

AEC Living

A tradition of caring for seniors

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

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Exercise and Nutrition

By Matthew Hernandez

Of course exercise has a huge list of benefits, that's what drives us to it; we do all we can in exercise classes and walking groups. However, one thing we need to keep in mind is that in order to have an effective workout, we must have proper nutrition. It is always important to have energy when you are about to exercise; here are a few things to consider to help make the right choice to refuel your body when exercising.

You should consume enough food to sustain your energy for the duration of the exercise session. Building muscle requires a ready supply of macronutrients - nutrients

that provide calories and energy. The more intense the workout, the more protein you will need. When performing exercises to increase your endurance, carbohydrates are the macronutrient needed to give you energy during your session. You should always eat 30-60 minutes before your exercise session. Some choices of food to eat before exercising include: whole grains, vegetables, fruits and beans. White rice, white bread, and packaged snacks are also good sources of energy before



exercising. Your meal before your exercise should include carbohydrates to give you energy and protein rich foods to store in reserve.

After you exercise, it is extremely important to hydrate and refuel your body. Protein and carbohydrates are needed after a

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Therapy at Waters Edge Lodge

There is something new at the Lodge – a new satellite office for AES Therapy and Fitness! If you go to personal training at the Lodge then you've already seen it as Matt moved personal training to the new space about a month ago, but if you don't already know, it is located at the back of the first floor, behind the reception desk and business office.

In the past, Lodge residents needing physical, occupational, or speech therapy would need to go by van to their appointments

and AES Therapy's nearest office was next door to Elders Inn. With the new satellite office, residents will have the convenience of attending therapy in a location that is only steps away. The therapists will also have the advantage of observing residents functioning in their home environment.

In order to receive therapy, a resident must have a written order from their physician, and the treatment requested must be aimed at achieving specific functional goals

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EXERCISE YOUR MIND

Brain Benders

Many important historical events happened in August in years past. Can you match the year to the event?

Richard Nixon resigned from office. _____	1898
Colorado became the 38th state. _____	1963
Hawaii was annexed by the United States. _____	1909
The Battle of Mobile Bay was won by Union forces. _____	1876
The Lincoln Penny was issued. _____	1974
Martin Luther King, Jr. made his "I Have a Dream" speech. _____	1864

A famous quote from Lincoln to his critics:

FY F DMQM GDL-YEHMP, DLKJP F OM DMEQFTC GZFI LTM?

hint:

Q = R

Cryptograms are letter substitution puzzles. Use logic and reasoning to guess the correct letters.

June/July Answers

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? **Property**

Only two men actually signed the Declaration on the 4th of July, can you name them? **John Hancock and Charles Thompson**

The Star Spangled Banner was written in 1814 but it wasn't officially made the national anthem until what year? **1931**

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? **13**

Why were the stars on the original American flag in a circle? **So the colonies would appear equal**

The 4th of July was declared a Federal Holiday when? **June 28, 1870**

What country gained full independence from the United States on July 4, 1946? **The Philippines**

Which two former presidents died on July 4, 1826? **John Adams and Thomas Jefferson**

Why was the Liberty Bell rung on July 8, 1776? **To summon citizens to gather for the first public reading of the Declaration of Independence**

Thomas McKean was the last to sign the Declaration. When did he sign in? **January 1777**

Making New Friends

By Merryn Oliveira

“Make new friends, but keep the old, one is silver and the other gold”. These words are not just lyrics to a song, but a reminder that we are able to make new friends throughout our lives. Making new friends is not just about having someone to talk to and share our thoughts with; having friends and being socially active has health benefits as well.

According to the University of Rochester Medical Center, the “specific health benefits of social interaction in older adults include: potentially reduced risk for cardiovascular problems, some cancers, osteoporosis, and rheumatoid arthritis; potentially

reduced risk for Alzheimer’s disease; lower blood pressure; [and] reduced risk for mental health issues such as depression”. It’s not about how many friends you have, but about having someone you feel close to and can talk to. We do not outgrow the need for friends and social interactions; they are just as important as we age as when we were children. While finding a new friend can take time, it is worth the effort to find someone that you can spend time with.



