

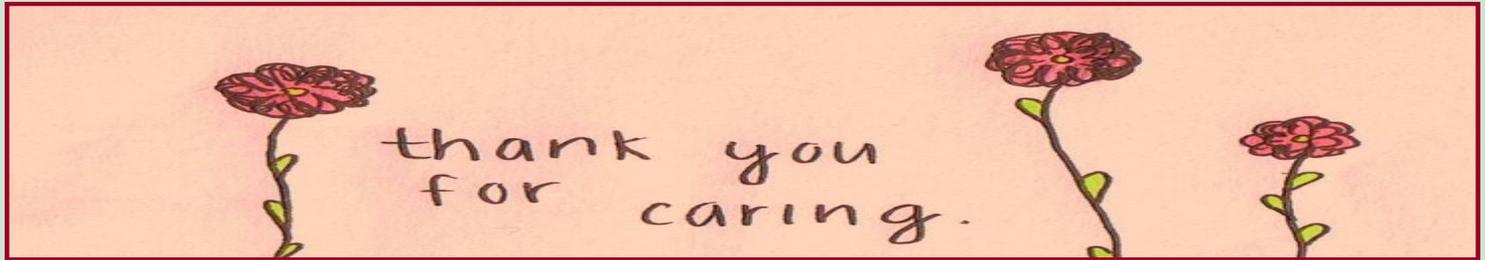


ACACIA CREEK JOURNAL

WRITTEN BY RESIDENTS, FOR RESIDENTS

www.acaciacreek.org

(510) 441-3700



Since March 18, 2020, Acacia Creek (AC) residents have been sheltering in place and practicing social distancing, all because of the coronavirus (COVID-19) restrictions and the closing down of many non-essential businesses. After 6 weeks of these restrictions, with no end in sight, we are fortunate to have a team who is here to take care of us by providing food, housekeeping, and entertainment.

Let's look at the benefits that have been made available to us. As mentioned in last month's AC Journal, we can order 1-3 meals daily from the weekly menu and have it delivered to our doorsteps. Our gym is still available for use, and for those of us who prefer a class

structure, instructors Yanasa Williams or Dante Johnson drive in Monday thru



Friday to teach classes such as Sit & Be Fit, Mobility & Strength, Chair Pilates, and Balance.

But what about entertainment? Favorite games such as pinochle, Mexican Train, MahJong are no longer available because of social distancing. It's lucky that we have access to the extensive range of channels on DirectTV. But what about keeping our minds challenged? Lifestyles has arranged for various programs on our in-house channel 1-61 such as Great Courses, Masterpiece Living lectures, Ted Talks, Ziv's classes, etc. Chuck Major, our President and CEO briefs us weekly on the health of Acacia Creek and policy changes as local governments try to deal with the spread of the coronavirus. One of the more entertaining programs was a cooking show put on by Chef Fernando Gaeta with Martin Herter as his less competent helper. If you missed it, find out when it will be shown again!

The virus has encouraged the AC Team to look at a variety of communication tools. The team has organized

Zoom call tutorials to help us expand our limited computer, tablet, and smart phone skills. In learning how to use these devices, we are becoming more competent at reaching out to family and friends throughout the country who are also sheltering in place and/or cannot visit our campus in person.

But the nicest part of being here is the extra-special treats that the AC Team is providing. I don't know about you, but I was craving Easter chocolates, and team members dropped off bags of foil-wrapped chocolates that weekend.

There's been a weekly Hallway Happy Hour with wine and snacks, delivered to our doors. The Hallway Ice Cream Cart and the fresh popcorn delivered just before the movie matinee are additional treats. We've had balcony arias sung by Tracy Cox (Kathryn Cox's daughter who is currently her mother's caregiver) and



piano music by Nancy Alden and Shirley Moore in place of our TGIFs.

As you all know, the stock of toilet paper was the first thing to disappear from stores after the COVID-19 lockdown began. The AC Team has been delivering a life-saving roll of toilet paper to each apartment weekly.

This is also a good time to remember our numerous resident volunteers who stepped up to the task of making face masks. Nadine Yother headed up a team of over 35 residents in the Sewing Studio who



(Continued on page 2)

(continued from page 1)

agreed to cut, pin, sew, ++ and assemble well over 300 face masks for use by residents and Lorber skilled nursing staff. In order to work together, the volunteers had to keep their work spaces 6 feet apart. When they ran out of elastic,



attracted donations within 30 seconds of the announcement. Nadine recently alerted us that they are now making additional masks for use by the regional American Red Cross.

