



September-October 2020

ACACIA CREEK JOURNAL

WRITTEN BY RESIDENTS, FOR RESIDENTS

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Exercising Creative Muscles During the Pandemic

Now that we are almost 8 months into the Pandemic, most of us have finally decided to tackle a special project, either long put off, or needing a lot of time, patience and effort, or maybe something that would not be possible previously.

When Chet Ward was serving as White House physician during Nixon's presidency, Sally Ward kept a diary of their many, amazing adventures during that time. This pandemic gave Sally an "opportunity" and the time to go through her diaries, research the events and then sit down and write about these incredible years. At this time, Sally has a publisher and is finishing the work on the final draft. So soon it will be off to the publisher for printing. We look forward to in-house book signings in the not too distant future.

And through the gifts of technology, Kay Whitworth has been able to have nightly dinners and visits with her daughter, son-in-law and their two teenage children every night through Zoom and Face Time for the past five months. They are living in Arlington, Virginia, so this makes it all the more life-changing for all of them. How often are we given the gift of seeing our grown children every day for half a year.

Meanwhile, Nancy Wong has become a knitter, completing 40 hats and scarves that she is donating to Abode (who provide major services for the homeless in Alameda County). Abode sent out a request this summer asking knitters to help them prepare this added service for the homeless during the winter months, and Nancy answered the call with her time and talents.



Husband Victor Wong has taken his knowledge of the Transcontinental Railroad to another venue—the local Washington Township History Museum. He is helping put together an interactive map of the railroad to show how it was built in the 1860s. In addition,

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This is my country, my choice, my vote! More than any other year, it is imperative to VOTE in 2020! So much is at stake! Who will run your city as mayor, council members, board of education, and Police department? How did we let all this ballot chaos happen? No matter who you choose to run our country or which ballot item you vote in, the effect on your life will be much more drastic than it has been in the last 20-30 years. You have a say and your vote counts and that gives you the right to complain.

“Nobody will ever deprive the American people of the right to vote except the American people themselves, and the only way they could do this is by not voting.” - Franklin D. Roosevelt

EVERY VOTE COUNTS



If you are not sure whether you are registered to vote, enter “My Voter Status” on any Internet browser. Better hurry because October 19 is the deadline to register to vote. If you have any questions about the election, search the web with: sos.ca.gov, or contact our Lifestyles Department for help in verifying your voting status.

Registered voters should receive their ballots shortly. You will have several options for submitting your ballots—dropping it in outgoing U.S. mail, or having the Resident Council drop off your ballot at the Union City drop box.

By Carole Silva

(continued from page 1)

he is continuing to edit Wikipedia articles, including ones on the following topics: physics, Transcontinental Railroad, Hershey Felder and George Gershwin, who was portrayed recently by Felder. And then to add variety, he is scanning their old slides so they are stored online in the clouds for their kids.

Tau Alpha used to spend a LOT of time in the Model Shop, but that came to a screeching halt with the pandemic!! So, what did he do to keep his creative juices flowing? Well, Tau started making cards using the images he found on his computer—seasonal, special occasions, whatever subject popped into his head. Perhaps we'll see a Card Shop sign outside his apartment door in the near (we hope) non-Covid time.



Karon McAninch started making pop-up greeting cards: birthdays, holidays—whatever seemed right at the moment. Maybe she will be going into business with Tau. (How will Hallmark feel about that!)

So, how does the family celebrate your son's 50th birthday during the pandemic when he and his family live in North Carolina, and his

younger brother lives in Oregon and you, his mother (Sophie Hudnut) lives in California. With no one traveling during the pandemic, modern technology allowed for a virtual party across 3 time zones. His wife provided the beautiful cake full of candles and the whole family was able to participate in a festive and loving virtual birthday party!

You never know what buying a greenhouse for your daughter will lead to!! Through his daughter, Harvey McAninch learned about a person she had met who did "hydroponics." He went online to find out "how to", ordered what he needed, and built his "garden" over a weekend, out on their deck. Got the seeds sprouted and then transplanted them into spaces in the "tubes" which were then fed only by nutrient-enriched water. He

found you can grow lettuce in just a 5-gallon bucket of water: when the water is gone, the lettuce is ready!

