

Introverts (Cont. Page 1)

We are relieved that the pressure to socialize in groups has been lifted, but we do check in with our close friends and family when we have the need to socialize.

The one thing I have found that I keep needing to do is give myself permission to use this time to “think”, to be creative, to be still. We are so used to being in a society that values being busy every single second, networking/ socializing every chance possible, and what feels like brainstorming and collaborating with people all the time. Society tells us this is the only way that great ideas come about and are put into action. The last two months I have written about the positivity of being bored and using this time to be creative. Maybe you are an introvert like me and just need to give yourself permission to embrace your inner introvert and enjoy this time with yourself. Now that the social pressure is lifted— introverts, this is our time to shine!

Carolee Rodrigo, CTRS, RTC

Dr. Roger Landry, Personal Growth (Cont. Page 11)

So, while it is completely our choice to feel impatient or angry, to disagree with a store’s policy, to disagree with one’s governor’s policies, the bigger question is whether we WANT to feel that way. If not, it’s completely in our hands to change it, to feel differently.

The reality is that it’s different everywhere, especially as the country partially re-opens and various businesses try to comply with new rules. Arguing with reality has no upside. It uses up a lot of brainpower, energy and time. It darkens our mood. There may be some who are not doing their part, and that is irritating, but it should only make us more resolved to do the right thing.

What to Expect in this Brave New World

Expect it to continue to be surreal for a while. You may be asked to wear a face mask or have your temperature taken when entering a place where crowds are more common. Friends may avoid those bear hugs for a while and still prefer to keep physical distance. The important factor to remember is that everyone is putting these plans in place to keep us safe – it is an act of love, even if it feels like tough love right now.

The long and short of it? We need each other, and it is compassion, resilience, respect and patience that’s going to get us through. *We’ve got this!*

Lifestyles of Acacia Creek

June 2020



ACACIA CREEK

(510) 441-3700

Introverts

According to Swiss psychiatrist and psychoanalyst, Carl Jung, everyone has both introverted and extroverted traits. One trait is just more dominant than the other.

Extroverts are energized by social stimulation and have little need for down time. They value the social world outside themselves and look for its approval. Introverts are often drained by social stimulation, needing to be alone to reenergize and focus on the inner world of ideas and concepts. Introverts use this energy for meaningful interaction that stimulates them, as superficial interactions drain them. They thrive on deep meaningful conversation preferably in small groups or on a 1:1 basis. I relate to the characteristics of an introvert, needing time in a low stimulus environment to recharge myself.

Since I listened to the TED Talk titled “Power of Introverts”, I have had great talks with people from two different generations. Both generations considered themselves introverts, and it was interesting how both acknowledged the unique perspective they bring to a situation, but often are dominated by the extroverts in a group. We talked about how our society gives positive value to extroverts for their outgoing personalities which then leads to the negative value given to introverts for the perception of being shy and socially awkward.

I think this time of quarantine has been the best for us introverts. We are quite happy spending time with ourselves, taking advantage of solitude to reflect on thoughts and new ideas and creating new ones.

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Use your natural powers - of persistence, concentration, and insight - to do work you love and work that matters. Solve problems. make art, think deeply.
Susan Cain



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The Importance of Fine Motor Skills

When we exercise, we generally tend to work more on the larger muscle groups that help us walk, go up and down stairs, stand and swim, and other activities of the upper body muscles. These are important muscles for our gross motor skills, but our fine motor skills are just as important. They help us perform daily tasks such as getting dressed, eating, tying a shoe, gripping things firmly, writing, or even changing the channel.

According to a 2014 study published in *Frontiers in Aging Neuroscience*, degeneration of fine motor skills tend to worsen in older adults. This is thought to be because cognitive deficits develop which affect neurotransmitters and neuromuscular and sensorimotor control and functioning. It becomes difficult for the neurons to successfully send messages to the brain and the body, thus affecting memory, walking gait, and motor coordination.

It is not always known what causes issues with the fine motor skills, but as we age, we develop small tremors and lose strength and dexterity, and it may have nothing to do with any type of health condition. However, health conditions such as arthritis, multiple sclerosis and Parkinson's disease do affect fine motor skills.

Exercising fine motor skills is very important to incorporate into your workout routine. It can make a difference between needing extra care in the future or living independently. You should include many different activities that can be fun such as finger painting, knitting, writing, or simply throwing and catching a ball. Simple hand exercises are great too as long as you remain patient and consistent in doing them. Exercises such as picking up beans and placing them in a cup, finger rubber band exercises, towel drills, and squeezing a stress ball are very effective in targeting those tiny muscles.

