

AEC Living

A tradition of caring for seniors 1971

Waters Edge Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services

Volume 12 | Issue 12

December | 2014

Exercise for Warmth

Winter is coming and that means cold wind, chills, cranking the heater up, and staying indoors. But the weather shouldn't stop us from exercising. During the warmer months of the year, everyone is able to get some exercise and walk outdoors.

As soon as winter hits, staying indoors is highly advised and often inhibits us from continuing our exercise routine. The key for staying active is to keep exercising indoors.



The main activity

By Matthew Hernandez
that winter prevents is walking outdoors. One alternative to keep your legs moving is to try out a stationary bike; they provide many of the same benefits of walking.

Joining an exercise class is continued on 3

Sing Through the Season

Have you ever wondered whether music could help protect your health? Music can soothe anxiety, pain and depression as well as give you more energy and a general feeling of wellness. Music can be extremely valuable to seniors by helping both physically and psychologically,

to those receiving care for everything from dementia to heart disease. Cancer patients have even reported less nausea and lower blood pressure after chemotherapy when they listened to classical music. The holidays are a great time to reap all the incredible benefits music has to offer.

By Kelsey Hasiuk
or "Festivals of Light". While lighting the menorah in celebration of Hanukkah, you may sing along to, I Have a Little Dreidel or Light One Candle. For those in the Christmas spirit, you may want to sing along to, Jingle-Bell Rock, Frosty the Snowman, or Silent Night.

Whatever your musical preference, don't hesitate to turn on the radio, hum a tune to yourself or come check out the live daily music at Elders Inn or the Lodge! Music is a great way to provide comfort and joy to our lives and celebrate the holiday season! Music really does bring Joy to the World!



In this Issue

- 2 Brain Benders, Exercise Your Mind
- 3 World Tour: Winter Holidays Around the Globe
- 4 Staff Recognition
- 4 Senior Fitness, It's Never Too Late
- 5 December Holidays
- 5 Winter Vegetables
- 6 Elders Inn
- 7 The Lodge
- 8 Alameda Elder Services

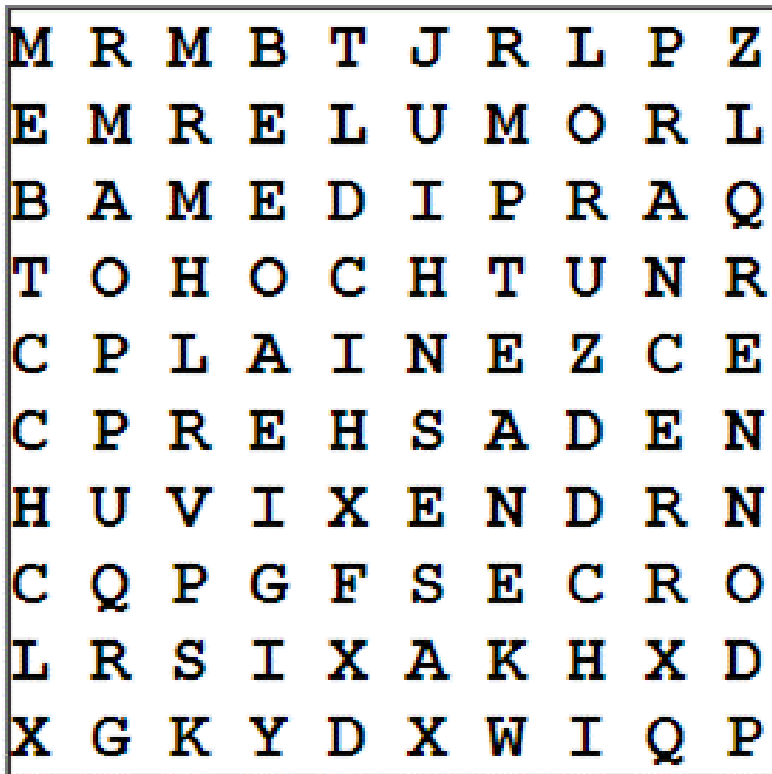
Music is in the air throughout the month of December. Not only do we have daily live music at Elders Inn and the Lodge, the holidays bring many volunteer musical performers and carolers to both facilities. If one of your favorite Christmas songs, for example, is stuck in your head, feel free to sing it out loud, or whistle that tune! It can not only make your day better but it may bring joy to someone else, too!