Fun Facts:

- Spain is one of the top three most visited countries in the world.
- Pizza was invented in Naples, Italy around 1860s.
- The country of Portugal was founded in 1152.
- About 7% of all marble produced in the world comes from Greece.
- Turkey is responsible for 80% of world’s hazelnut exports.
- Malta is one of the smallest countries in the world.
- The oldest temples in Malta are nearly 5600 years old, more ancient than the pyramids in Egypt.
- The national symbol of Cyprus is a sheep.

World Tour: Southern Europe & the Mediterranean

This month for our World Tour we get to travel to Southern Europe and the Mediterranean. Here we will explore the countries of Spain, Portugal, Italy, Greece, Turkey, Malta, and Cyprus.

Southern Europe is bordered by Germany, Austria, and Hungary to the North; Syria, Lebanon, and Israel to the East; the Atlantic Ocean to the West; and the Mediterranean Sea to the South. Malta and Cyprus are two of over 3,000 islands that populate the Mediterranean Sea.



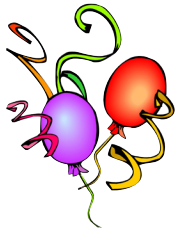
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ALAMEDA ELDER COMMUNITIES

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 with us!



One Year

Nakia Phelps, Elders Inn
Connor Pollart, The Lodge
Samantha Williams, The Lodge

Four Years

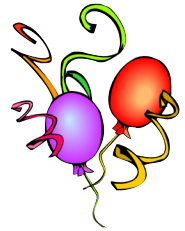
Asmita Dahal, Elders Inn

Fourteen Years

Trinh Mai, AEC Living

Twenty-Two Years

Linda Balanza, The Lodge



Hot Weather Procedures

As we enter the month of August, we greet the long, lazy days of summer. Sunshine and hot weather offer opportunities for memorable outdoor activities such as swimming, sunbathing, and staying out later at night. This change in climate, however, does not come without risks. Higher temperatures and increased exposure to sunlight can lead to various heat-related illnesses. In extreme heat, the body must work harder to maintain a normal temperature, usually by producing extra



perspiration. This increases the risk for dehydration, which can cause serious illness and even death, especially among high-risk populations such as the elderly.

We are lucky to live in Alameda, where a Bay breeze usually keeps the temperatures cooler than areas further inland. But even here on the island we are prone to the occasional heat wave, and we have special procedures in place to protect our Elders in such situations. If the temperature on a given day reaches 90 degrees Fahrenheit, we automatically go into hot weather mode. Hot and heavy

meals are replaced with light, cool ones such as fruit and cold sandwiches. The AC is turned up to create a more comfortable indoor environment. Staff takes extra care to make sure that everyone is hydrated, and cool treats, like popsicles, may be distributed along with water. Strenuous activities such as exercise classes are canceled, and non-strenuous entertainment options are offered.

A heat wave can pose a serious health risk to all, but particularly for the frail and elderly. With adequate preparation and common sense, the risk of heat-related illness can be minimized, and a heat wave may be managed with few ill effects.

Age Equals Happiness

Everyone wants to be happy. Its pursuit seems to be a universal characteristic of humanity, in the midst of all diversity and distinction. It is not always clear, however, how happiness can be obtained. Unsurprisingly, our eBay culture thinks it can sell happiness like any other product, right alongside video games, wrinkle cream, and underwear. The recent glut of books and movies claiming to reveal the secret to a happy life is, more than anything else, a testament to the hunger for true happiness in our world today.

A study in 2006, published in the April issue of the American Sociological Review, thrust itself into the spotlight of the happiness debate. One of the conclusions of the author,

Yang, an Assistant Professor of Sociology at the University of Chicago, is that older Americans are generally happier than younger ones. About half of Americans in their late 80s considered themselves “very happy”, compared to just one third of Americans in younger categories. Older Americans were also likely to have better moods and less anxiety than their younger counterparts.

This study flies in the face of our cultural stereotypes, which considers old age and retirement to be a dreaded twilight of our life, marked by decline and loss.



By Kryspin Turczynski
While old age undoubtedly brings various physical challenges, this study and others are now providing solid evidence that our seniors are happy and thriving. Every day, I witness the elderly respond to physical impairment with courage, humor, and a profound appreciation for the gift of life. The collective

wisdom of our elders calls us to remember the true meaning of happiness.

