

A tradition of caring for seniors 1971

Volume 12 | Issue 8

fruits and vegetables that are only available in the summer. A lot of our everyday favorite fruits are continued on 4

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EXERCISE YOUR MIND

Brain Benders

You don't have to know everything about geography to succeed in this quiz...just those places whose names begin with the letter C.

- This Danish capital city is consistently on international lists as one of the cleanest and most livable cities in the world.
- This is the largest city on the Nile River.
- This Ohio city's airport is actually over the border in Kentucky.
- This is the second-largest nation in the world, yet it borders only one other country. Its two official languages are French and English.
- This is the most populous country in the Caribbean, and one of only five Communist states left in the world.
- This country's capital is Phnom Penh. It borders Thailand, Laos, and Vietnam, and in 1979, its savage dictator, Pol Pot, was deposed.
- This South American country is 2,700 miles long, but never more than 109 miles wide. It also lays claim to the world's southernmost city.



July Trivia Updates

- Which three presidents died of the Fourth of July? John Adams, Thomas Jefferson and James Monroe. Adams and Jefferson (the second and third presidents) died on the same day in 1836.
- How many people signed the Declaration of Independence on July 4th? Two (2)
- On what date did most of the signers actually sign the Declaration? August 2, 1776
- When was the first public reading of the Declaration of Independence? July 8, 1776
- Who was the oldest signatory? Ben Franklin (at 70)
- Who was the youngest? Edward Rutledge (at 26)
- Which state had the most delegates sign? Pennsylvania had 9 signers.
- Who was the last signatory of the Declaration of Independence? Thomas McKean, January 1777
- What other countries celebrate the 4th of July? Denmark, Norway, Sweden and, England.

Mark and Cynthia hosted a family barbeque for their Independence Day celebration. The day dawned sunny and warm, but not too hot. A perfect day for a family barbeque! They had a flock of family drop in to visit throughout the day, but four in particular they were very happy to see – their siblings with their own families. Both Mark and Cynthia had a brother and a sister, and they didn't get to see them much as they both lived a fair distance away. Determine the name of each sibling, the number of kids each brought with them (one had no children), each sibling's relation to Mark and Cynthia, and the food each brought as an offering for the barbeque.

- Greg is Cynthia's brother, has 2 children and brought salmon.
- Ralph is Mark's brother, has no children and brought watermelon.
- Sara is Cynthia's sister, has 1 child and brought cookies.
- Wanda is Mark's sister, has 3 children and brought potato salad.

Sweet August

By Nancy Rafalaf

We are now into the swing of summer. Trees are full, flowers are blooming, and the salty sea feels refreshing.

Here are some facts about the month:

- On August 2, 1909 the Lincoln penny was issued.
- On August 3, 1492 Columbus sailed the ocean blue.
- On August 6, 1926 Gertrude Ederle swam the English channel.
- On August 12, 1877 the phonograph was invented by Thomas Edison.
- Some cultures call this month the harvest month.

World Tour: Southern Europe and the Mediterranean

This month for our World Tour we are going to explore Southern Europe and the Mediterranean.

Here we get to visit the countries of Spain, Portugal, Italy, Greece, Turkey, Malta, and Cyprus.

Southern Europe and the Mediterranean countries are bordered by the Mediterranean Sea to the south, the Atlantic Ocean to the west, Europe to the North, and Asia to the East.

Interestingly, the Mediterranean Sea is connected to the Atlantic Ocean via the Strait of Gibraltar, which is only about 14 miles wide.

Fun Facts:

- Spain is the only country in Europe that produces bananas.
- The Spaniards invented the mop.
- Portugal is the largest cork producer in the world.
- The typewriter is an Italian Invention
- The Olympic Games originated in Ancient Greece.
- Greece is the leading producer of sea sponges.
- No one in Greece may choose not to vote, it is required of every 18+.
- The highest point in Turkey is Mount Ararat, 5137m (16,854 ft)
- The capital of Malta is Valletta (de Facto).
- The country of Cyprus enjoys 340 days of sunshine.



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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, we will honor those who celebrate their anniversaries in June and July.