For those who celebrate Kwanzaa, you may enjoy singing, "Celebrating Kwanzaa"

Brain Benders

Can you find the names of all of Santa's reindeer? (No Rudolph)

- Dasher
- Dancer
- Prancer
- Vixen
- Comet
- Cupid
- Donner
- Blitzen



November's Answers

The Greek Goddess of Corn is who? **Demeter**

The Roman God of Grain is called _____. **Ceres**

What was the name of the captain of the Mayflower? **Christopher Jones**

This President gave Thanksgiving an official date. **Lincoln** (the last Thursday in November) and **FDR** (the 4th Thursday in November).

Cornucopia means what? **Horn of plenty**

Briana, Devon, Eileen, and Thomas, each have a different favorite Thanksgiving food. Use the clues to decide whose favorite is turkey, cranberry sauce, pumpkin pie, and sweet potatoes.

- Briana loves Turkey
- Devon enjoys Sweet Potatoes
- Eileen likes Cranberry Sauce
- Thomas prefers Pumpkin Pie

Exercise *continued from 1*



another great way to stay warm and active during the winter. If you aren't in to class and would prefer to exercise by yourself, it is important to focus on warming up for a longer period of time before doing any exercises.

Some good exercises to stay warm include; Static Stretching, Arm Circles, Walking, and Mini Squats. If you are planning to go out for a walk, you should work on some static stretching before going out. Stretching will help loosen and warm up your muscles. Arm Circles will help blood circulate and keep the upper body warm, while walking can increase the heart rate which will pump more blood in motion to keep your

body warm. Mini Squats are like squats with less motion, this movement will work on your lower body and ultimately heat your body up.

These are just a few exercises that you can do to keep warm in the winter and the exercise classes offer even more exercises to stay warm and active. Let's fight the urge to stay in our rooms to keep warm and exercise instead!

World Tour: Winter Holidays Around the Globe

By Judith Vera-Gutierrez

This month for our world tour, we are going to explore how different countries in the world celebrate their own holiday traditions and celebrations.

Let's start off with a very well liked holiday like Christmas. Christmas is always celebrated December 25th by many people around the world. It is the celebration of the birth of Jesus Christ. Some modern customs of celebrating this holiday includes gift giving church celebrations, Christmas decorations, nativity scenes, Christmas music, and serving a special meal.

Hanukkah is an eight day and night Jewish holiday. It is also known as the Festival of Lights, which people during this time light up a candle-stand with nine branches called a Menorah. They light up one candle per day until all the nine a light up. In Hebrew, the word "Hanukkah" means dedication.

Kwanzaa is an African-American cultural holiday. It is observed December 26 to January 1. It is usually celebrated by doing a big feast and gift giving to others. The celebration of Kwanzaa consists of seven principles: Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, and Faith.

Learn about some more World Holidays on page 5, from Kelsey.



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!

Two Years

Victor Sanchez, Lodge
Luxor Lopes, Lodge

Three Years

Dough Anderson, AEC

Eight Years

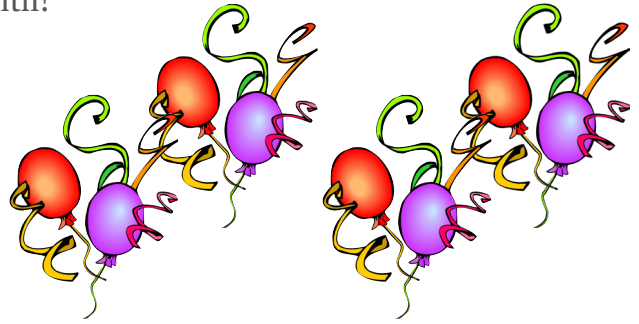
Martha Martinez, Lodge

Ten Years

Stephen Zimmerman, AEC

Thirty Two Years

Barbara Covington, Lodge



Senior Fitness: It's Never Too Late

By Wilson Trang

For a lot of seniors, whenever someone brings up the idea of going to exercise, or even the idea of exercise, the response is often "I'm too old for that kind of stuff" or "That's for young'uns." As more and more research has shown, there is never an age that is too "old" for exercise.

