

Trust in the Process (Cont. Page 1)

- ◆ Achieving a goal is only temporary success. Reaching a goal only changes your life in that moment. Lets say you set a goal to clean your home office, and you are happy that you achieved this goal. But, if you do not change your habits that got you to a messy office; your office will become messy again because you have not changed the system of being disorganized, a packrat or sloppy. In order to have an organized office for good, you have to change your daily systems (i.e. habits).
- ◆ Goals affect your happiness. Many people say to themselves once I hit my goal of loosing 20 lbs. then I'll be happy. This puts an ultimatum on your happiness. If you lose 20 lbs., you are happy. If you don't, you are disappointed in yourself and this may drag you down even more. If you focus on the system of losing 20 lbs., all the little things you are doing along the way to improve your wellness will be successful and happiness may be in different forms along the way.
- ◆ Goals are at odds with long term progress. If we look at our example of cleaning your home office, once the goal is met, many people revert to their old habits because there is nothing else to inspire them. The goal to clean one's office is to be able to find specific items and the purpose of building systems is to keep the office organized so that the time spent there is enjoyable and productive. This is less about one accomplishment, but a cycle of fine-tuning and continued improvement, ultimately your process will be your progress.

Goals help us set a direction that we want to head, but it is our systems - those small little positive habits that build over time - that will determine our outcomes. I never thought of goals and systems this way and it really has me thinking about the new year. Where do I want to improve in 2021? I am taking December to think more about this and identify what systems I want to improve. I hope this got you thinking about the importance of your systems - the ones that you have refined (which you have as proof of your successful aging journey) and those you want to take a closer look at.

In the next couple of months, I will talk more about habits and how to create a good one and how to break a bad one.

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



RCFE# 015601302 COA #246

Lifestyles of Acacia Creek

December 2020



ACACIA CREEK

(510) 441-3700

Inside This Issue:

Hand Grip Training	2
Having Hope	3
Special Events	4
Holiday FYI's	5
Entertainment Weekly!	6, 7
Cont. Article	8
Lifestyles Calendar & Recurring Calendar	Insert

Trust in the Process!

I have just read the most interesting book that really got me thinking about setting goals in a whole new way. The book is called Atomic Habits by James Clear, and I wanted to share some of what I took away from it in my next few articles. I think it will be thought provoking as we move into a new year where most of us set a New Year's Resolution! The first thing that the book validated for me was the practice of "kaizen" or "small steps today lead to big things in the future." This is hard to get onboard with because we live in a society that is very accustomed to immediate gratification, do something now and receive a positive result now. For example, if we say we are going to start exercising in the gym -we will obviously not see observable results in a week or if you want to learn to play the piano, you wont be a concert level pianist after several hours of practice. The frustration in both of these examples makes it easy to give up or let bad habits take over.

Kaizen takes a longer period of time; if you perform an activity one percent better for three months, you'll see noticeable improvement. Here are a few things I took away about goals and systems:

- ◆ Don't think about goals, but focus on your process. The difference between goals and systems are that goals are the results you want to achieve and systems are about the processes that lead you to those results. For example people who set goals and achieve are "winners" and those who don't achieve are "losers." But don't all "losers" have the same goal as winners? Goals help to set the direction the winner wants to go and the system set up by the winner is the better system of continuous improvement.

*Goals direct
your future.
Your habits
decide it.*

@jessicapineda1

Happy Holidays
from the
Lifestyles
Team

Cont. page 8

Hand Grip Training

We use our hands to perform several daily tasks all of the time. We use our hands to open jars, bottles, pouring that cup of coffee, preparing meals and opening doors. These moves require pushing, pulling, squeezing, pinching, and twisting. Moves like these may have been easy at one time, but as we get older we start to lose strength in our hands making gripping difficult. This is why maintaining grip strength by doing grip training is important to be able to continue doing these tasks easily.

Grip strength is a good indicator of your overall strength. According to a study in the Journal of Strength and Conditioning, grip strength is a good way to measure endurance and overall strength. Also other studies have concluded that a stronger grip may be associated with a lower risk of heart attack and stroke. Research shows that a decline in grip strength increases the risk of dying from a heart attack by 17% and increases the risk of having a heart attack or a stroke by 7% and 9%. The theory is a stronger grip equals more muscle mass, a more active lifestyle, meaning better overall health.

Grip training and forearm conditioning can reduce the risk of arthritis and can also reduce the pain from osteoarthritis arthritis, rheumatoid arthritis, tennis elbow and carpal tunnel. I understand that exercising the hands with these conditions can be very painful, but exercising the hand can improve mobility, decrease inflammation and can give you relief from pain without the use of medication.

