

AEC LIVING

A tradition of caring for seniors since 1971

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

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Getting Equipped for Success

By Kathy Moehring

AEC Living and residents from both Elders Inn and The Lodge took up the gauntlet by providing and filling 100 (yes, 100!) backpacks for disadvantaged, homeless, and formerly homeless, children in Alameda.



The program, called Equipped 4 Success, is run by the Alameda Education Foundation. The purpose of the program is to make sure all children start school with the proper tools and ready to learn. Equipped 4 Success is for students

from kindergarten through 12th grade, and AEC was privileged to help out incoming kindergartners and 1st graders.

While AEC has supported Equipped 4 Success, and other Alameda Education Foundation projects in

the past, this is the first year residents and staff have come together to undertake such a large project.

On Saturday, July 29th, residents at Elders Inn and their families gathered together, along with staff, to fill 25 backpacks with crayons, paper, scissors, glue, markers, erasers, and pencils. An assembly line of staff put all the pieces together and the residents filled the packs. All had a great time, and Elders Inn residents felt they provided for others in need... which they did!

On Wednesday, August 2nd, it was continued on 6

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AEC Living & Frank Bette

We are proud to announce that this month AEC Living will take the next step in our expanding relationship with the arts in Alameda and begin a deeper collaboration with the Frank Bette Center for the Arts! On September 15th, the Lodge will become more than just a satellite gallery for Frank Bette, it will become a satellite learning location -

so more seniors can explore and advance their interest in the arts.

We begin this experience by hosting one of the center's writing workshops, specifically "Your Story - A Gift of a Lifetime". A 6-week experience led by Deborah Medvick, a professional writer and writing coach, this class focuses on helping participants continued on 3

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STAFF SPOTLIGHT

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Birthdays & Anniversaries

Our staff is full of hard working, caring people who are the heart of what we do. We wouldn't be "us" without their continuous efforts and dedication. Here are those who are celebrating this month!

September Birthdays:

9/4 - Noel C, Lodge

9/13 - John C, Lodge

9/4 - Rosie M, Lodge

9/18 - Christine M, Elders

9/25 - Tina O, AEC HomeCare

9/3 - Alysa S, AES

9/12 - Benjamin V, Lodge

September Anniversaries:

1 Year

Angela P, AES

Nicholas L, Lodge

2 Years

Christine P, Elders & Lodge

Steve P, Elders

9 Years

Shardha D, Elders

10 Years

Noel C, Lodge

Ambar L, Elders

Victoria F, Elders

14 Years

Nancy R, Elders

26 Years!

Christine M, Elders

Who's New

You might be seeing some new faces around, the following people joined the AEC Team between July 15 and August 15, 2017.

At The Lodge

Josie B.

Saul O.

Diana R.

Melin S.

Mrinalini S.

At Elders Inn

Mary Joy M.


Nisha S.

Abigail W.

At AEC Home Care

Darlene H.

Angenaya S.



9/1/1971 is the anniversary of our first employee ever!

Inquiring Minds

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

Von W. - Von moved to Elders earlier this year. She is very energetic and loves going on outings.

Sean O. - Sean is the head receptionist at Elders; he has been with AEC since 2012, and worked at The Lodge and Elders.

Concepción C. - "Conchis" is a housekeeper at The Lodge and has been with AEC Living for over ten years.

Where were you born?

Von W. - I was born in Dublin Ireland and grew up in the Beggars Bush Barracks. My father was an Army General.

Sean O. - I was born to a family of wizards in the dark forests of Gortunda... Some would also call that hippies in Marin County, but

[looking at both hands... weighing the situation] it's not much different.

Conchis C. - I was born in Ciudad Lerdo Durango, a small city in Mexico.

What would you do if you won the lottery?

Von W. - I'm so happy here I wouldn't change anything. Well, I would help my children and my grandchildren. I suppose I would give them some money.

continued on 3

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NEWS & INFORMATION

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The Team that Plays Together

On Tuesday, August 1, employees and their guests were treated to a night at the ballpark to enjoy The Battle of The Bay and cheer on their favorite team, be it the Oakland A's or the SF Giants. Over 125 staff, family,

and guests from all parts of AEC Living attended this family night out and had fun supporting their preferred Bay Area team. Officially, the Giants won, but we think we were the real winners!