As we get older, the body doesn't work as well as it originally did, and like any other device or vehicle, constant repairs and oiling are needed to keep it running smoothly. Without exercise, joints and muscles just simply don't work as well. But once movement is initiated in the body, those muscles and joints will work well again.

Exercise is not only muscular, it is also skill-based as well. Like any other skill in life, regardless of when you start, once you start practicing, it simply becomes easier. Simple things such as mobility and stairs are all skill-based movements. With practice, they can become easier. These movements can not only be learned, they can be improved upon by consistent practice and repetitions.



It is also never too late to develop or add additional muscles as well. While muscle building is often thought of developing oversized muscles, having additional muscle mass can also make your life easier by making your movements faster and stronger. Research has found that while the senior population does have less base-line muscle mass than younger adults, they can still develop an equal proportion of muscle spindles (the cross section of the muscle fiber) as their younger counterparts.

Exercising at a later age has other benefits as well. Time is often a constriction on the younger

population and is no longer a hindrance to the senior population. Exercising as little as 30 minutes a day can have a dramatic effect on the senior body.

Make your personal fitness something you focus on in 2015! Every little bit of exercise makes a difference, so please consider coming to a group exercise class (they are free!) or signing up for personal training.

December Holidays

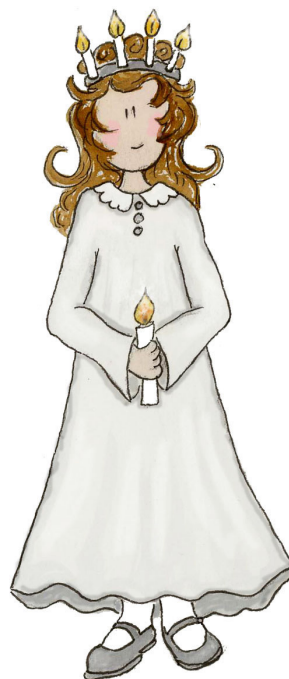
For the month of December, instead of visiting a different part of the world, we focus around the Holidays. I thought it would be fun to take a look at a few lesser celebrated December Holidays.

Fiesta of Our Lady of Guadalupe (Mexican) It is believed that a man named Juan Diego encountered the Virgin Mary twice in Mexico City, on December 9 and December 12 in 1531. According to legend, Mary told Juan to ask the bishop to build a church on Tepeyac Hill. However, the bishop needed proof of Juan's encounter and asked for a miracle. Juan returned to the hill to see roses in a spot where there were previously cacti. When Juan Diego returned, he showed the roses to the archbishop and also revealed an

image on his cloak of the Lady of Guadalupe. The bishop was convinced of the miracle and built a church in honor of the event.

St. Lucia Day (Swedish)

St. Lucia Day honors a third-century saint on December 13, when girls dress up as "Lucia brides" and wear long white gowns and red sashes — a tradition that dates back to the 18th century. The attire is accompanied with a wreath of



By Seven Zendragon

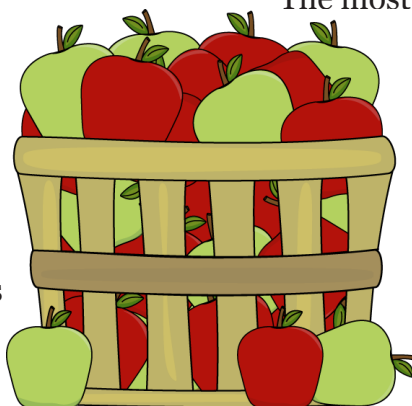
burning candles on their heads. The girls wake up their families by singing songs and offering coffee, and a traditional bun, called St. Lucia's bun and made from saffron, is commonly eaten on this day.

Eid Al Adha (Muslims) the Festival of the Sacrifice Eid Al Adha is celebrated by Muslims on the 10th day of the month of the lunar calendar (In 2008, it fell on December 8) to commemorate the willingness of the prophet Ibrahim to sacrifice his son for God. Today, Muslims sacrifice an animal—usually a goat or a sheep—as a reminder of Ibrahim's obedience to God. The meat is shared with family, friends Muslims or non-Muslims, as well as the poor members of the community.