And when the Wood Shop was shut down, Vance Hill moved to his balcony and kept his projects going. He completed the carving on his "twin" cats and is now working out the size and mane of his latest—the lion. Time will tell how "Leo" turns out but we are awaiting the arrival of his latest creation.



By Martha Crowe



Dear Residents,

Happy Fall Season! Tree leaves are changing colors and gently falling to the ground while Mother Nature prepares for a new season. Isn't it nice having cooler mornings and days after another hot, record-breaking summer? We also want to send our heartfelt thoughts and prayers to the thousands affected by the wildfires ravaging our beloved state.

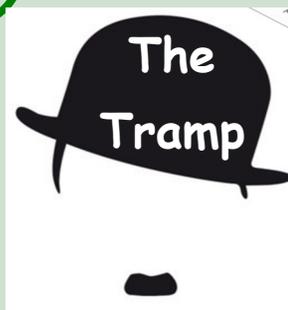
With Oktoberfest, Columbus Day and Halloween just around the corner, we hope you will partake in all the programming available to you provided by our awesome Lifestyles team. We also want to remind ourselves of the importance of staying active. With the gym closed, walking and doing chair exercises via channel 1-62 in your apartment is very important. As we age, we begin to lose muscle mass at the rate of 6 percent every decade (about 5 pounds) and we gain 15 pounds of fat every ten years to replace it. Less muscle and more fat stored in the body, combined with inactivity and poor diet, can contribute to a wide array of degenerative conditions and disabilities after 50, among them: osteoporosis, heart disease, diabetes, high blood pressure, and osteoarthritis. Researchers speculate that Alzheimer's disease and certain cancers can also be linked to a lack of activity as we age.

As Thanksgiving approaches, there are so many things I am thankful for this year and working in a beautiful place called Acacia Creek; having made so many new friends; being healthy and working with a great group of team members. We are currently working to make the Thanksgiving Dinner special. Please stay tuned... Also, for the third time, I am trying to visit my parents in November. Hopefully, third time is a charm...

Henry David Thoreau - "I am grateful for what I am and have. My thanksgiving is perpetual. It is surprising how contented one can be with nothing definite - only a sense of existence. Well, anything for variety. I am ready to try this for the next ten thousand years and exhaust it. How sweet to think of! my extremities well charred, and my intellectual part too, so that there is no danger of worm or rot for a long while. My breath is sweet to me. O how I laugh when I think of my vague indefinite riches. No run on my bank can drain it, for my wealth is not possession but enjoyment."

And as always, I do appreciate all your support and kindness you have shown me. With appreciation and best regards.

Martin Herter



The need for clowns to lighten the burden of failed ideals, corrupt clerics, and bad weather never goes out of style. Joseph Grimaldi's white-faced-clown was a central character in English harlequinades in Victorian England. He was an all-knowing, cocky,

authoritarian mask—but not particularly bright. This clown sets himself up for a comic fall as a straight man.

Charlie Chaplin was born into poverty and the hard-knuckle school of this English culture of music halls. It was a touring music-hall ensemble that brought him to America.



From thence he joined the Keystone Cops in Chicago. Disliking the weather and the producer/director Mack Sennett, Charlie moved to Niles, California where he would make five films for the Essanay company from 1912 to 1916.

Chaplin recalled that



when he was asked to put on funny make-up for *Mabel's Strange Predicament*, "I went to the wardrobe and got a pair of baggy pants, a tight coat, a small derby hat and a large pair of shoes." He wanted the clothes to be a mass of contradictions knowing that his figure would be vividly outlined on a black and white silent screen. A small mustache would be the finishing comic touch. With a superb skill for mime Charlie sought to project "an air of romantic hunger, forever seeking romance, but his feet won't let him." Charlie



Chaplin was on his way to becoming the mime's mime. In his movie *The Tramp* we see him leaving Niles by way of the Niles Canyon Road. At the age of 26 he was the film industries first international star; he would soon become one of its highest paid people.