Three Years

Asmita Dahal, Elders

Four Years

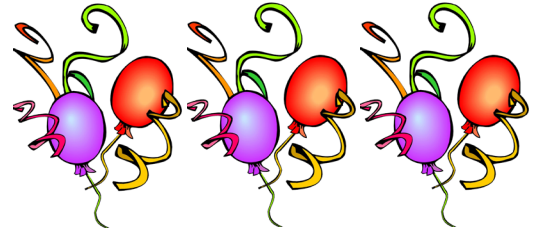
Maria Almanza, Lodge

Thirteen Years!

Trinh Mai, AEC

Twenty One Years!!

Linda Balanza, Lodge



August Haiku

By Bernard Welz



Green ivy up a wall,
Yellow and red in the fall,
Like the jungle
Renewing forever

In the garden my eye roves
Over a garden of living color,
And brings peace
To mind and soul.

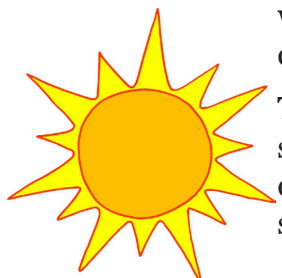
Bamboo, in a stalwart row,
Saves a nest of hummingbirds
From winters harshest blow.



Summer Wellness *continued from 1*

only available fresh during this time such as strawberries, blue berries, watermelon and peaches. All of these ripen and are perfect for snacks in this season. While some fruits and veggies are available in winter, they are often grown in far away places. Why eat strawberries either canned in syrup or flown in from Mexico when we can get them fresh grown locally?

The heat and sunshine of the summer sun also makes exercise and daily activities much



easier. Because our bodies warm up much quicker when the weather outside is warmer, it allows us to get started much easier. You will notice that it is easier to get up earlier without pain. It is also easier trying to move around in your room and throughout the entire day as well. The warm weather also allows us to wear less clothing, which means less constricted movements.

The peak hours of the sun also increases dramatically during the summer. A healthy dose

of sunshine can significantly increase the amount of Vitamin D in the human body. Vitamin D allows better absorption of calcium, iron, potassium and zinc, all vital minerals for the health of the body. It can also increase the energy the body can produce. It has also found to increase the serotonin or the "feel good" chemicals in the body, often decreasing the feelings of depression.

Take an advantage of the sun and use all these perks to have a great, exciting summer this year.

The Amazing Path of Butterflies

There is a beauty and mystery of monarch butterflies in flight. WE love to see them in our gardens all summer, and as the days start to chill, the butterflies take flight for warmer weather.

It's time for monarch butterflies to move on when three things change in their environment: the length of daylight, change in temperature, and quality of local milkweed plants. University of Minnesota researchers discovered that constant but shortened daylight would not trigger migration. The butterflies only responded to daylight when the hour varied over time. The scientists also discovered monarch butterflies raised only where the climate changes recognize the time for migration.

If you want more butterflies in your garden next year, grow milkweed. Monarch butterfly larvae eat milkweed because the chemicals from this plant build up inside of them and give them a poisonous defense against predators like frogs, birds, mice, and lizards. Monarch caterpillars need the milkweed plant to live. Once, through metamorphosis, they become



butterflies, they can sip nectar from flowers. In late August or September as milkweed plants begin to yellow, dehydrate, and lack nutrition, adult monarchs will delay reproduction and begin migration south. The orange and black butterflies are the only insects that migrate over 2,500 miles to avoid the cold. They travel from Canada to Mexico and then a new generation makes the journey north in the spring.

Fall monarch butterflies differ from those born in the spring and summer. The reproductive organs of fall monarchs will not fully develop until spring. This allows them to put all their energy into making the flight to Mexico. Known as the Methuselah generation, they will roost in trees together overnight and float, rather than fly, to conserve energy for the journey and long winter. These butterflies live six to nine months.

In contrast, the return trip to Canada will be made by four generations. This is because the spring and summer monarchs have functional reproductive organs so they can mate soon after emerging from their cocoons. They live alone,

By Gloria Hoffner, BA, ADC, AC-BC, CDP

except for mating, and have a life span of only about six weeks. During this brief time, a female monarch will lay several hundred eggs.

