

# 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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## Holiday Toy Drive

We are proud to announce that all AEC Living locations are once again participating in a holiday toy drive, to help ensure that the children in our communities have at least a small gift for the holiday.

If you would like to donate toys you are welcome to participate, but please know that the bins are there as a service to our surrounding community so we can help spread a bit of holiday cheer to local children.

This year we are supporting both Toys for Tots and the Alameda Firefighters' Toy Program.



Alameda Firefighters' Toy Program began last year. Supported by the Alameda Collaborative for Children, Youth, and their Families, Alameda Food Bank, Alameda Red Cross Youth,

and other community organizations, the program is designed to ensure that all low-income Alameda families who sign up at the Alameda Food Bank receive an age-appropriate toy or gift card for children 0-16. Jim Franz (the leader of one of our favorite bands) is part of the organizing committee for this amazing local program.

Toys for Tots, a program of the

US Marine Corps, is in its 60th year. Active in all 50 states, the District of Columbia, and Puerto Rico, Toys for Tots is the nation's largest toy program for children's holiday gifts. While the Toys for Tots program does collect toys on a national level, their mission is to distribute the toys collected to children in the same community the donations came from.

Last year, our staff, residents, families, and neighbors were so generous with their donations we received awards of recognition for the donations.



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## Caring Star of 2018

The Lodge is honored to have been awarded the "Caring Star of 2018" distinction from Caring.com for excellence!



The Lodge earned a 5-star rating (the highest score possible) to be awarded this national honor. There were only 3 awardees in all of Alameda County, and fewer than 300 throughout the entire country!

Congratulations to the residents and staff of The Lodge on their excellent community!

# AEC LIVING

## STAFF SPOTLIGHT

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### Birthdays

- 12/6 - Conchis C, Lodge
- 12/7 - Yazmin C, Lodge
- 12/8 - Stephen Z, AEC Living
- 12/9 - Esperanza C, Lodge
- 12/10 - Jane C, Elders
- 12/18 - Marie L, Lodge
- 12/18 - Julia W, Elders
- 12/20 - Mary Joy M, Elders
- 12/20 - Katie T, Lodge
- 12/22 - Ash O, Lodge
- 12/22 - Valerie P, Elders
- 12/23 - Stephen A, Lodge
- 12/27 - Nick N, Lodge



### 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 their anniversary this month!

#### 3 Years

Kathy M, AEC Living

#### 6 Years

Doug A, Lodge

#### 11 Years

Martha M, Lodge

#### 13 Years

Stephen Z, AEC Living

#### 35 Years

Barbara C, AEC Living



### Who's New

You might be seeing some new faces around, the following people joined the AEC Team between October 15 & November 15, 2017.

**At The Lodge**  
Natalie F

### Sending Our Thanks

Over the last few months we have had the honor and privilege of putting together



care packages for US Troops serving abroad.

We've partnered with Adopt a US Soldier

and been paired with different units. We have no idea where these brave men and women are currently

serving, we're only given a brief description of the things they could use the most (cotton swabs, comic books, sweet treats, health food - things like that). Though they



never ask, we always try to send them a tiny piece of home

too, and include a bit of holiday fun and cards filled with thanks and well wishes. If you'd like to contribute a note or help put together the next care package, please let the front desk know.



### More Than Just Christmas

It seems as if everywhere you look you see Christmas. But there are so many other holidays celebrated in the winter months. Let's take a moment to learn a bit more about two of the more celebrated winter holidays, Hanukkah and Kwanzaa.



Jews found only enough oil to light their lamps for one night – despite that, the lamps stayed lit for eight nights.

Hanukkah, sometimes spelled Chanukah, is the Jewish Festival of the Lights. It is said that upon ousting the opposing religious leaders from their temple, ancient

Thus, Hanukkah is celebrated for eight nights, and represents the re-dedication of the temple and the triumph of light over darkness.

Kwanzaa is a holiday that

celebrates the African heritage and culture. Started in the late 1960's, it usually starts December 26 and runs for 7 days. It is meant to celebrate the "seven principles of Kwanzaa": unity, self-determination, collective work and responsibility,



cooperative economics, purpose, creativity, and faith.

### 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:

**Dorothy P** has lived at the Lodge for just over a year. She is an active member of the community, has a great sense of humor, enjoys reading, and started a book club for residents.

