

Boredom: Good For You? (cont.)

- 4.) Boredom forms relationships. It helps to collaborate and discuss new ideas with others. I have heard many residents tell me, especially during these uncertain times, how they are connecting with people they do not usually connect with.
 - 5.) Boredom is beneficial to your mental health. Some of us are so busy that we have little time to be still, ease up, and let our minds wander.
 - 6.) Boredom allows us to reflect on ourselves. It gives us a chance to take a break from our busy lives and engage with our environment and reconnect with where we live. For example, taking a walk when we're bored allows us to admire all the nature around us.
 - 7.) Feeling bored can make us feel happier. Having free time allows us to just feel stress-free and unburdened which benefits our mental wellness. It may be difficult at first, but once you allow yourself to enjoy boredom, you may imagine great things to do!
- Carolee Rodrigo, CTRS, RTC

Acacia Family (cont.)

As part of the successful aging philosophy, we emphasize empowerment and doing what you can with what you've got. Now more than ever, it is in our best interest to do this in order to maintain a sense of purpose and control in our lives. Instead of focusing on what we can't do or what is out of our control, let's stay open to discovering what we can do, in order to maintain a sense of balance in our lives. On my walks, I'm focusing on how to act more prudently and be more productive, so that I can maintain a positive outlook and be more supportive to those around me. Right now, the only things we can truly control are our attitudes and how we interact with those around us.

The optimism I hear from residents fills me with hope and respect for the way you continue to come together as a community and make the best of this difficult situation. Your resilience and ability to persevere, and the way you look out for each other as neighbors and friends sustain our culture of successful aging. Thankfully we share the attitude that we are in this together. So many people are going through this alone in their homes, but here we have the support of our Acacia Creek family to see us through this unexpected experience. Together we will get through this. Know that there will be much celebration when it's over!

May you be well. May you be happy. May you be loved. May you be at peace.
Penny Vittoria, Successful Aging Coach

Lifestyles of Acacia Creek

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ACACIA CREEK

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Boredom Always Precedes A Period Of Great Creativity

Robert M Pirsig

Boredom: Good For You?

When was the last time you felt bored? Did you feel unproductive like there was nothing to do? Often times people put a negative attachment to the word "bored". My dad used to tell me as a child, "only boring people get bored." His wisdom taught me that I did not want to be a boring person! I would catch myself in my imagination creating all kinds of adventures. Today, I catch myself mindlessly scrolling through social media when I am bored. I sometimes have to snap myself out if it in order to engage in something that is better for me.

Boredom often carries this negative tone, but what research is actually finding out is that boredom is a very good thing for people to experience. There are several benefits to being bored:

- 1.) Boredom encourages imagination and creativity. It also helps build a sense of discovery and curiosity. Research has found that people who are given a range of boring tasks to complete show more imagination when they are asked to take part in a creative thinking activity.
- 2.) Boredom teaches grit and resilience. Boredom encourages us to be purposeful and not being upset when things are tough.
- 3.) Being bored helps to develop problem-solving skills. In a world where we are constantly stimulated, it can be overwhelming to have all this time on our hands. It gives us a chance to reflect on what we want to do and how we can make it possible.

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Exercise Away The Blues

Depression is a very common issue amongst older adults. Many life changes happen as we get older that can cause emotional stress. Sometimes we are able to recover our emotional balance while others can suffer from serious depression and sometimes anxiety.

According to the American Psychiatric Association, depression is a common and serious medical illness that negatively affects the way you feel, think, and act. It can eventually lead to emotional problems and can also affect you physically as well. There are many treatments for depression, but now many psychiatrists are recommending exercise as a way to chase away the blues.

Exercise can improve your mental health by reducing anxiety, depression, and improving cognitive function. It can reduce feelings of low self-esteem and social withdrawal. Exercise is known to bring you a sense of happiness, but the question is how?

Regular aerobic exercise stimulates the release of chemicals such as dopamine, norepinephrine, and serotonin. Endorphins interact with receptors in our brain that reduce our perception of pain, making us feel positive and upbeat. Serotonin and dopamine are mood-enhancing chemicals that release and stick around for hours after we exercise, giving the brain a positive outlook. Studies have shown that the reason exercise boosts mood is because it dramatically changes the brain both in the moment and over a period of time. It actually changes the structure and function in the brain just by exercising for an hour a day, three days a week.

Physical activity also increases the heart rate, which causes the body to pump more oxygen to the brain, and a well-oxygenated brain decreases depression and anxiety. It generates new neurons in the hippocampus of the brain, which is responsible for our learning, emotions and memory. Due to the fact the hippocampus manages emotions, exercise releases the new neurons in the hippocampus making us feel more emotional stable over time.

So, what kinds of exercises make us the happiest? Any type of aerobic activity such as walking, water aerobics, and jogging can boost our mental wellbeing. Also, exercises such as tai chi and yoga have the same effects on the brain's happiness. The most important thing is to do exercises you enjoy. That way, you will stick to a program and receive long-term benefits on your emotional health.

Exercise classes such as Strength and Conditioning and Sit & Be Fit are great for enhancing positive emotions in the brain. If you don't like exercising in a group, feel free to come see me during my Gym Time sessions every Tuesday and Thursday between 11:15 and 11:45 a.m.

Acacia Family

This is an extraordinary time in which we find ourselves. As we navigate the rapidly changing conditions as a result of the COVID-19 outbreak, it is important to stay flexible and act with prudence. The hardest part of dealing with situations like this, where we are dealing with the unknown, is the feeling of not being in control. But by focusing on what we can do, we can regain some semblance of that control, and in the process gain a little more peace of mind. For example, the ladies in the Sewing Studio are volunteering their time to sew facial masks for Acacia Creek and the greater community. (For more information, contact Nadine Yother ext. 3869).