Martha Crowe remembers that “one day we were all eating in the dining room and the next all the meals were being brought to our apartments. This all seemed to take place with such ease. Somehow behind the scenes and probably with many, many hours of planning, scheduling, and ordering, it all happened.”

The positive attitude of the staff has been amazing. The added care they have taken on to help us such as one-on-one tutoring for many of the added tech skills residents need for online grocery store ordering, zoom tutoring, pickup of grocery store orders, and daily temperature readings of all residents—just to name a few. Thanks just doesn't even begin to cover it!!

By Sophie Hudnut

The Repeating of History

The letter shared here is from Chet Ward's Great-grandfather Samuel Lawrence Ward, DD. He was an ordained Presbyterian Minister. After spending 20 years as a missionary with his family in Persia he returned to his home church in Glendale, CA. Once there he served as an interim minister to churches in need. In this particular incident he traveled from Glendale via rail to Tracy, CA in November 1918. His observations are of a town dealing with the Flu Pandemic of 1918 – 1920 and captured in the last two paragraphs of his letter to his daughter-in-law, Annie Ward (Chet's grandmother).

That pandemic lasted two years. There was no vaccine available or known cure. The population did understand using face masks, sheltering in place, and closing down all businesses including churches would help in stopping the spread. History does have a habit of repeating itself. So, take heed, wash your hands, keep them away from your face and keep social distancing.

By Sally Ward

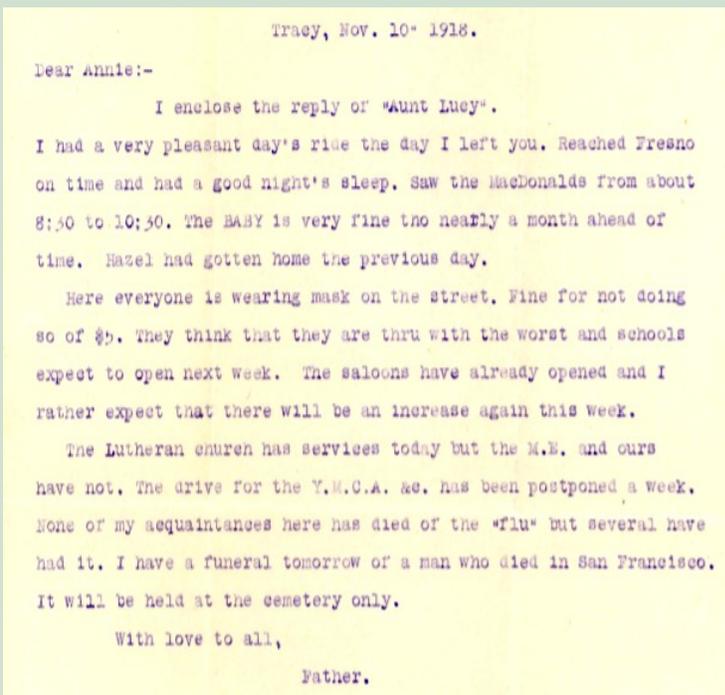


Dear Residents,

I want to take a minute and let you know how appreciative we are of all of you. Thank you for adhering to the “stay at home” order from our health experts and government. We all on campus believe that this is a big reason of successfully keeping the COVID-19 bug at bay and outside our communities. Thanks for wearing a mask when about the community and for sure when going beyond “our safe borders”. Keep up the great work! I'm sure we will be rewarded soon by having the ban and social distancing lifted, and life will return to normal.

Mothers Day will certainly be very different this year. Celebrations will be at a minimum and getting together for brunch or dinner is not going to be possible. However, and this is a big however, WE appreciate all Mothers in the world and I personally want to wish all the ladies a wonderful and great Mother's Day. Abraham Lincoln said it best: “I remember my mother's prayers and they have always followed me. They have clung to me all my life”. And Robert Brault, author, follows up by saying: “If you have a mom, there is nowhere you are likely to go where a prayer has not already been”.