**Gary D** has been working in Dining Services at the Lodge for 5 years, but started at Waters Edge Nursing Home in 2010.

**Bora B** is an Advanced Care Attendant (ACA) at Elders; she's been with the company for about 20 months.

#### Where were you born?

Dorothy P. - I was born in Chicago, Illinois.

Gary D. - I was born in Zambales, Philippines.

Bora B. - I was born in Ulaanbaatar, Mongolia - it's a bit like Chicago. I miss the BBQ from there.

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

Dorothy P. - I would share my winnings with my family.

Gary D. - I would have fun for the rest of my life!

Bora B. - If I won the lottery, I'd like to travel around the world; Europe would be my first stop.

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

Dorothy P. - My favorite place is technically not IN the building, I like the lagoon patio best.

Gary D. - I like the break room, of course!

Bora B. - My favorite spot is the break room. It's a place you can always find someone - it's fun!

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

Dorothy P. - I was a straight "A" student with a lot of boyfriends!

Gary D. - I had a lot of fun and goofed off, but I got pretty good grades.

Bora B. - As a teenager I was very outgoing and active. I liked to do a lot of things.



### Holiday Entertainment

The holidays are always a busy time at Elders Inn and this year is no exception. We have a very full calendar this month and wanted to make sure that everyone knows about all the fun and exciting things that are going on. The highlights are listed below, but please make sure you check the calendar for times!

- **Monday, December 4**  
Cookie Decorating
- **Tuesday, December 5**  
Wear red or green
- **Thursday, December 7**  
Holiday Card Making
- **Monday, December 11**  
Christmas Carol Concert
- **Monday, December 11**  
Holiday Lights Tour
- **Friday, December 15**  
Christmas Spelling Bee
- **Saturday, December 16**  
Kay Kwan Carolers
- **Saturday, December 16**  
Marcie Brown & the Alameda Cello Academy
- **Sunday, December 17**  
Holiday Tea Party (Guests are requested to RSVP)
- **Wednesday, December 20**  
Falalalala Christmas Carol Sing-a-long
- **Thursday, December 21**  
Snowman Building
- **Sunday, December 31**  
New Year's Eve Party



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

### Special Musical Performance

Marcie Brown and her students from Alameda Cello Academy are coming to perform at Elders Inn on December 16th. This fabulous performance has become a tradition in the last few years, and one we enjoy greatly.

Marcie got her Masters Degree from the prestigious Manhattan School of Music. She has played with musicians from all over the

world including Luciano Pavoratti, Andreas Bocelli, Dizzy Gillespie, Itzhak Perlman, and Ray Charles. She's even a member of Cirque du Soleil!

Recently Marcie has been playing jazz with Terrence Brewer who has been called by the



By Nancy Rafalaf  
San Francisco Examiner, the #1 Jazz Guitarist of SF Bay.

Join us on Saturday, December 16th for our very own special treat as Marcie

Brown and students from Alameda Cello Academy perform a spectacular concert just for us!

# AEC LIVING

## NEWS FROM ELDERS INN

### Thanksgiving

Thanksgiving at the Inn was a family style affair with tables decorated in fall ambiance.

Our traditional Thanksgiving meal was served with all the luscious sides we have ever associated with Thanksgiving.



The entire kitchen staff went all out to make sure our residents got homemade delicacies. And residents,

staff, and guests were invited to dine together to celebrate the bounty of friendship and family.

There were plenty of guests to be had - everyone knows there's never a need to go to a

restaurant or order out, just come to Elders Inn for the holiday!

### BINGO

Did you know that December is recognized as the "Birthday Month" of BINGO? Neither did we!

But now that we know, we've decided a special celebration is in order.

Please make sure you come to BINGO on Friday, December 8th where there will be a special prize in honor of the "Birthday" of one of our favorite games!



### Veterans' Day Celebrations



Veterans Day was beautiful at Elders Inn, the weather was picture perfect which set the

tone for the day.

Our annual recognition ceremony included staff, residents, and a local Boy Scout troop.

The program started with Boy Scout Troop 3 presenting the flag and



leading us in The Pledge of Allegiance.

Then, we recognized residents who served in the US military and those who were

married to those who served. Each received certificates of thanks and recognition as well as American flag pins.