Chaplin wrote, directed, produced, edited, starred in, and composed the music for most of his films. He chose the location for *The Tramp* from the cowboy movies made by "Bronco Billy" Anderson for Essanay. Anderson is institutionalized by Bronco Billy's Pizza Parlor on Niles Boulevard just down the road from the Essanay theater.

When sound arrived in the late 1920s, Chaplin refused to make a talkie featuring the tramp character.

He officially retired the character in the film *Modern Times* in 1936 which ended with the tramp walking down an endless highway toward the horizon. In



his next film, *The Great Dictator*, Chaplin played the dual role of a Hitler-esque dictator and a Jewish barber. Besides one scene where the barber wears the Tramp's coat and bowler, and carries his cane silently, the barber speaks throughout the film using his own English accent. His passionate plea for peace in this movie has been widely interpreted as Chaplin speaking for himself.

Charlie's famous persona paints the walls in Old Town Niles and his spirit is in the people. His time in Niles is lovingly preserved at the Niles Essanay Silent Film Museum. Among the museum archives is a symposium about *Chaplin*, the film which earned Robert Downey, Jr. a Best Actor nomination. Keynote speaker Dan Kamin taught Chaplin's moves to the star of the film. The museum can be reached on the internet at <https://nilesfilmmuseum.org/?tv=5855431578091520>.

By CJ Becker



Construction Progress on Campus September 2020

It is such a show of dedication and fortitude when you realize that the construction workers and landscapers have been here working steadily during the pandemic, smoke and smog, and record heat. In honor of their valiant efforts, here's a sample of the progress that has been made throughout the "campus."



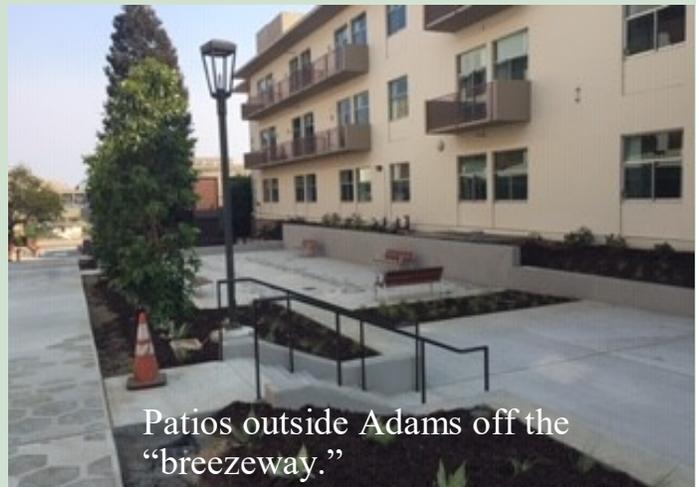
The new ramp, stairs, and landscaping are now completed at Wallenberg which provide a more open look for our surroundings.



Pad B has doubled in size in just the past two months.



New "roadway" and landscaping to Siminoff.



Patios outside Adams off the "breezeway."



Breezeway with new paving and landscaping outside the Masonic Home



Entertainment area outside Sedam.