If you would like to work on your fine motor skills, you may come to my Mobility & Strength Classes every Monday and Wednesday at 10:45 a.m., or for a

Yanasa Williams, Health Fitness Specialist

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Dr. Roger Landry, Personal Growth

We are all in this together. Together each of us are being asked to make sacrifices for the benefit of all. Today, we have many first responders who are living separated from their families to protect them from contracting the Coronavirus. And like a war, we don't get to decide when we've had enough. We cannot surrender because we're tired of going through such pains to protect and defend ourselves. As long as the enemy is amongst us, many more will die. This is the time when we have to build courage, practice patience, and do our part to defend our entire population. This is how we win.

“You're Trying My Patience!”

Businesses are still figuring out their re-opening strategy, often in stages – not unlike what we, as individuals, are experiencing. It's frustrating, our nerves are frayed, we may feel hypersensitive. It shows up in odd ways – like becoming irritated if someone goes down the wrong aisle in a grocery store that now has arrows in place to keep people at a distance, or if someone doesn't respect the guidelines for physical distancing and wearing masks. And, for those of us who are feeling a loss of freedom, while we have every right to make choices for ourselves and our loved ones, we need to be respectful to those who are being extra cautious. We can exercise our best judgment for ourselves and still respect the boundaries of people around us. There's a guided meditation that teaches, “My path may be different from your path; but my path can extend to your path.” We don't have to agree with each other in order to be respectful to one another and find harmony. We are better when we work together for the common good.

TIP: If you find yourself having a knee-jerk anger reaction, try two things: 1) Resolve to take a deep breath before reacting. Oftentimes, that simple filter helps us respond more positively and 2) Remember a time when perhaps you weren't your best self, and yet people treated you kindly (perhaps as a child, when you didn't know any better). Can you extend that same patience and understanding with others?

Your Brain on a Loop

Patience is a feeling we can generate like any other feeling. Even when we're wearing a mask that we'd rather not be wearing. The feeling of patience is always available to us. It's really a choice. It stems from the thoughts we choose to think about any situation. Therein lies our superpower.

While our brains can easily get stuck in a negative spin cycle, looping on anger and impatience, we can always have higher expectations and ask more of our brains. The challenge is to ask our brains to come up with thoughts that generate the feeling of patience. Try those thoughts on for size and see which ones feel true to you, and which ones generate the feeling you would like to feel.

Special Events

Thursday - June 4 at 11:30 a.m. - Move 4 Wellness Hot Diggity Dog Grab & Go BBQ / L

See Page 5 for more details

Wednesday, June 10 at 2:00 p.m. - Celebrating the 2020 Graduates at Acacia Creek!

The 2020 Graduates of Acacia Creek will parade around Acacia Creek as residents give them a cheers and congratulations from their balcony. The parade will start at 2 PM on the west wing south side. Listen for the Pomp and Circumstance music as the parade makes it around the building and be ready to cheer and toast. Once the parade has passed by your balcony, head inside and tune into Chan. 1-61 where you will be able to watch the Acacia Creek Graduation Ceremony.

Wednesday - June 3, 17, 24 at 2:00 p.m.

Chat with Chuck / Chan. 1-61

Chuck will share recent community news and updates.

Tune in a few minutes before to see Bob's Grab Bag of fun. After the Chat Nancy Alden or Shirley Moore will play the piano for your enjoyment.

Thursday - June 4, 11, 18, 25 at 10:00 a.m.

TED Talks with Quiz / Chan. 1-61

Pick up a quiz from the concierge prior to the TED Talk. After listening, fill out the quiz and turn it back into the concierge by the following Tuesday. On the following Wednesday at "Chat with Chuck", a winner will be announced from the finished quizzes for a prize! If you are unable to listen on Thursday morning, pick up a quiz as the link for the talk will be listed on the quiz. You have to be in it to win it!

Friday - June 5, 12, 19, 26

Shelter in Pace Nature Walks at 1:00 p.m. / Lobby

Join us for a nature walk around campus to find items to create a nature mandala. After the walk we will gather in the studio to create our mandalas & we will photograph it! Or make one on your own and send a photo to pvittoria@acaiacreek.org.

Hallway Happy Hour 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 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.

If you have an idea that you would like to try, please feel free to **contact lifestyles at ext. 3719.**

M4W Hot Diggity Dog Grab & Go BBQ

The Finish Line for Move 4 Wellness 2020 is here! May 28 is the last day for us to track the time we are physically active on our Tracking Sheets. After you total the time on your Tracking Sheet, turn it in to the Concierge by Sunday, May 31 to receive a ticket to the "Hot Diggity Dog Grab & Go BBQ" and get entered in the June 3 drawing for fabulous prizes! If you don't have a Tracking Sheet, there are extras at the Concierge.