Cheers -- Stay healthy and well,
Martin Herter



The Four Horsemen of the Apocalypse

It looks like we have a revival of The Four Horsemen of the Apocalypse. This fable reflects a deeply buried human fear that is as old as mythology itself. In Greek mythology Prometheus rankled Zeus by creating humanity out of clay and for stealing heaven's fire, giving it to humanity as civilization. Out of spite Zeus had Prometheus bound to a rock. Each day, an eagle was sent to eat Prometheus' hungry liver. It would grow back again overnight. It is said Zeus took vengeance on humanity by presenting the beautiful Pandora to Prometheus' brother Epimetheus. When Pandora opened clay storage jars normally used for grain, olive oil, vinegar, and wine she found them empty. Out of those dusty jars rose the ghostly specter of hunger, sickness, and death.

At this time, agnostic teaching proclaimed the hopelessness of being entailed to the agricultural cycles of high civilization because "To everything there is a season, and a time to every purpose under heaven..." All that was necessary would be a change in the weather. Epimetheus meaning "afterthought" was described by Hesiod as, "he whom mistakes made wise". And so we hope. In time, like Eve in "Genesis," Pandora would come to be blamed for the shortcomings of civilization having complained about it, and "The all giving one" became a witch whose followers tormented patriarchal culture for millennia.

The first of the apocalyptic horsemen is Famine, followed by Disease, and then War or Migration. At the last is the pale rider—Hope. This was the state of mind when the planet plunged into ice-age conditions from the 14th to the 18th centuries. This brought on the arrival of the Black Plague in Europe that killed off a third of the population. The forests were burned off for fuel and coal began to be used to save civilization. During the Great Plague of London in 1665, Issac Newton practiced social distancing by staying home. While meditating on a falling feather compared to an apple, he arrived at a counter-intuitive insight about a force called gravity.

In 1783 the volcano Laki in Iceland went off. The sulfur dioxide spewed into the Northern Hemisphere caused crop failures in Europe and droughts in North Africa and India. The famous political cartoonist James Gillray portrayed Pandora opening her jar to an aghast



audience in 1809 London. The Industrial Revolution was well underway with its enslaved labor in the mines and the mills, and its fossil-fuel haze of noxious particulates and carbon dioxide. The human population was around a billion at this time.

Science was turned to for Enlightenment along with the idea of Progress. One of the leaders of this movement was Erasmus Darwin.

Mary Wollstonecraft, an advocate for female rights, was a member of Erasmus Darwin's Lunar Society of Birmingham. She watched experiments whereby a frog muscle seemed to have been brought back to life by electric shock. In the particularly cold



winter of 1789, a shortage of food in France created a social uprising. "Let them eat cake," said Marie Antoinette. Wollstonecraft gave birth to a daughter she named Mary in the hell fires of the French Revolution, dying soon after of an infection. A series of pronounced agricultural cycles starting from Laki had set the stage for the French Revolution.

In 1815 Mount Tambora erupted in Indonesia causing another year without summer. Millions starved around the world. This horror conjured up a modern, gender-switched, Promethean myth—Mary Shelly's *Frankenstein*. In the cold, rainy summer of 1815, Mary



Shelly led her friends in a seance to her mother's enlightening world by way of a story about Dr. Victor Frankenstein. As the story goes, Victor buried himself in the study of science after the death of his beloved mother to scarlet fever. Given artificial intelligence by Dr. Frankenstein, his miraculous laboratory creation was able to see

and feel the prejudiced emotions of the people who saw him. The fear and hatred of common folks created a monster.

Now the monstrosity of 8 billion people trying to live on the same planet together has resurrected the horsemen of the apocalypse. We all bear the burden of a dialectically hamstrung politic hoping to place blame for the limitations of civilization, but in our time of social isolation at Acacia Creek, we can sing the quiet joys of self-reflection and reserved companionship while progressing to another turn in the seasons of our life.

By CJ Becker

Resident Spotlight



Victor and Nancy Wong

Nancy and Victor Wong began their lives in San Francisco Chinatown. Both of their parents emigrated to San Francisco from the Pearl River Delta in Guangdong province of China. Nancy was the youngest of five children with four older brothers, while Victor was the youngest of eight with five brothers and two sisters. Victor lived in a two-bedroom apartment with no hot water, no bathroom with facilities down the hall. Nancy's family had a one-bedroom apartment with a double bed, two bunkbeds, and one single bed all "scrunched" together.

Victor was accepted at UC Berkeley and received a degree in Engineering Physics along with an honorable mention for the University Medal. He worked at a grocery store where the owner graciously paid for his union dues, so he could earn the larger salary of \$2.35 per hour. With this, he was able to pay the \$29 per semester incidental fee plus all his college expenses.