Winter Vegetables

Like Summer, the winter and fall selection of vegetables and fruits can be both very delicious and nutritious at the same time.

Winter also brings once a year servings of our favorite courses and desserts that are clocked-full of delicious nutrients as well, making winter just



as exciting for your health and taste buds as the summer afternoons.

The most popular by a landslide of fall and winter fruits is the apple. Apples are grown year around but they peak in the early to mid-Fall. Apples are full of fiber, Vitamin C and Iron. It can be made in delicious pies and cider. Apples have

By Wilson Trang

also been found to reduce the risk of skin diseases and prevent digestive and liver problems. Apple cider vinegar also helps prevent the formation of kidney stone.

Persimmons are also very popular in this time of the year. Because persimmons take a long time to ripe, they are usually only available in the fall. This sweet fruit is full of iron and potassium making it a very hearty

continued on 8

AEC Living

NEWS FROM ELDERS INN

6

Resident of the Month: Frances Borsuk

Frances Borsuk was born in November of 1920, in Oakland, California. She had an older brother, Harold, and an older sister, Rhoda, and they all lived with their parents, Nathan and Sarah Borsuk. Her parents were both immigrants from Russia and spoke Yiddish and heavily accented English. They owned a grocery store, first in Emeryville, later in Alameda.

Frances graduated from Alameda High in 1938. Her nickname was "Frenchy." She went to one year of college at UC Berkeley, before going to work as an executive secretary for shipyards where she was during the war. After the war ended, Frances married Sanford Harris. They had 2 children, Jerrilyn and Marvin. She was a

stay at home Mom for the next 12 years. She was a scout leader, active in PTA, played bridge and tennis. When she went back to work as a secretary in 1960, it was to work for patent attorneys in Oakland. Frances and Sanford were divorced in 1965. She made sure that both of her children went to and graduated from college.

In 1972, Frances met Hank Cohen, who worked at Big O Tires in Berkeley. It was love at first sight for them both. They married within a year. Hank had a daughter, Denise who was living and working in Hawaii. His son Jeff, was still in high school and graduated from Skyline in Oakland. Fran and Hank enjoyed traveling all over the world. There was almost



nowhere they didn't go. As a couple, they entertained constantly for friends and family. They played bridge and golf, and danced up a storm whenever they heard music. They were happily married for 42 years until Hank died suddenly in July 2014 at the age of 96.

Frances celebrated her birthday on November 4th, and is now officially 94 years old. She has made new friends in the Garden Neighborhood and enjoys the daily tea parties. Please give Frances a warm hello when you see her at her new home.

News & Notes from Activities

Hello residents! The holidays are here and we have lots of exciting activities in store for you!

December 5th - we will be making holiday greeting cards

December 12th - we'll make Christmas ornaments

December 14th - is our annual Holiday Tea - Please RSVP to the front desk so we can accommodate your guests!

December 18th - we will have a cookie decorating contest

December 24th - is a special

eggnog Happy Hour

December 22nd - is our regular trip to Christmas Tree Lane to enjoy all the beautiful holiday lights and decorations.

And on December 31st - for those of us who have a hard time staying up until midnight on New Year's Eve, we will have a special NOON Year's Eve Lunch Celebration! So join us for an early toast and countdown at 11:45 AM!

Remember, the more, the MERRIER!!

Don't forget to come to the Resident Council!

It's on the First Sunday of the Month.

Garden News!

Our Garden Neighborhood is full of holiday cheer with some hand made and festive decorations.

Please save the date for our Annual Holiday tea on Sunday December 14th! We can't wait to see you there!

Resident of the Month: Milton “Gene” Soma

Milton “Gene” Soma was born in November of 1925 in Canbui, Minnesota. There he lived for most of his childhood on a 120 acre farm. Eventually the family moved to Ames, Iowa so that his father could take a job rebuilding and fixing automobiles. Now, Gene says that growing up he always remembered being in Cub Scouts and Boy Scouts. One of his strongest memories is when he first became a Boy Scout Counselor; he said he felt that the Cub Scouts got

away with things that most parents wouldn’t allow today. He said he was a 13 year old counselor in charge of 10 year old Cub Scouts on a camping trip on the water. He says most of his favorite memories are of swimming, hunting and sailing.