Sharing delicious food with family, jamming to some great music with friends, performing acts of service, creative expression, or communing with nature – these are all moments that reveal happiness for what it really is: a gift bestowed upon a grateful heart.

Exercise *continued from 1*

workout to help repair muscles, replenish the body’s glycogen stores, and prevent muscle soreness. Some good choices to eat after a workout session include avocados, cottage cheese, bananas, protein shakes, chicken breasts, apples, walnuts, eggs, fish, turkey and yogurt.

Whole foods are the best choice for nutrition because they offer complete nutrition by having micronutrients - which are trace elements of vitamins - and fiber

to help keep you feeling full. So that means less snacking!

Overall, it is very important to have a meal before and after you exercise. It is also essential to eat good food sources and stay away from foods that do not have much nutritional value. Eating before exercise gives you the energy needed to power through an exercise session and eating after helps replenish the energy you used to help recover and help build muscle.



Resident of the Month: Fortunata Arucan

Fortunata Arucan was born in the Phillippines, in the city of Ilocos Sur. Her father was a politician and a teacher; her mother made delicious wines to sell to the local villages.



Fortunata went to school to become a physician; when she moved to the U.S. as a young adult, she was required to go back to school to obtain a physician's license in America. Fortunata worked mainly at

Highland Hospital in Oakland, as a phlebotomist and working in laboratories. She had wuite the talent for drawing blood, so much so that many patients requested her!

Fortunata met her husband through her Grandfather. Shortly after their son Bill was born, her husband retired his career in the Air Force and became a stay at home dad while Fortunata continued working in the field that she so enjoyed. Her son, Bill, along with his wife and their adorable, loving dog, come to visit Fortunata often.

Although Fortunata goes out most Sundays to enjoy church

services with her family, she also partakes in many of the activities here at Elders Inn. She enjoys playing BINGO, doing Arts & Crafts, all of our exercise classes and especially listening to live music. She lights up when her favorite song "You Are My Sunshine" is played. Most recently, Fortunata has taken on learning how to play dominoes. Her quick learning skills are quite impressive!

Never a dull moment with Fortunata in the room, whether it's her sweet smile or infectious laugh, it's always a joy having her reside here!

From the Activities Desk

August is here! A beautiful month in which we can expect some beautiful weather. I think most of us can agree that a great way to stay cool in the heat is with a chilly, tasty treat! This summer, especially August, has lots of cold dessert holidays - National Ice Cream Sandwich Day, Watermelon Day, Rootbeer Float Day, and Creamsicle Day, to name a few. As long as the weather permits, let's enjoy these treats with out friends at Elders Inn, outside on the large patio, breathing in the fresh air and soaking up the sun!

Don't forget to check the



Special Events Calendar for specific dates as well as our daily activities calendar, as there have been a few changes. We've added playing Dominoes on Tuesdays, which is quickly becoming a new favorite, even for those who are just learning! Also, we have added in Card Games on Fridays and a Resident Choice Movie Night a few times a week!

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 about the flower for August, the Gladiolus.

The Gladiolus blooms in many colours, including red, pink, white, yellow, and orange. It symbolizes strength of character, and its origins go back as far as the Roman Empire.

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NEWS FROM THE LODGE

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Resident of the Month: Mike Smith

Mike Smith is a authentic Californian, born and raised in Oakland. He graduated in St. Elizabeth High School and achieved many accomplishments. Mike met his wife, Christine, at a folk rock concert in 1964 and they were happily married for 48 years. They had two sons together: one lives in Alameda and works for Google, while the other son lives in Austin, TX and works for a computer company. Together they have given Mike 9 grandchildren!

Mike has worked in many



different places, including UC Berkeley, Betchtel, Univac, Ross Perot's EDS company, and the U.S. Air Force. Some of his work achievements included traveling to 26 different countries and living for 7 years in England and 8 years in France. "Most beautiful city on earth, Paris, no second place.

Most beautiful place, maybe Morocco, second place Norway".

After spending several years overseas, he has settled down at the Lodge in Alameda, the company of people, reading books, and listening to classical

music.

Mike has been a great addition to the Lodge; he's interesting and a gentleman in every way. Mike's reason for getting out of bed, according to him, is so that he can always see "smiling, happy people" every day. Please take a moment when you see our world traveler Mike to give him a big hello!