Art *continued from 1*

write their story in a safe and respectful environment; with encouragement, feedback, and tailored editing participants will receive coaching to help them express their story with confidence and clarity.

This is the second Frank Bette class to be offered at The Lodge, the first was the Plein Air class mentioned in last month's newsletter, which ended with a Thank You Brunch hosted by The Lodge for the many volunteers who were vital to the success of this year's Plein Art Paintout.

As a satellite learning location these classes are offered to the general public and advertised by Frank Bette. AEC Living residents are eligible for the "member" discount on Frank Bette classes offered at The Lodge. If you are interested in participating in the class, they need to register with the Frank Bette Center at www.frankbettecenter.org/your-life-writing-workshop.html (or ask the front desk for assistance in registering).

Inquiring Minds *continued from 2*

Sean O. - I would spend my retirement on a 150 ft ocean going racer... and just head straight for beautiful, untouched, awe-inspiring places.

Conchis C.- I would buy a new home, help my church, and help people.

Do you have a favorite spot in the building?

Von W. - I like my own room. I think it's lovely, I'm very happy with it.

Sean O. - The couch on the third floor balcony. It's peaceful and a really underused part of the building. Second favorite is playing piano improv on my breaks.

Conchis C. - The living room, it is comfortable, relaxing

and where everyone gathers to listen to music.

What were you like as a teenager?

Von W. - I have several siblings so it was fun, we would have snowball fights. I played field hockey and was #1 on my team.

Sean O. - I guess I've always been this outlier artist kid who dreamt of going to art school and catching fame in La Biennale di Venezia... I still get the bug and practice my painter's hand at calligraphy here and there.

Conchis C. - I was very athletic and played soccer, volleyball, and ran track. I was not too quiet, but not loca (crazy)! I was very friendly.



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NEWS FROM ELDERS INN

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Hot August Nights

Residents and guests had a blast during our annual Hot August Nights BBQ. On Wednesday, August 9th, dinner took us back to the Rock 'n' Roll Era.

Residents and guests alike enjoyed dinner on the large patio with meals delivered in vintage hot rods.

Dinner was fresh off the barbecue and included hamburgers, baked beans, coleslaw, and watermelon. For dessert, residents and



their guests enjoyed classic root beer floats.

Entertainment included rocking out to the 50's tunes and snapping photos behind the wheel of a classic car - everyone got a good shot in our little duce coupe.

The combination of great people, good food, and fabulous music made for an amazing evening for residents, staff, and guests.



Eclipse Viewing

On Monday, August 21st residents of Elders Inn could be found staring at the sky and taking in the partial solar eclipse.

We hope everyone enjoyed the view as much as we did.



Special viewing glasses were provided by local optometrist Dr. Gary Nelson, of Alameda Optometric Group.



World Tour Dining

Last month we visited Jamaica and our Jamaican Grill lunch was a huge



success. Big thanks to Derek Smith and his crew for their performance on the steel drums for that extra tropical flare.

This month, we're off to Austria - see you in the Alps!

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

Celebrating Grandparents

On Sunday September 17th, Elders Inn is celebrating Grandparents' Day with live music and fun games.

Join us for a Sunday full of sundaes as we enjoy ice cream sundaes for those who attend. So bring your kids and your kids' kids, and come to Elders Inn.

Please RSVP to the front desk.

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NEWS FROM THE LODGE

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Luau at The Lodge

The Lodge's annual luau was a bright spot in the weekend's activities.

The dining room was transformed into a Hawaiian island with pineapples, palm leaves, coconut shells, and

tropical birds. The residents and their guests filled the room with aloha spirit.

Residents dined on a delicious menu of Kahlua Pork, Huli Huli chicken, and island style fried rice. Piña coladas and Hawaiian millionaire pie topped off the luau culinary experience.



Lunch Outings

Meet in the lobby at 11:30

Sept 1 Speisekammer

Sept 8 Quinn's Lighthouse

September 16 Applebee's

September 22 La Val's

September 29 Trabocco

Staff escorted trip- Quinn's

Walking trip- La Val's

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

A Tropical Dining Experience

tea, residents dined on jerk chicken, garlic Montego Bay shrimp, coconut curry rice, and succulent sweet plantains.