By Martha Crowe



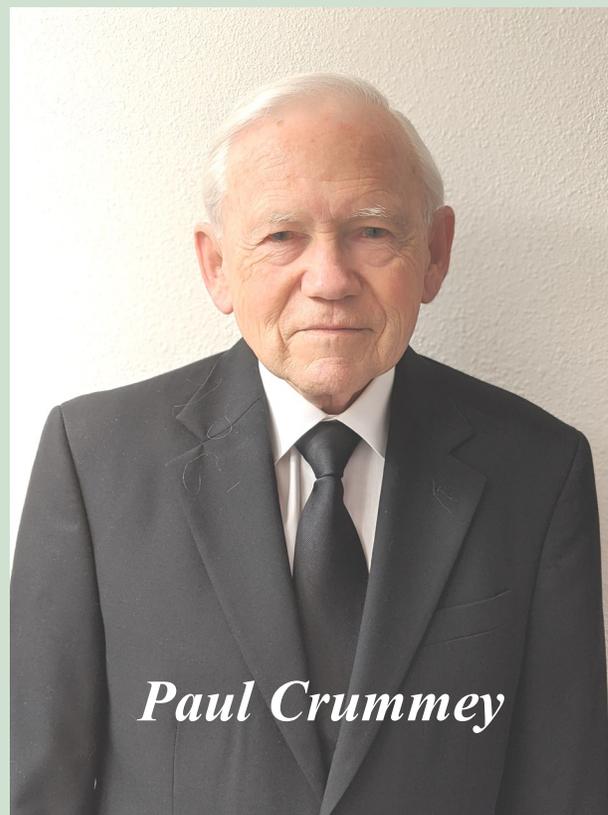
Daisy Marquez

**Team Member of the
Quarter**

Whether through ensuring that all team members have their birthday celebrated, posting encouraging daily messages in Spanish and English, encouraging her team to grow through Successful Aging, or simply assisting in daily tasks just to help her team. Daisy truly is a committed supervisor and is appreciated by all. We are truly lucky to have Daisy in our Acacia Creek team and thank her for all she does. Congratulations on being employee of the quarter. (Thys Marsalis)

Nominations for Team Member of the Quarter (TMOQ)

The process starts with you the resident. If you appreciate a certain team member's effort, take a Nomination Form from the TMOQ alcove in the lobby and write down your appreciation. The applicants are reviewed by the 12 members of the leadership team who choose the top 2 candidates and then forward them to the Resident Council for final selection. The selected Team Member earns a \$100 gift card, a parking space in the garage for the quarter and bragging rights!



Paul Crummey

Paul Crummey is joining the Acacia Creek Board of Directors as one of the two Resident Directors. Along with Sophie Hudnut, the continuing resident director (whose term ends March 31, 2021), Paul will serve a one-year term October 1, 2020 thru September 30, 2021. He was nominated for his present position by the Resident Council with final approval by the AC Board of Directors.

The Acacia Creek Board of Directors meets quarterly. The current Board consists of 9 members appointed by the Grand Master, 2 resident directors and an outside director who has knowledge concerning the whole senior care industry. Main functions of the Board include financial governance, approving the budget and overseeing the financial management of Acacia Creek through Chuck Major, Acacia Creek President, CEO.

Paul is looking forward to this new position and feels it will be challenging. He is honored to be serving on the AC Board on behalf of his fellow residents. Paul has been an active resident of Acacia Creek for six years and has served on the Resident Council as treasurer, vice-president, and president.

By Martha Crowe

Resident Council Election Results October 2020

Newly Elected Members:

- Jon Humphreys
- Harvey McAninch
- Bill Bain

Continuing Council Members:

- Laurel Quirk
- Karen Moody
- David Chai
- Wilma Grice

Resident Appreciation Fund

Our Team members work very hard to keep us fed, happy and entertained. Each year, we the residents, offer them a holiday bonus by splitting the contents of the Resident Appreciation Fund based on the number of hours each qualifying team member has worked during the year. In 2020, they have had the additional burden of keeping our building sanitized, delivering our food and dealing with the restrictions of the Pandemic.

Please consider making a substantial donation so they know how much we appreciate what they do for us on a daily basis. You can drop your 2020 contribution in the donation box in the mailroom for distribution in late November.

Need something to remind you of the nasal swabs that we endured last month??

Mina Forsythe deserves a huge thank you for handling all those swabs!



School Bells are Ringing Online...

Do you love to learn? A recent New York Times article described the hundreds of online classes available to us. Hundreds of major colleges and universities such as Stanford, Yale, MIT, Harvard, Berkeley, and Oxford offer online courses that anyone with an internet connection can take now. It is FREE. No tuition. No student loans. Free!

What a great way to spend a pandemic! Get smarter! What are your interests? How much time do you want to spend? Start learning history, philosophy, languages, literature, art, physics, biology, psychology, computer science or other subjects. Some are in Chinese. If you want to discover a new hobby, there is an online course for that. Do check out the class duration; some are one day, and others may be up to 7-8 weeks. Hint: Bookmark your choices to find them later.

www.classcentral.com

#1 search engine to find thousands of free online courses from top universities and companies and a great place to start finding your classes.

www.coursera.org

Founded by Stanford, join for free and learn online to build skill with courses from top universities like Yale, Michigan, Stanford, and leading companies like Google and IBM.