Exercise equipment such as stress balls, putty, playdough, and hand exercisers can increase gripping strength in the hands. Finger-walking and farmer walks are also great ways to strengthen your grip. Farmer walks can be done by holding onto a suitcase or dumbbells and simply walking around normal or on your toes to improve your supporting strength. Another simple exercise that improves grip strength can be done by taking a small wet towel or washcloth and wringing it out. By spending a few minutes a day working on these exercises you can increase gripping strength, mobility, and flexibility in your hands. If you live alone and want to maintain your independence, grip strength should be included in your regular workout routine.

Yanasa Williams, Health Fitness Specialist

Gym ext. 3731

Entertainment Weekly! (cont.)

Tune in to channel 1 - 61 to view all performances

Musical Matinee every Saturday at 3:30 PM

December 5 - Sophisticated Ladies

A musical revue based on the music of Duke Ellington, featuring "Take the 'A' Train," "Hit Me With a Hot Note and Watch Me Bounce," "It Don't Mean a Thing (If It Ain't Got That Swing)," "Sophisticated Lady," among many others. The musical ran on Broadway in 1981.

December 12 - A Star Is Born

The career of talented nightclub singer Esther Blodgett is launched by movie star Norman Maine, who also wins the young singer's heart. Esther becomes leading lady Vicki Lester and Mrs. Norman Maine, but as Maine's career flounders, he sinks into an abyss of alcoholism. Esther chooses to sacrifice her stardom to care for her husband, but he will not allow Esther to abandon her dreams for him.

December 19 - Putting it Together

Starring Carol Burnett, George Hearn and others, Putting it Together is a tribute to composer/songwriter Stephen Sondheim, featuring songs from his Broadway productions.

December 26 - The Nutcracker

When her nutcracker toy comes to life, young Clara is transported by the magician Drosselmeyer to a magical world of excitement and delight. Lauren Cuthbertson and Federico Bonelli dance the exquisite Sugar Plum Fairy and her Prince.

National Geographic: From Above Series Every Saturday at 10:00 AM

See Europe and parts of Asia from a different angle.

National Geographic: Brain Games

Every Sunday at 11:00 a.m. on Channel 1-61

Every Thursday at 3:00 PM on Channel 1-62

Brain Games feature interactive games and experiments designed to mess with your mind and reveal the inner-workings of your brain, exploring the science of perception, memory, attention, illusion, stress, morality, and much more.

Entertainment Weekly!

Tune in to channel 1 - 61 to view all performances

Disney Classics every Sunday at 4:30 PM

December 6 - 101 Dalmatians

Pongo and Perdita lead a heroic cast of animal characters on a dramatic quest to rescue their Dalmatian puppies from the villainous Cruella De Vil.

December 13 - Mulan

Fearful that her ailing father will be drafted into the Chinese military, Mulan (Ming-Na Wen) takes his spot -- though, as a girl living under a patriarchal regime, she is technically unqualified to serve. She cleverly impersonates a man and goes off to train with fellow recruits.

Accompanied by her dragon, Mushu (Eddie Murphy), she uses her smarts to help ward off a Hun invasion, falling in love with a dashing captain along the way.

December 20 - at 5 PM - Hershey Felder: Tchaikovsky - Live from Florence

Based on the original OUR GREAT TCHAIKOVSKY, and featuring an extended focus on The Nutcracker Ballet (in honor of Christmas) as well as Tchaikovsky's life in Florence Italy where he spent a good deal of time - Live from Florence will be filmed live on location where Tchaikovsky actually lived and worked in Florence. An interesting, surprising and engaging holiday treat.

December 27 - Alice in Wonderland

Join Alice as she falls into the madcap world of Wonderland and meets extraordinary characters including Tweedledee and Tweedledum, the Mad Hatter, the Queen of Hearts, and the frantically late White Rabbit.

If you have a suggestion for performances or to request a repeat, please feel free to contact Nancy at ext. 3719.

Having Hope

Having hope strengthens our belief that anything is possible and that we can have a fresh start no matter where we are on our aging journey. Hoping for the best is something we can overlook until we find ourselves stuck in a rough patch. The past few months I have seen my hope grow. The funny thing is, I didn't notice I had been losing hope. Over time, loss of connections and normalcy can cause us to lose hope. Stopping to take inventory of our overall well-being is a helpful way to notice changes such as this, and fortunately hope is something we can easily grow in our lives. When we express our desires for our future, we keep hope alive. By putting energy and action toward our desired outcome, we turn our hopes into reality. A positive attitude encourages us to create strategies and processes to attain what we want in life. It takes patience and trust to keep our hopes alive if they aren't immediately met, and it also takes courage to carry on with our life despite our current situation. Regardless, hope keeps us moving forward and gives us the ability to stay resilient and overcome obstacles that get in our way. We can also keep hope alive by engaging in activities we enjoy doing such as taking a nature walk or even connecting with friends and family virtually.