You can tell male from female monarch butterflies because each male has a black spot on each of the hind wings over a vein. The female monarch butterflies do not have these spots.

Lincoln Brower, a biology professor at Sweet Briar College, spoke on the decline of the monarch butterfly on the National Public Radio show, Science, Friday, April 10, 2013. According to Brower, the monarch population is in serious decline for several reasons including habitat loss in the butterflies' Mexican overwintering grounds and a decline in milkweed plant populations in the U.S.

That same month, University of Kansas insect ecologist, Orley R. "Chip" Taylor, reported the population had declined 59% over 2012 and was at the lowest level ever measured.

Visit www.learner.org/jnorth/maps/monarch_spring2014.html for a map to track the monarch butterfly migration.

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NEWS FROM ELDERS INN

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Resident of the Month: Judy Maritzen

Judy was born in Alameda and her maiden name was Sabatini. Her mom was also a native Alamedan, but her dad was born in Italy. Judy had a happy family life.

Judy went to Lincoln School and graduated from Alameda High School. She attended the University of California at Santa Barbara and received her teaching credentials from San Francisco University. Judy immediately started teaching at Haight School in Alameda, then taught at Edison School,

where she retired after 32 years in the Alameda School District. Obviously teaching was Judy's passion. She loved her students and teacher friends.

Judy met Buck Sabatini at Alameda High School, and they got married after graduating college; they were married for 54 beautiful years. Judy and Buck had two children, a daughter named Terri and a son named Michael; and were blessed with two grandchildren.

Judy and Buck loved traveling.

They went to Italy, France, and other parts of Europe; memories of these trips are forever in her heart. Judy's other passion is gardening and she is active in the Alameda Garden Club and St. Joseph Garden Club.

Judy is proud to be a stage four cancer survivor. Judy is a recent Elders Inn resident who is very social and enjoys participating in the various activities here. She is an amazing addition to Elders Inn, so please give Judy a big hello.

Walking Club

At Elders Inn Walking Club, we have been converting our steps to miles.

Last month we added 5,500 steps to our grand total since March.

That brings us to an amazing 32,690 steps!

That equals over 16.25 miles, which is as far as walking all the way to the Point Pinole Regional Shoreline park, in Richmond!

We could enjoy the bluffs and beaches, sprawling meadows and fragrant eucalyptus trees and walk along the scenic, multi-use trails. Great job everyone! Let's see how far our steps will take us next month!

News & Notes from Activities

August is full of new and exciting activities here at Elders Inn. In honor of National Bargain Hunting Week, for those residents who are interested, we will be making a special trip to the Mastic Senior Center thrift store, here in Alameda. Hopefully each of us will find something special at a great price!

The 10th through the 16th, is Weird Contest Week! Each day, we will have different, bizarre

contests to play. These games will be a variety of intellectual and physical challenges and be so random and weird that it will be the first time playing them for everyone!

We've also got some fun socials coming up, involving ice cold lemonade, fresh fruit and of course, delicious ice cream!

Don't forget to come to the Resident Council! It's on the First Sunday of the Month.

Garden Neighborhood News!

This month in the garden neighborhood, we are very busy learning interesting facts about flowers. One flower we have been learning about is the birth month flower of August, the "Gladiolus."

Did you know the Gladiolus flower comprises of 260 species?

It is also known as the Sword Lily!

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NEWS FROM THE LODGE

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Palindromes

Palindromes are words or sentences that are the same forwards and backwards. Some fun examples follow:

A man, a plan, a canal, panama!

Go hang a salami, I'm a lasagna hog.

Desserts I desire not, so long no lost one rise distressed.



Brain Teaser

Two men enter a bar. They both order identical drinks. One man gulps his down and is perfectly okay, but the other sips his drink slowly and dies. Why?

The drinks contained poison
ice cubes—the man who drank
slowly gave them time to melt,
while the other man didn't.

News & Notes from Activities

Come and join us on Thursday, August 14 from 7:00-8:30 PM for our Viva Las Vegas Casino Night!