This month, we are visiting Austria and we'll see you at our Edelweiss Hofbräu!



For The Lodge's World Tour event last month, residents were swept away to The Caribbean! Relaxing sounds of steel drums, provided by Derek Smith, set the mood for tropical cocktails at our special Jamaican Grill dinner. After enjoying pineapple punch and hibiscus iced



Join us at our



**Grandparent's Day
Ice Cream Social**

September 17th
2:00 PM

The Lodge
801 Island Drive

RSVP to 510-748-4300 or Vincent@aecliving.com
by September 12



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NEWS FROM AES THERAPY

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Wellness Carnival at The Lodge

By Alysa Stanford

AES Therapy & Fitness offered free screenings to the public and residents of The Lodge on July 26, 2017. The carnival-themed event offered 17 different booths ranging from make your own facials to VolleyBalloon. Each booth let the participants engage in or learn about wellness activities that benefited them physically, emotionally, intellectually, or socially. AES' Wellness Carnival will be offered annually to help seniors check in on their health and fitness and inform them of the services available to keep them as independent as possible while they age.

Interns from Cal State East Bay, volunteers from local businesses, and AES Therapy & Fitness staff

manned the booths keeping score for each of the games/ screenings. Participants received coupons for preventative health services that encourage lifestyle changes to improve their health. Everyone who visited 10 or more booths was entered into a raffle and the lucky winners received free massages, personal training sessions, or a wellness gift basket.

The overall atmosphere was fun, fun, fun with employees dressed in carnival costumes, snow cones, face painting, cotton candy, and



carnival-themed music. AES looks forward to seeing everyone again next year!

Are you as healthy as you would like to be?

Are you interested in a more take-charge approach to maintaining your health?

Have you heard about Personal Training?

Working one-on-one with a Personal Trainer can help you remain as independent and healthy as possible.

If interested please speak with Angie at AES Therapy.

Appointments available at The Lodge and Elders Inn.

510-748-0158

Backpacks *continued from 1*



The Lodge residents' turn! You could see the pride in everyone's faces when their 75(!!!!) backpacks were piled high and they could see the impact of their hard work.

In the end, each backpack was filled not only with equipment, but with love.

Oktoberfest Trivia

Like being Irish for a day on St. Patrick's Day, many people become German for the Oktoberfest, which is considered a holiday in Germany. It began in the 1800s as a horse race celebrating the wedding of Prince Ludwig I to Princess Therese of Saxe-Hildburghausen. Modern-day festivities are about eating a lot of food and consuming German beer. Romance still plays into the celebration where boys and girls exchange Lebkuchenherz (gingerbread hearts). The bigger the heart, the better! Let's find out how Oktoberfest savvy you are.

- | | |
|--------------------|--|
| 1. Weizen bier | A. Sweet mustard with veal loaf |
| 2. Lebkuchenherz | B. German sausage |
| 3. Obatzd'er | C. Gingerbread heart |
| 4. Weisswursttopf | D. White beer |
| 5. Holzofen bread | E. Kebab of beef, peppers, onions, and bacon |
| 6. Kartoffelknödel | F. Rustic bread with Obatzd'er |
| 7. Bratswurst | G. Strongly-flavored cheese spread |
| 8. Brotzeit teller | H. Assorted cold cuts |
| 9. Süsser senf | I. Bowl of veal of sausage |
| 10. Schaschlik | J. Potato dumplings |

Last Month's Answers

What has four letters, sometimes has nine letters, and never has five letters.

Pay close attention to the punctuation - it is not a question, but a series of statements.

- What has four letters
W H A T
- Sometimes has nine letters
S O M E T I M E S
- Never has five letters
N E V E R



World Tour Fun Facts: Austria



- The Austrian flag is one of the oldest national flags in the world
- The sewing machine was invented by Josef Madersperger, an Austrian
- Approximately one quarter of the population of Austria lives in Vienna
- Vienna has the oldest zoo in the world, founded in 1752
- Austria is known for its mountain railways and trains such as the Giselabahn
- Ferdinand Porsche, who is the founder of the German sports car company 'Porsche', was from Austria
- 62% of Austria is covered by the Austrian Alps
- The first postcards used were in Austria.

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.

The 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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