and shortness of breath. Weakened muscles can be a

factor in having poor posture but along with physical training, it can be very beneficial simply to break old habits. Practicing sitting and standing tall with your chin above the chest can bring very positive results.

### Bicycling

Stationary bikes are great because they don't require a lot of warm-up, are relatively easy on the joints, and don't require going outside.

Biking is good for the heart and the lungs, exercising your cardiovascular system and making your body more efficient. Even if you have a

bad knee or a bad shoulder, biking is not a weight-bearing activity and involves no impact. This means it won't be as painful or risky as walking, lifting weights, or doing other types of exercise you might normally stay away from.

Biking for fifteen minutes

once a day can make a huge difference in your fitness level, and can make you feel happier, more energetic, and increase your level of independence.

AES has stationary bicycles at both locations, if you are interested in using one please come to open gym.



### World Tour: Hawaii

- The state of Hawaii consists of eight islands: Niihau, Kauai, Oahu, Maui, Molokai, Lanai, Kahoolawe and the Big Island of Hawaii.
- The Hawaiian Alphabet consists of only 13 letters, 5 vowels and 8 consonants.
- Hawaiians celebrate Kamehameha Day on June 11 by throwing a major festival. The holiday honors King Kamehameha, Hawaii's greatest king, who lived from 1738 to 1819.
- Hawaii is the only U.S. state with a tropical rainforest.
- More than 60 Hollywood movies were filmed in Hawaii, including Jurassic Park, Raiders of the Lost Ark, and From Here to Eternity.
- The Hawaiian word "Mahalo" means "Thank you."
- NASA trains astronauts for space voyages on its lava fields.

### Match Them Up

Match these famous people up with their companies:

- |                             |                            |
|-----------------------------|----------------------------|
| • Jeff Bezos _____          | A. Apple                   |
| • Oprah Winfrey _____       | B. Harpo Productions       |
| • Elon Musk _____           | C. Microsoft               |
| • Ted Turner _____          | D. Standard Oil            |
| • Ruth Ann Fertel _____     | E. SpaceX                  |
| • Steve Jobs _____          | F. Ruth's Chris Steakhouse |
| • Sara Blakely _____        | G. CNN                     |
| • John D. Rockefeller _____ | H. WWE                     |
| • Bill Gates _____          | I. Amazon                  |
| • Vince McMahon _____       | J. Spanx                   |



### Last Month's Answers:

Did you figure out the answers for these June Birthday babies?

- Born 06/02/1731, **Martha Washington** was the 1st First Lady of the United States, even though her title was not coined before her death.
- Born 06/03/1925, **Tony Curtis**' film credits include *The Defiant Ones*, *Houdini*, and *Some Like It Hot*.
- Born 06/13/1962, **Hannah Storm** has covered sports and general interest topics for CNN, NBC Sports, The Early Show, and ESPN/ABC.
- Born 06/16/1951, **Robert Durán** is best remembered for saying "No Mas" before quitting in the middle of a fight against Sugar Ray Leonard in 1980.
- Born 06/20/1949, **Lionel Richie**, was a member of The Commodores, before embarking on a successful solo career. His hit songs include *My Love*, *Endless Love*, *Stuck on You*, and *Say You, Say Me*, to name just a few.
- Born 06/25/1925, **June Lockhart** was everyone's favorite television mom, first as Timmy's mother on *Lassie*, and then as Dr. Maureen Robinson in *Lost in Space*.

# 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.



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