After the presentation of the colors and certificate ceremony we switched to party mode and everyone



enjoyed cake and coffee.

Our Boy Scouts were treated to pizza and soft drinks for their performance, they were both

happy and appreciative.





# AEC LIVING

## NEWS FROM THE LODGE

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### Coming Soon, New Spaces

We are so happy to share that soon the Lodge will have two wonderful new spaces for residents to enjoy!

First, the **Salon and Spa**. Contractors have been working feverishly to complete the renovation



of space on the 2nd floor to create a wonderful new Salon and Spa area. This new

space will replace the current Beauty Shop, and has a separate area for

massages!

Next, the Activity Room has been closed for remodeling; when it reopens we will have a wonderful new **theater!** Still designed to allow for classes and other fun things like BINGO, the theater will feature comfy seats, room darkening curtains, and an updated sound system.

### Storytime with Santa

Santa is making an early visit to AEC Living this year! The jolly old elf is showing up at The Lodge for a special "Storytime with Santa" on Sunday, December 3rd at 6:00 pm. Residents, their families, and the Alameda community are invited to start their holiday season with Santa as reads a story or two,

and other fun holiday events!

You can make a holiday craft, watch a favorite holiday movie on the big screen, and enjoy cookies, spiced apple



cider and a hot chocolate bar with whipped cream, sprinkles, tiny marshmallows, and candy canes!

Best of all, Modern Heirloom

Photography will be taking family photos as a memento. It will be a special night at The Lodge, but there is limited seating. Please RSVP to Lodge reception directly or by calling 510-748-4300 to save a seat.

If you would like an extra invitation to send to friends and family, please check with the front desk, they should be able to give you a printed invitation or help you send an email to those you would like to invite.

Join Us for a  
**New Orleans**  
**Holiday Celebration**  
Thursday **14** December  
6:30 PM  
The Lodge  
801 Island Drive  
Alameda, Ca, 94502  
R.S.V.P to 510-748-4300 or [Vincent@aecliving.com](mailto:Vincent@aecliving.com)  
By December 11

# AEC LIVING

## NEWS FROM THE LODGE

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### EARLY DINNER NOTICE

Please note dinner will be served early, at 4:30pm, on the following dates to accommodate the evening holiday events.

**Sunday, December 3rd**  
Storytime with Santa

**Wednesday, December 6th**  
Urquhardt Band Concert

**Thursday, December 14th**  
Annual Holiday Party

### Winter Ball at The Lodge

AES' dance event, "Boogie Nights", was a success! Due to the positive feedback and

to residents of The Lodge and all of Bay Farm Island and will again offer trophies for participants!



request for more dances we have decided to offer a Winter Ball the first week of December. The event is open

We will have timed seated dances, timed standing dances, and group routines. Music will be traditional ballroom and formal wear is encouraged. Refreshments will be served and guests and/or dance partners are encouraged. We hope to see you there! Friday, December 8th at 3:00pm in the Explorers' Lounge.

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

### Veterans' Ball

We so appreciate those who serve our country - both our Veterans and their families - the sacrifices they have made, and their commitment to our freedom; we hope



they (and their guests) enjoyed our annual Veterans' Ball. Residents and

their guests danced the night away to the music of The Jim Franz & Jan Nichols Band. A special thank you to Boy Scout Troop 3 for their beautiful presentation of the flags.



### Lunch Outings

Please sign up at Front Desk  
Dec 1 Jim's On the Course  
Dec 9 La Penca Azul  
Dec 13 Speisekammer  
Dec 22 Pier 29  
Dec 29 Tomatina  
Escorted trip- Jim's (12/1)  
Walking trip- La Penca Azul (12/9)

### Meet The Trainer: Jenna



If you've been to Elders Inn recently, you may have had a chance to meet Jenna, the new personal trainer based in that building. Jenna's love of working with seniors began when she started playing bocce with her grandmother

(at Lincoln Park here in Alameda). Since her grandmother's passing she has kept up with the activity and engaging her grandmother's friends in exercise and socialization.

Jenna received her Bachelor's of Science in Kinesiology from Cal Poly San Luis Obispo. She graduated Summa Cum Laude and was one of three students recognized as top performers in the Kinesiology Department. Her degree concentration was Exercise Science and her internship was at San Luis Sports Therapy Clinic. She also completed observation hours at San

By Alysa Stanford

Luis Obispo Senior Center and the YMCA.