Nancy was the first of her family to attend college. She went to San Francisco State University and City College to become a dental assistant. She worked in Chinatown for two years, living with her parents, before she and Victor were married. They met at church and were married there four-years later. Victor decided to change his college path to physics and not follow his older brothers into engineering. He went on to earn his PhD in Physics at UC Berkeley.

Making a giant leap eastward, Victor and Nancy moved to Columbus, Ohio where their first daughter was born, and Victor did a post-doc at Ohio State University. Another two years flew by and they were off to Ann Arbor, Michigan where Victor became a lecturer in Physics and Nancy gave birth to twin girls. Now the life changing events of three busy daughters and a steady flow of promotions at the University of Michigan,

Dearborn and Flint campuses: Head of Physics, Department Chair of Natural Sciences, Dean of the College of Arts and Sciences, Provost and Vice-Chancellor of Academic Affairs.

And in the middle of all this, Victor developed major vision problems and went back to Berkeley where he received a referral to Dr. William Hoyt, a renowned neuro-ophthalmologist at UCSF. He diagnosed Victor's problem as retinal degeneration, a hole in the retina. This was so rare that all of the students lined up to check Victor out.

Because there was a large chance that this might affect his ability to work, Nancy entered Washtenaw Community College in Ann Arbor and became a registered nurse. She worked at the University of Michigan Hospital in Surgical Gynecology and Pediatric Surgery and then changed to work with a doctor who dedicated his clinic to providing care for low-income/minority patients only. In order to support his goal, Nancy took a 60% salary cut to work there. She watched many of their patients grow up and would often be recognized by them years later. With her connection at the University Hospital, she was able to persuade one of the surgeons to provide free surgery for a baby who had come from Guatemala. After this, she worked for several physicians providing phone triage for patients. Here she would decide, based on the symptoms the caller described, whether it was an emergency, urgent or non-urgent care and then schedule appointments.

Fortunately, Victor was able to compensate for his vision loss and went on with his work. He commuted from Ann Arbor to Flint or Dearborn for 20 years so that Nancy and the girls could remain in their home in Ann Arbor—close to schools and Nancy's job as a nurse. The last years of his career, Victor spent in Ann Arbor where he served in various positions from the Spin Physics Group to Senior Strategist for Campus Initiatives.

They tried to reinforce with their three daughters that they could be anything they wanted to be, and it certainly came into fruition: Pamela is a physician in Internal Medicine at Kaiser in Union City, Lianna is a Research Associate in Molecular Biology at UC Berkeley, and Cassandra is Director of the Biomedical Research Facilities at the University of Michigan Medical School.

Nancy and Victor decided to move back to California where they are close to two of their daughters, and after looking around the area found their place at Acacia Creek. They both continue to share their welcoming spirit and talents giving talks on the Transcontinental Railroad, Black Holes, Chinatown, or knitting for the homeless and making face masks with the sewing group.

By Martha Crowe

Staff Spotlight



Andrea Collaso has worked at Acacia Creek as a housekeeper for about 4 months. She packaged bread at Sweet Paradise Bakery before she came here.

Andrea is from Fremont and is married with no children yet. She loves shopping!



Team Member of the Quarter
Cesar Reynoso



Friendly **Asia Odegard** works as a concierge at the front desk as a part-timer on the afternoon shift.

But Asia's main job is service specialist at Home Depot, working on special orders, returns, cashiering and deliveries. Before that, she was at Thrift Center in Hayward, and before that she was bagging groceries and retrieving

carts at Lucky Market. Asia found the job at Acacia Creek at Indeed.com online.

Asia graduated from Tennyson High School, Hayward and is now in her first year at Chabot College. Her plan is to transfer to SCULB (Cal State University at Long Beach) next year for a psychology degree. Her goal is to become a speech pathologist, which takes further study for which she will seek a Master's degree.

Right now, and for 4-6 months per year, Asia is a volleyball coach. This energetic young lady works out in her gym and hikes the hills around here. She loves her dog (a rat terrier and chihuahua mix), volleyball, and loves shopping.

By Clarice Hill

Cesar Reynoso, a dining room server, was named the Team Member of the Quarter (TMOQ). He is respectful, has a good sense of humor, and is quick to learn. The TMOQ honor is in recognition of adding to Acacia Creek's culture of successful aging.