Lunch Outings

This month the Lunch Bunch will be going out unescorted to Trabacco in Alameda on Friday, August 7th and to Ikaros in Oakland on Friday, August 21st.

The escorted lunch outing will be going to Asena in Alameda on Friday, August 14th.

If you want to go, please meet in the lobby at 11:30 to catch the van; you can also stop by the front desk to see the menus.

News & Notes from Activities

Feeling lucky? Bring your luck to Casino Night on Thursday, August 13th! Starting at 6:30 the dining room will be transformed into our own private casino. There will be games of chance, cards, and a special musical entertainer! We'll provide the chips - you provide the luck.

Also, you've probably already noticed that there have been several changes to the Multipurpose room recently (formerly the exercise area). Keep a look out as we are moving Circle of Elders to this newly updated space, and soon we will be installing a movie

projector and large screen. Movie night will be moved to this much larger screen, with the bonus of better seating choices!

Walking Club

So far this year, the Walking Club here at the Lodge has walked 134 miles. That is about 8 times the length of the country of Malta!

Don't forget to come to the Resident Council!

It is on the first Saturday of the month.

Iron Woman of the Month: Helen Waldear

By Matthew Hernandez

For some individuals, wellness is a chore. For others, it is a lifestyle. Helen Waldear, our Iron Woman of the Month, is one of those individuals who considers wellness a lifestyle. Helen makes sure she has time to exercise, whether it's taking the classes in the morning or going on walks with her friends. She always gets some kind of activity, and enjoys it while doing it.

Helen was born in Arbuckle, California and lived on a ranch. She attended school there from elementary through high school, where she enjoyed many things including basketball. After graduating high school, Helen moved to Santa Rosa to join the Nurses Cadet Corp, then attended Cal for 2 years to earn her Bachelors of Science in Public Health. Throughout that time, she stayed active with modern dance, horseback riding, and physical education.

Staying active was a big part of her life from then till now!

Helen married and had 3 children. This is when she moved to Alameda and became a school nurse for 30 years - talk about doing something you love! During her time as a school nurse she continued to exercise, attending classes at the Harbor Bay Club 3 times a week. She also participated in races and played tennis.

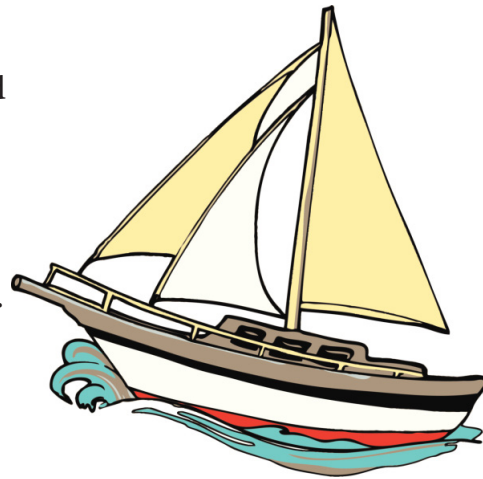
When she retired, Helen began to sail with her friends. They once sailed from the Canary Islands all the way to Barbados - a feat that took them 21 days to complete! Helen's husband was also interested in sailing and

participated in some races with his boat, which he then passed on to his son. Exercise and wellness must run in her family, because Helen's daughter is a marathon runner and a world class cross country skier who has won several gold medals.

Helen says exercise and wellness "are a part of me", and that is why she continues to stay

active; it has always been her lifestyle. It is nice to have her in exercise classes because she demonstrates some of the exercises to her neighbors in the class to help them out as

we go along. Keep up the good work Helen! This is why we honor you as our Iron Woman of the Month!



Therapy at WEL *continued from 1*

such as improved ambulation or strengthening to improve balance and prevent falls. Our therapy staff consists of Physical, Occupational, and Speech Therapists who have specialized in the care of the elderly.

Any questions regarding therapy can be addressed to Matt Hernandez at the Lodge

(510-748-9090), Wilson Trang at AES Therapy & Fitness (510-748-0158) or Denise Marshall at Elders Inn (510-521-9200).

AES
Therapy
& Fitness

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!**