Jenna has proven to be a fast learner and continues to impress with her compassion, professionalism, intellect, and curiosity. She will continue to study and shadow the Therapy Department outside of work to pursue a career in prosthetics and orthotics.

You can find Jenna at Elders Inn Mondays, Wednesdays, and Fridays from 9:00am-5:00pm. Her main focus is personal training, but she will also be leading a few group exercise classes.

### More Than Just Speech (Therapy)

Speech Therapy tends to be the least understood of the three disciplines of rehabilitation. In a senior population, Speech Therapy most often treats memory and swallowing issues.

As we age, the muscles in the back of our mouth and throat lose tone and coordination and may not send food and water into the stomach correctly. If material is accidentally sent down to the lungs it is called aspiration and with time

bacteria can breed causing aspiration pneumonia. A Speech Therapist can do a swallow evaluation to



determine which consistency is safest during mealtimes to prevent aspiration. They can also teach compensatory

By Alysa Stanford

strategies for memory impairment to make day-to-day activities easier. A Speech Therapist is not able to make a diagnosis of dementia therefore you or your loved one can seek treatment without worrying about a new diagnosis in your medical chart. The Speech Therapist will work closely with your doctor to review any medical, psychological, or neurological tests done to make sure you are getting the most effective treatment.



### Name That Tune

Can you decipher these common Christmas Carols?

- Happiness to the global ecosystem
- Small percussionist
- I am experiencing nocturnal visions of a colorless holiday
- Festoon the corridors
- A non-summer fairytale area
- Oh holiday conifer
- Ten plus two twenty-four hour periods of holiday festivity
- Hey tiny city in Israel
- In a remote location in a barn stall

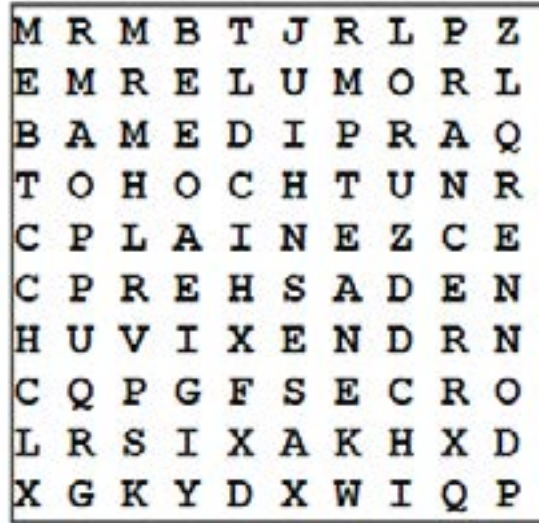
**What falls in winter but never gets hurt?**  
Snow!

**What do you get when you cross an archer with a gift-wraper?**  
Ribbon-Hood!

**What do snowmen eat for breakfast?**  
Frosted snowflakes!

### Who's Pulling the Sleigh

You know Dasher and Dancer and Prancer and Vixen, Comet and Cupid and Donner and Blitzen - but can you find them? Names may appear forward, backward, and diagonally.



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

### Last Month's Answers:

Grandma and Grandpa's table is was quite full for Thanksgiving - 80 people in total! Here's how we got that - Grandma & Grandpa start off with 2, 6 children [we decided not to count spouses], 24 grandchildren, 48 great-grandchildren - that means  $2+6+24+48=80!$  (If you count spouses of children and grandchildren the number goes up to 110! Let's assume the great-grandchildren aren't married.)

Who enjoys what part of the Thanksgiving meal?

- Anne Myers likes turkey.
- Mike Newton enjoys dressing.
- Lyn Juarez prefers pumpkin pie.
- Bill Ken's favorite is the cranberry sauce.

	Juarez	Newton	Myers	Ken	Turkey	Dressing	Cranberry Sauce	Pumpkin Pie
Anne	X	X		X		X	X	X
Mike	X		X	X	X		X	X
Lyn		X	X	X	X	X	X	
Bill	X	X	X		X	X		X
Turkey	X	X		X				
Dressing	X		X	X				
Cranberry Sauce	X	X	X					
Pumpkin Pie		X	X	X				

# 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.



**AEC LIVING**  
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