We will transform the dining room into a casino and

have games including Blackjack & Roulette, refreshments, and a visit from the King himself, Elvis! Chips will be provided to all who wish to play, or come down and listen to the music and take your photo with Elvis. Prizes will be awarded to our top winners of the night. Viva Las Vegas!

Walking Club

So far this year the Walking Club at the Lodge has walked **82 miles**.

That is like walking the entire length of the Pafos Forest in Cyprus - the largest forest in Cyprus, it is a nesting venue for Griffon vultures, Bonelli's eagles, and Goshawks.

Eating Out

Please join us for our World Tour lunch outings!

On Friday, August 8th we will be going to Ikaros Greek Restaurant in Oakland. Then on Friday, August 29th we will go to Tomatina in Alameda for some delicious Italian food.

We will leave the Lodge at 11:30am; please check with the front desk for the sign-up sheet and sample menus if you are curious about the food choices.

Don't forget to come to the Resident Council!

It is on the First Saturday of the month

Administrator's Corner

By Merryn Oliveira

We are pleased to be able to welcome some new staff members. Michelle Ford is our new night shift Medication Aide and Caregiver. We have three new Servers in the dining room: Clayton Harding, Alex Noble, and Matthew Bishop. When you see them please help us in giving them a warm welcome.

Emilia Krubnik has recently been promoted from a Server in

the dining room to a night shift Caregiver. We are very pleased to be able to promote our staff when we have open positions and staff have an interest and skills necessary for the position.

Hey!
WELCOME
We're very GLAD
you're here!

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Iron Man of the Month: Eddie Carbin

No matter what condition you have or how old are, exercise is therapeutic, physically and mentally. This statement holds true with our Iron Man of the Month, Eddie Carbin. Since the first time he participated in exercise class, his drive and attitude has motivated us all.

Eddie was born in Memphis, Tennessee and then moved to Fremont, California in 1983. As his wife was attending classes at UC Berkeley, Eddie was learning to become a dentist at UCLA. He was a student athlete by being part of the Track and Field team so physical activity

was always a part of his life. After getting his degree, he started his own practice in LA while commuting from Fremont for 30 years! That takes a lot of dedication! He didn't have any specific hobbies but for exercise he enjoyed bike riding and walking.

Eddie was diagnosed with Parkinson's disease that limits his physical abilities but that didn't stop him! He started attending the walking club at Waters Edge Lodge and later began to attend the exercise classes. Since his



arrival here at the Lodge, he attends the exercise classes 5 times a week as well as walking club 3 times a week. Despite his limitations he wanted to improve his health. "It's better than sitting in my room" he says and it's always a pleasure to have him at the exercise class.

Physical limitations can not only affect the physical actions in your life but your attitude as well. Having the right attitude and mind set is key to overcoming your limitations. Eddie is an example of having a the right attitude to overcoming his limitations and he is improving everyday which is why we honor him as our Iron Man of the Month!

Functional Fitness

Seniors are the fastest growing segment of the population. And everyone knows from their own reading and the badgering from physicians the importance of following a healthy diet and undertaking physical exercise. However, what kind of exercise is best?

The real goal and current wave for senior exercisers is that of FUNCTIONAL FITNESS. Functional fitness helps to reduce the risk of many major diseases and illnesses. It refers to a level of strength, endurance, cardiovascular efficiency, joint flexibility and balance that enables seniors

to carry out the activities of daily living effectively. It helps seniors to preserve their independence and the capacity to pursue, not only activities of daily living, but also hobbies and sports. It is the ability to become better golfers and tennis players; to continue to garden and pick up grandchildren for hugs and kisses.

Functional fitness takes into consideration several components: cardiovascular efficiency (the body's ability to effectively deliver oxygenated blood to the skeletal muscles via the heart and lungs to sustain

activity), muscular strength (the ability to apply muscular power to a movement), muscular endurance (the ability to sustain force over time), and flexibility (the capacity to move body limbs and joints through a full range of motion). These elements, combined with balance and coordination, are what seniors need to preserve. Without exercise, all of these essential elements of functional fitness decline with age. But it is INACTIVITY and not the piling on of the years that is to blame.

This is an excerpt from "Goal for Senior Exercisers FUNCTIONAL FITNESS!" by Leonard D. Therry