Those who remember former resident Anne Tate may have heard me share her words of wisdom when I asked her what she thought happens when we pass away. She answered me, "I don't know, but whatever it is, I'll do my best". Anne was always full of optimism and hope till the end. She was confident that whatever the afterlife had in store for her, she would be fine. This comes from a lifetime of being flexible and focusing on what she could control in her life. The one thing we all have control over is maintaining a positive attitude.

Hope is absolutely a key component of successful aging. When we build hope, we create a positive mentality for ourselves. May we all share in the hope that whatever the future holds for us, we will come through wiser and better prepared for life's next challenge.

Penny Vittoria
Successful Aging Coach

Special Events

Wednesday - On Channel 1-61

December 2 at 10:00 a.m. - Resident Council Meeting

December 2, 9, 16, 23, 30 at 2:00 p.m. - Chat with Chuck

Chuck will share recent community news and updates. After the Chat, Nancy Alden or Shirley Moore will play the piano for your enjoyment.

Thursday

December 3 in the Turkey Roost

2:00 p.m. - Ho Ho Ho Photo Shoot Grab and Go / East Wing and Villas

2:45 p.m. - Ho Ho Ho Photo Shoot Grab and Go / West Wing, 3rd & 4th T

Join us on the 5th floor for some holiday cheer. We will be taking photos of all residents to be put on the Acacia Creek Family Holiday Tree located in the hallway leading to the west wing. We are taking a picture of as many residents as we can to hang on our family tree. We will be serving Hot Toddies, Mulled Wine and holiday cookies to warm us up. We hope to see you there!

December 31 at 2:00 p.m. - New Year's Eve Celebration / All Floors

Join your neighbors on your floor to ring in the new year. We will be bringing the party to you with noise makers, hats, treats and a champagne cocktail. Come and count down with your neighbors around the Christmas Tree on your floor.

Check the calendar for when the party comes to your floor.

Friday

December 4 at 2:00 p.m.- Decorate Hallway Christmas Trees / All Floors

Join your neighbors on your floor to decorate your neighborhood Christmas tree. We will have ornaments, lights and eggnog. Come for some holiday fun with your neighbors. **Check the calendar for when the party comes to your floor.**

December 11 at 3:30 p.m. - Acacia Creeks 1st Winter Light Festival / L

Join us outside the lobby for some holiday cheer with lights, eggnog and holiday treats. Wear your most festive holiday sweater all day as well as to the festival. Residents will be judges for the 5 different Team Member Light displays along the front of the building. The decorated golf carts will be on display for all to see up close before the parade. There will be a parade of lights in the golf carts that residents can enjoy from their balconies. Look for more information to come on the details of the parade.

December 18th at 3:30 p.m. - Balcony Holiday Caroling / Your Balcony or L

Join us in parading around Acacia Creek or come out to your balcony to sing some Holiday Carols. Team Members and residents will walk around the building stopping along the way to sing with residents. Listen for the music outside and come out to join us. If you would like to walk with us around the building, meet in the Lobby at 2:30. Look for more information to come.

Saturday

December 12 at 3:30 p.m. - Hanukkah Celebration / Chan. 1-61

Phyllis Glueck and David Goodman will share in the tradition of lighting the Mandurah and Hannukah prayer.

Holiday Connection

As we move into December we are gearing up for the holiday season. This is always a busy time of the year and for most of us, it is the best time of the year. This year is going to look very different from years past and it can feel overwhelming and be a very stressful time as well. Being aware of how balanced we are during this time is important. Making sure to take time to stay physically, intellectually, socially and spiritually connected is one of the best ways to keep stress at bay and enjoy the holidays to the fullest.

Also exploring other ways to stay connected with family and friends over the holidays may be a great way to fend off loneliness. One way may be setting up times to FaceTime or Zoom with family for a special meal or to continue to do a special tradition might be a great way to adapt to the distance between everyone. If you are unsure about how to FaceTime or Zoom, please feel free to reach out to Nancy, Monica, Carolee or Penny for support. They will be more than happy to get you all set up so that you do not miss any holiday time with those you love.