Part of the foundation of the successful aging philosophy is resilience and the ability to persevere and find purpose in our lives. Our plans for the upcoming weeks have been put on hold, but once we get the all-clear from officials, we will pick up where we left off. In the meantime, I, like all of you, am looking at what I can do to stay purposeful. At home I've started spring cleaning and weeding my garden, creating order and controlling what I can in my life. This is how I find positivity in situations that are out of my control. I simply focus on what I can control and accept what I cannot.

This is a great time to address any projects we might have been putting off. This will be different for all of us. I have letters I have been wanting to write. You might have chores in your apartment that need doing, or maybe there is a creative project that you've wanted to do. Why not find some time now and see what you can come up with? This is also a good time to get outside and enjoy nature that surrounds us on this beautiful hill. While looking for inspiration for this article, I walked around the campus and saw several hawks, as well as the ever-present turkeys, deer, and cows. We're fortunate here to have so much indescribable nature around us, and reconnecting with it is a good reminder to not take those things for granted.

Even though officials are recommending social distancing (I prefer to call it physical distancing), we all still need to connect with friends and family, even if we can't be with them physically. Just a quick check in of "hello, I'm thinking of you" can make a difference. I'm doing this through phone calls as well as FaceTime, group text messages, and playing online games like Words with Friends. My family has a group FaceTime chat where we all catch up on each other's lives and share positive vibes. Here at Acacia Creek we are figuring out creative ways to stay connected using technology. You will be hearing much more about this.

Lifestyles of Acacia Creek

Special Events

On **April 1st**, **Acacia Creek's Group Balcony Singing Video** - Star in Acacia Creek's first ever balcony sing along featuring Tracy Cox. We will be singing *America the Beautiful* together as one community. Look for more details in your mailbox.

Monday - April 6, 13, 20, 27

Ping Pong with Luis / L

Join Luis in a game of ping pong. All levels of players are welcome in the fun.

Great Course / Chan. 1-61 April 13, 20, 27

This course explores the major developments in practically every aspect of civilization: the appearance of writing and communication, commerce, religion, transportation, agriculture, medicine, art, warfare, human organization, and more. Scholarly, grounded in evidence, and thoroughly thought provoking, this course offers nothing short of a new way of studying and understanding world history—and its future.

Tuesday - April 14, 21, 28

Vertical 360: A Fall Prevention Program / Chan. 1-61

In this six-session program that is designed to offer support in maintaining mobility and preventing falls. Throughout the Vertical 360 program, join Yanasa, Penny and Carolee as they explore the ways to address fall prevention effectively through addressing our life styles holistically—from a 360-degree point of view.

Wednesday - April 8, 15, 22, 29

Masterpiece Living First Lyceum / Chan. 1-61

We are rebroadcasting the Masterpiece Living first Lyceum series featuring different experts in the field of successful aging.

Chat with Chuck / Chan. 1-61

Chuck will share recent community news and updates.

Thursday - April 9, 16, 23, 30

TED Talks with Quiz / Chan. 1-61

Starting the last 2 Thursday in April we will be showing TED Talks with quizzes. Pick up a quiz from concierge prior to the talk. After listening, fill out the quiz and turn it back into concierge. On the following Wednesday at Chat with Chuck, Chuck will be picking a winner from the finished quizzes for a prize! You have to be in it to win it!

Friday - April 3, 10, 17, 24

Hallway Happy Hour starting at 4 p.m.

Check the calendar for when Hallway Happy Hour will be coming your way. Team members will be serving a red wine, a white wine and a ginger ale for your enjoyment. Service will start at 4 p.m. and will continue until all apartments on that designated floor are served. Be outside of your apartment and ready if you would like to partake.

Wednesday at 3:15 p.m. and Friday at 4:15 p.m.-

Balcony Aria with Tracy Cox

Check the calendar for the date that Tracy will be singing outside your balcony and step outside to hear Tracy sing a beautiful aria.

* Chan. 1-16 is the channel you usually tune into during Meet with Martin. Remember you must press 1-61 to get the channel on Direct TV as you wont see it on the channel listing.

Lifestyles of Acacia Creek

Online resources

Listed below are a few websites with resources available for free or for a minimal charge.

*Playbill offers 15 Broadway plays and musicals you can watch on stage from home.

<https://www.playbill.com/article/15-broadway-plays-and-musicals-you-can-watch-on-stage-from-home>

*Lumosity is an engaging brain program that can be used on your desktop, laptop, iPad, iPhone or Android devices. Daily exercise for your mind that sharpen skills you use everyday. Lumosity is free to use for selected games. You are also able to purchase additional games if you would like to increase your options.

<https://www.lumosity.com/en/>

*Sudoku online is a great way to keep your brain fit. This website offers sudoku puzzles at different levels and has an option to print each puzzle if you prefer to do it on paper versus the computer.

<https://www.websudoku.com/>

*These 12 famous museums offer virtual tours you can take on your couch. Experience the best museums from London to Seoul in the comfort of your own home.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

*During this time, the Metropolitan Opera hopes to brighten the lives of people even while their stage is dark with Nightly Met Opera Streams. Each day, a different encore presentation from the company's Live in HD series is being made available for free streaming on the Met website, with each performance available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day.

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

*The Monterey Bay Aquarium has live video cams of the different exhibits. Be delighted by the antics of sea otters or mellow out to the hypnotic drifting of jellies. With ten live cams to choose from, you can experience the wonder of the ocean no matter where you are.

<https://www.montereybayaquarium.org/animals/live-cams/>