The BBQ is on Thursday, June 4 between 11:30 and 12:30 pm. Please resist the impulse to arrive early or right at 11:30, we will have enough food for everyone who turns in their Tracking Sheet. Check in at the 1st Floor Lobby. Since we are required to maintain a space of 6 feet, we will have several things for you to do on your way to the grab and go buffet line. Stop by the Gratitude Tree and write down what you are grateful for. Then exit through the stairwell door to the front of the building where we will take your photo for the group M4W photo that will hang in the hall. There will be more fun as you make your way to the buffet where you will grab your food and take it to go. We appreciate everyone's participation and flexibility with all the changes to M4W this year.

Celebrating the 2020 Graduates at Acacia Creek

June 10th we will have a CHEERS to the graduates currently employed at Acacia Creek! There are nine team members who are graduating from high school and college, and since they do not get to walk the stage at their school ceremonies, they will proudly walk the outside path around Acacia Creek while we have a toast in their honor. After the graduates parade, they will convene in the big space of the dining room and we will "host" a graduation ceremony for them which will be aired on channel 1-61 so all residents can join in on the fun! Champagne will be delivered to all residents that morning to toast the graduates as they parade by. The parade will start at 2 p.m. and you can tune in to the ceremony at 2:30pm.

Entertainment Weekly!

Tune in to channel 1 - 61 to view the performances

The Best of The Dean Martin Variety Show every Friday at 4:30 PM

The Dean Martin Show ran for nine seasons, airing on NBC from 1965 to 1974. Hosted by legendary entertainer Dean Martin, the unique variety and comedy show was a television pioneer. There were no rehearsals, no re-takes, and Martin simply just wasn't a host behind a desk and a microphone – he took part in virtually all the segments.

Musical Matinee every Saturday at 3:00 PM

June 6 - 42nd Street

Young Peggy Sawyer is fresh off the bus from small-town America and just another face in the chorus line on Broadway's newest show. But when the leading lady gets injured, Peggy might just have the shot at stardom she's always dreamed of.

June 13 - Carousel

The story tells of roguish carnival barker Billy Bigelow and mill worker Julie Jordan, both loners, who meet and fall in love. Their marriage ends up costing both their jobs, and things go downhill from there. Billy's desperation makes him violent against those he loves most, and drives him to commit crimes in order to provide for his family.

June 20 - Street Scene

The story focuses on two plotlines: the romance between Rose Maurant and her neighbor Sam Kaplan; and on the extramarital affair of Rose's mother, Anna, which is eventually discovered by Rose's irritable father, Frank.

June 27 - On the Town

Three sailors--Gabey (Gene Kelly), Chip (Frank Sinatra) and Ozzie (Jules Munshin)--are let loose in New York City on a 24-hour leave. On a subway, Gabey sees a poster of "Miss Turnstiles of the Month"--a woman named Ivy Smith, and the trio spends the day looking for her.

Entertainment Weekly! (cont.)

Broadway by Day every Sunday at 4:30 PM

June 7 - Gypsy

Ambitious stage mother Rose Hovick wants desperately for her daughter, June, to become the vaudeville star she never was. With the help of savvy but kind-hearted agent Herbie Sommers, Rose realizes her aspirations for June, but when her new star rebelliously elopes, June's shy sister, Louise, reluctantly steps into the spotlight, transforming herself into the legendary burlesque star Gypsy Rose Lee.

June 14 - Oklahoma!

In turn of the century frontier land, the niece of Aunt Eller is wooed by both ranch hand Curly and Jud Fry. The film is bursting with songs such as 'Oh What A Beautiful Mornin' and also features two numbers missing from the 1955 film.

June 21 - The Phantom of the Opera

From his hideout beneath a 19th century Paris opera house, the brooding Phantom schemes to get closer to vocalist Christine Daaé. The Phantom, wearing a mask to hide a congenital disfigurement, strong-arms management into giving the budding starlet key roles, but Christine instead falls for arts benefactor Raoul. Terrified at the notion of her absence, the Phantom enacts a plan to keep Christine by his side, while Raoul tries to foil the scheme.

June 28 - Love Never Dies

Set 10 years after The Phantom of the Opera, the Phantom has escaped from Paris to New York where he lives amongst the joy rides and freak shows of Coney Island. He has finally found a place for his music to soar; all that is missing is his love Christine Daaé.

Mystery Production every Tuesday at 10:30 AM

The mystery of what will be broadcast will be listed in the weekly newsletter. The Mystery Production will be selected from musicals, ballet, vintage movies, Cirque du Soleil performances, operas, and more.