Holiday Greetings for Residents at Acacia Creek

Acacia Creek has sent a robo call to your family members last month asking them to send in holiday greeting to you at Acacia Creek. This requires no action on your part, but we wanted to give you a heads up in case they ask you about it. We have asked them to email Penny at acconnect@acaciacreek.org if they would like to participate. Once Penny gets the email, she will send them a link to a safe website where they will record a 20-second video message. They will have from November 20th to December 20th to be part of the wonderful message. We will then run the video compilation continuously December 24th and 25th. If you have any questions, please contact Penny at ext. 6379.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10a Worship Service - Watch From Home on Channel 1-15 11a Coffee To Go Available / TR	9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Body Positioning & Posture / Chan. 1-62 10a Coffee To Go Available / TR 10:15a Needle Arts Group / TS Apt. 1441 11:30a Exercise for Pain Management / Chan. 1-62 12:30p Chair Cardio / Chan. 1-62 1p Recovery Stretching / Chan. 1-62 2p Relax and Color / TR 2p Ping Pong with Luis / L	9:15a Sit & HIIT / Chan. 1-62 10a Strength and Conditioning / Chan. 1-62 10a Coffee To Go Available / TR 1p Chair Pilates / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Practice Qigong / Chan. 1-62 2:30p Yoga / Chan. 1-62 3p Charades Anyone? / TR	9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee To Go Available / TR 11a Exercise for Pain Management / Chan. 1-62 11:45a Mobility & Strength / Chan. 1-62 1p Chair Cardio / Chan. 1-62 3:30p Zoom with Penny / Email pvittoria@acaciacreek.org to register	9:15a Sit & HIIT / Chan. 1-62 10a Coffee To Go Available / TR 10a TED Talk / Chan. 1-62 10:30a Strength and Conditioning / Chan. 1-62 11:30a Exercise Unique / Chan. 1-62 12:30p Core Stability / Chan. 1-62 1p Chair Pilates / Chan. 1-62 1:30p Meet up with Penny / TR 2p Recovery Stretching / Chan. 1-62 3p Movie Matinee with Popcorn / Chan. 1-61	9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Body Positioning & Posture / Chan. 1-62 10a Coffee To Go Available / TR 10:15a Beading with Deborah / TS 11a Mobility & Strength / Chan. 1-62 1p Recovery Stretching / Chan. 1-62 4p The Best of The Dean Martin Variety Show / Chan. 1-61	11a Coffee To Go Available / TR

Bolded weekly recurring programs are either new programs or changes in location or time.

<p>Legend</p> <p>AS = Art Studio (3rd Floor)</p> <p>BR = Board Room (5th Floor)</p> <p>DR = Dining Room (5th Floor)</p> <p>G = Gym (Wellness Center)</p> <p>GA = Gym Annex (Wellness Center)</p> <p>GR = Game Room (5th Floor)</p>	<p>L = Lobby (1st Floor)</p> <p>MHA = Masonic Home Auditorium</p> <p>MP = Multi-Purpose Room (3rd Floor)</p> <p>P = Pool (Wellness Center)</p> <p>PBC = Pickleball Court</p> <p>S = Siminoff Center</p>	<p>SURB = Signup in Recreation Binder (Mailroom)</p> <p>SUC = Signup at Concierge</p> <p>SUMB = Signup in Masonic Binder (Mailroom)</p> <p>TR = Turkey Roost (5th Floor Lounge)</p> <p>TS = The Studio (Apt. 1441)</p>
---	---	---



Christmas Movie Specials

Tune in to channel 1 - 61 on Friday, December 25, 2020

10:00 a.m. Noelle

Kris Kringle's daughter is full of Christmas spirit and holiday fun, but wishes she could do something "important" like her beloved brother Nick, who will take over for their father this Christmas. Nick is training to be Santa, but is failing miserably. When Nick is about to crumble like a gingerbread cookie from all the pressure, Noelle suggests he take a break and get away to clear his head...but then he doesn't return.

12:00 p.m. Miracle on 34th Street

In this Christmas classic, an old man going by the name of Kris Kringle fills in for an intoxicated Santa in Macy's annual Thanksgiving Day parade. Kringle proves to be such a hit that he is soon appearing regularly at the chain's main store in midtown Manhattan. When Kringle surprises customers and employees alike by claiming that he really is Santa Claus, it leads to a court case to determine his mental health and, more importantly, his authenticity.

2:00 p.m. Home Alone

When bratty 8-year-old Kevin McCallister acts out the night before a family trip to Paris, his mother makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish to have no family has come true. But his excitement sours when he realizes that two con men plan to rob the McCallister residence, and that he alone must protect the family home.

4:00 p.m. Home Alone 2: Lost in New York

After snarky youth Kevin McCallister loses track of his father at the airport, he mistakenly gets on a plane headed for New York City -- while the rest of the McCallisters fly to Florida. Now alone in the Big Apple, Kevin cons his way into a room at the Plaza Hotel and begins his usual antics. But when Kevin discovers that the Sticky Bandits are on the loose, he struggles to stop them from robbing an elderly man's toy store just before Christmas.

6:00 p.m. The Nutcracker and the Four Realms

Young Clara needs a magical, one-of-a-kind key to unlock a box that contains a priceless gift. A golden thread leads her to the coveted key, but it soon disappears into a strange and mysterious parallel world. In that world, she meets a soldier named Phillip, a group of mice and the regents who preside over three realms. Clara and Phillip must now enter a fourth realm to retrieve the key and restore harmony to the unstable land.

A little Holiday Cheer