Dining Room Manager Madelane Ramos describes Cesar in glowing terms: great personality, charming, possessing a sense of humor, and with exceptional abilities. He is a team player, appreciating and supporting his co-workers and goes out of his way to help others. Cesar works for the benefit of residents and towards the smooth operation of the dining room. Madelane admires Cesar for his love and support of his family. Read her complete remarks at the TMOQ alcove near the Mailroom.

Nominations for TMOQ

This quarter, 10 nomination forms were submitted naming 5 team members. First, the nominees' supervisor is asked if they approve of the nomination, and if so, the nominations are given to the 12 members of the leadership team to each choose the top two. Those team members' names with the most votes are then forwarded to the Resident Council to make the final selection.

The process starts with you, the resident. If you appreciate a certain staff member's effort, take a Nomination Form from the TMOQ alcove in the lobby and write down your appreciation. The selected team member earns a \$100 gift card, a parking space in the garage for the quarter and bragging rights.

New Residents

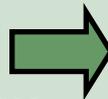


RODGER & JORENE PAGE – Apt. 1121

Moved from Roseville, CA. Rodger was born in Cleveland, OH, and Jorene was born in Binghamton, NY. Rodger was employed as a mechanical engineer, and Jorene was previously a teacher. The Pages enjoy socializing, reading, singing, and have been to all 50 states!

BETTY SHUMWAY – Apt. 1130

Moved from Hayward, CA. Betty was born in San Francisco. She golfs, enjoys reading, and is actively involved in church activities. She looks forward to getting to the gym and pool more, playing Mexican train, and participating in whatever other programs catch her fancy!



KATHY TROLL – Apt. 1127

Moved from Newark, CA. Kathy was born in Brockton, MA, and she was previously a teacher. Kathy likes watercolor painting and looks forward to using the Art Studio, doing water aerobics in the pool, and going out on lots of outings to museums, shows, etc.



DAVID & JANET SEEGERS – Apt. 1411

Moved from Fremont, CA. David was born in Harvard, IL, and Janet was born in Brooklyn, NY. Both of the Seegers were previously Registered Nurses. They own a dog named Sammy. They enjoy wine tasting, RV camping, and swimming. David is interested in learning piano, and Janet looks forward to more pool and gym time.



In Memory of our Friends Who passed on during the last 12 months



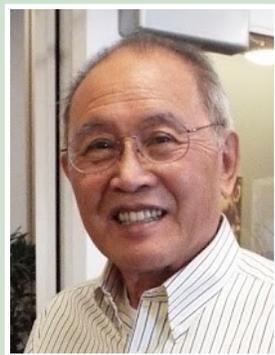
George Allen



George Armstrong



Marianne Brannon



Larry Chin



Norma Crumme



Bessie Gish



Marilyn Gise



Earl Graves



Katie Huang



Sue Khetrapal



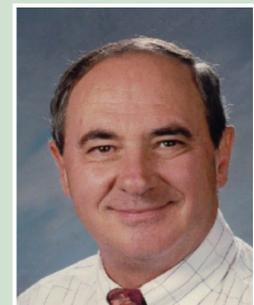
Carol Lewis



Jack Lyons



Betty Partlow



Chuck Pickering



Roger Radius



Harry Reynolds



Frank Spencer



Marty Spellman



Anne Tait

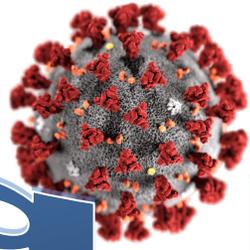


Jim Troger

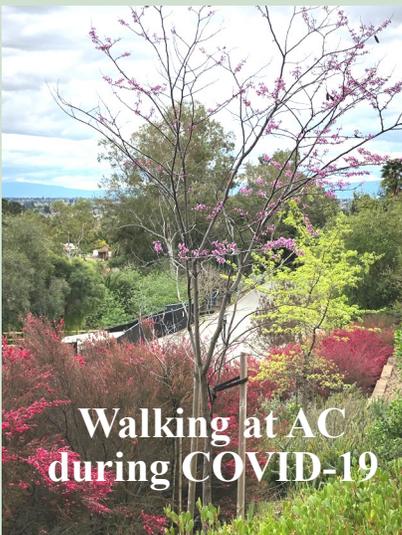


Chuck Whitworth

Living it



Balcony Singalong with Tracy Cox—
photographed by drone—March 31, 2020



Walking at AC
during COVID-19