www.OpenCulture.com

The best free cultural & educational media on the web. Included are online courses, audio books, movies podcasts and eBooks.

www.OpenCourseWare.mit.edu

MIT OpenCourseWare is a web-based publication of virtually all MIT course content. OCW is open and available to the world and is a permanent MIT activity.

www.edX.org

Founded by Harvard and MIT, edX is home to more than 20 million learners, most of the top-ranked universities in the world, and industry-leading companies. edX is the trusted platform for education and learning to access 2500+ online courses.

www.FutureLearn.com

Enjoy free online courses from leading UK and international educational resources.

www.Coursera.org

The Coursera.org website lists courses you can complete in a day. All are free until the end of the year.

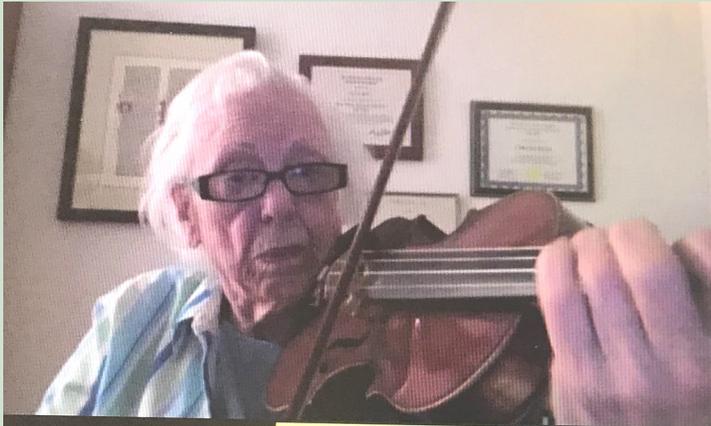
For pre-college level classes, look into the www.KhanAcademy.org lessons in math, science, economics, humanities and digital-animation processes.

By Clarice Hill

The screenshot shows a course page on the edX platform. At the top, there is a navigation bar with a menu icon, a 'VIEW ALL COURSES' button, the Harvard University logo, and a search bar. The main content area features the course title 'Japanese Books: From Manuscript to Print' in large white text. Below the title is a brief description: 'Study Japanese scroll art as text and as "little movies" that immerse the viewer through visual narration.' A red 'TAKE COURSE' button with an external link icon is positioned above the 'on edX' logo. To the right, there is a preview image of a Japanese scroll painting. Below the image, the course details are listed in a table format:

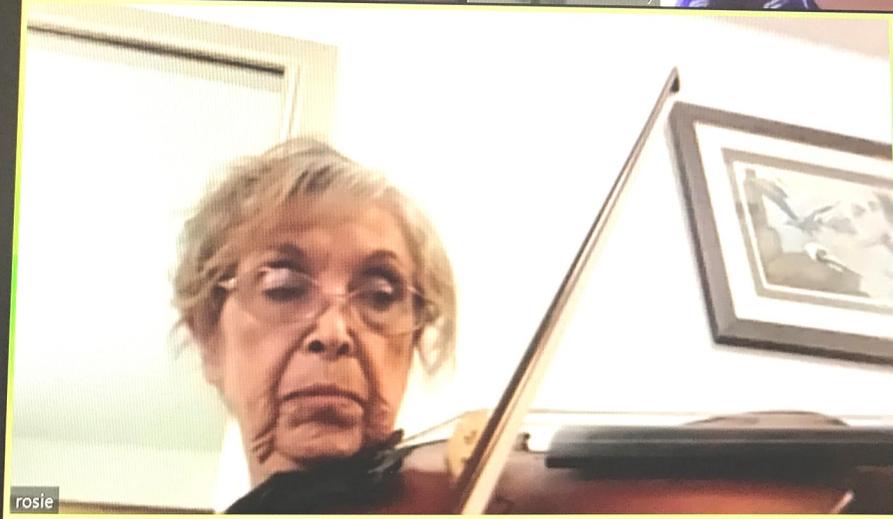
DURATION	9 weeks long
TIME COMMITMENT	1-2 hours per week
PACE	Self-paced

Living It



Acacia Creek Community

Concert
via
ZOOM



rosie