Gene enlisted in the Navy before graduating from high school, and while he was still 17. They made him wait five months before entering active duty. After leaving the Navy, Gene worked in sales for Long

View Fiber.

If in his younger years Gene was an outdoors man, his interests in that area stayed strong into adulthood. In fact, he and his wife actually spent 2 years living on a sailboat. And it was there that he picked up most of his cooking skills – “After a while you learn how to cook on a boat.”

Gene says that in looking back at his life he’s happy with some things and sad with others “but that’s a natural part of life. “

The Benefits of Giving

It is better to give than to receive - it’s not just an old saying, research proves it is true. When you help someone else, you feel better too, and your body releases hormones that help you be healthier, have less stress, and reduce pain. That goes along with that other saying “You get what you give”. Worried that you are not able

to help someone else because of health or time? Giving of yourself can happen in many ways, many of which you may be doing now. Helping someone read their mail because they have poor eye sight, being a friendly visitor (either in person or over the phone) to someone who is lonely, reminding someone of their favorite

By Merryn Oliveira activity and walking with them to it. These are all simple ways that we can help someone else. If you are able to help your community in a larger way, that is great, but don’t let your health keep you from helping others. A small act of kindness goes a long way, for both the giver and the receiver.

Eating Out

Please join the “Lunch Bunch” for our lunch outings!

On Friday, December 5th, we will go to Tomatina for a bit of Italian food.

Then on Friday, December 19th, the Bunch will be going to Dragon Rouge for some delicious Vietnamese.

News & Notes

As the holidays are on their way one of the things we’ll be doing this month is making Christmas tree topper angels. Please join the upcoming sewing and craft classes to make your very own tree topper. We’ll also be making clay ornaments as a way to add a little bit of each resident to our tree.

Don’t forget to come to the Resident Council!
It is on the First Saturday of the month

Walking Club

So far this year the Walking Club at the Lodge has walked **135 miles!**

AEC Living

8 NEWS FROM ALAMEDA ELDER SERVICES

Iron Man of the Month: Ed Parker

It is never too late to get back into shape and exercise! A prime example of this statement is our Iron Man of the Month, Ed Parker. Mr. Parker's commitment to exercise and consistent attendance has impressed not only the staff but to the residents as well!

Mr. Parker was born in Gulfport, Mississippi and was an only child. His lifelong hobby and, favorite means of staying



active, has been sailing the seas. He usually sailed the waters between the Gulf of Mexico and the coast of Maine.

Ed served in the Air Force for 20 years and retired at the rank of Colonel. He was stationed in many areas around the world including Hawaii, Mississippi, England, Norway, Sweden, Spain, and Italy. Mr. Parker has seven children who reside in both Europe and the U.S, and he ended up in Alameda

to be close to his son.

Ed states that he participates in the wellness activities because they are interesting to him and it helps him stay in shape. He wants to stay in shape so bad he hunts me down to make sure we are going to go out for walking club! His commitment affects me and the residents here and that is why we honor Ed Parker as our Iron Man of the Month!

Vegetables *continued from 5*

fruit. Persimmons are also a great source of Iron as well. Persimmons can be eaten fresh or in cookies or baked with cinnamon and brown sugar for a delicious dessert.

Pears are another fall based fruit that is incredibly sweet. A rarity among fruits, pears are a rare source of Vitamin K, which is responsible for helping blood clots to form in the body. A Vitamin K deficiency can lead to an impairment in the clotting process in adults. Pears can be eaten raw, or

baked in cinnamon, sugar and allspice for spiced pears. Canned pears have also found to be full of equally if not more vitamins than fresh pears.

With the summer long and gone and the summer stone fruits unavailable for another year, take a look this season at the number of different fall and winter fruits and enjoy them while you still can before they also disappear for another 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 you are interested in being more proactive about your personal fitness, please speak with Matt, Wilson, or your Administrator about setting up an initial consultation.