July-August 2021

Acacia Creek Journal

WRITTEN BY RESIDENTS, FOR RESIDENTS

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Turkey Roost celebrates 10th Anniversary

Why is a bar necessary for a Senior Resident Community like Acacia Creek? "The point of the bar is socializing, an important part of Successful Aging," says Chuck Major, the CEO of Acacia Creek**.** "It is the result of the partnership between residents and team members in creating a community where all residents age happily and successfully."

On their first night at Acacia Creek, a new resident once asked, "How do we meet people?." Her husband's answer was, "Go upstairs to the bar". Socializing is the most important reason to have a

bar in a senior living community. Alcohol is not pushed and you may choose H_20 on the rocks, or even an empty glass, and there is no corking fee when you bring your own liquid. Penny Vittoria, our Successful Aging Coach, notes that senior socialization is a crucial part of the Wellness program in a Masterpiece Living Community such as ours, because it provides fellowship and a time and place to enjoy each other's company.

As the sun slowly slips down toward the ocean, some of us can watch the turkeys marching up the east hill to the large tree on the side of the slope to roost for the night. Dinner will be ready soon, so what a nice time for us to get together in a place with a bar to relax for an hour before we go in to eat. Originally called the 'Top of Acacia Creek', it was just a place to gather until Chuck Major arrived and decided it needed to have a liquor license. With the arrival of the liquor license in 2011, resident Roger Baird volunteered to be the bar "Czar"/manager and trained resident volunteers to 'bartend'. He has run the operation ever since.

A former team member, Marysol Gomez, created the logo that appears on the aprons that all of our bartenders wear. It took a bit of doing to find a colorful name for the bar. Many names were suggested in a naming contest: the name **Turkey Roost** won! The Turkey Roost officially opened for business ten years ago on August 15, 2011. Residents can purchase wine, beer, cokes, sodas, and even root beer. The bar is open from 5:00pm to 6:15pm every night before dinner. Drinks can also be purchased in the Dining Room during dinner.

The Turkey Roost will be celebrating its tenth anniversary with a party on August 16, 2021.

Some resident thoughts about the Turkey Roost:
Laurel Quirk – "It is a social place first -- alcohol is secondary; meeting with friends and chatting is important."
Rose Jay – "I was volunteered to be a bartender by another resident! I've met a lot of very nice fellow residents."
Wilma Vinson – "A place to visit with people"
And while the best part about the Turkey Roost isn't the menu or even the prices, it's the opportunity for community. **Come and join the conversation!**

By Carole Silva

Chat with Chuck

RE-ENGAGEMENT

As we move closer to what will eventually be the new norm, I am pleased to see the re-engagement of residents in many of the group activities, card games, various clubs, in the pool and gym and socializing in the Turkey Roost before dinner. It's as if we are emerging from hibernation after winter.

All of us are re-engaging differently and that is OK. For some of us – we have jumped right in where we left off. Joining in games, committees, social groups and doing things outside Acacia Creek as we did before. For some of us – we are taking a little longer to figure out what life will look like in the new normal. It is important to remember the value of being engaged, being active, exercising our brains and our bodies. Things to remember when re-engaging in the community again are: keep it simple and don't overwhelm yourself; don't be hard on yourself; if you are curious about something you would like to try – reach out and ask questions first and PICK one thing you used to do and start with that.

If you do have any questions about a group or program you enjoyed pre-pandemic and would like to re-engage, please contact Carolee Rodrigo in the Lifestyles office. She will be more than happy to offer support and answer any questions you may have.

On another note---I hope everyone had an opportunity to attend the meeting with the FBI regarding scams directed at seniors. Over the last 18 months scams and the people that are

responsible for running them have increased. They knew you were cooped up at home and that you, the senior contingent of our society are susceptible to the storylines they use to "Hook" you. The most basic warning and bottom line for you to remember is "NEVER GIVE YOUR PERSONAL INFORMATION, DATE OF BIRTH, SOCIAL SECURITY NUMBER OR ANY OTHER FINANCIAL IDENTIFYING INFORMATION TO ANYONE".

Scammers will use the FBI, the IRS, Social Security, your bank, your friend's name from your Facebook account, your church — these are just a few examples of the cons they use to scare you or play on your sympathy. If ever you are concerned about an email, a text, a phone call, a piece of mail that asks for personal information—you can bring it to us to review for you.

I personally get emails occasionally from Wells Fargo Bank (Looking very official—with logos and all) telling me my account is locked for security and safety purposes—and then I am directed to go to a link on the email to clear my account. Problem is I do not have a Wells Fargo Account!!!

Have a safe and healthy summer and please remember to RE-ENGAGE!!

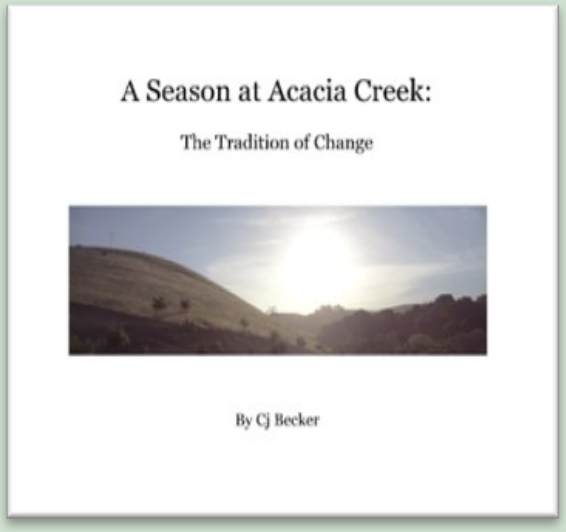
Chuck Major

Staffing the Turkey Roost Bar with Volunteer Bartenders is a continuing need. Attrition occurs. We have 16 bartender positions and currently all are filled but we need more substitute bartenders ready to step in when the regulars go on trips or are unavailable for any number of reasons. Also, we need special occasion bartenders to augment the regulars such as during social hours or during fund raising events. **Stop by the Turkey Roost and let one of the bartenders know of your interest.** Be social, be interested in meeting and making more friends, and enjoy camaraderie. All are welcome to sign up for a training session. You need a steady hand; be able to read, write and comprehend; be reasonably mobile, and make new friends while enjoying old friends. **Sign up now!!**

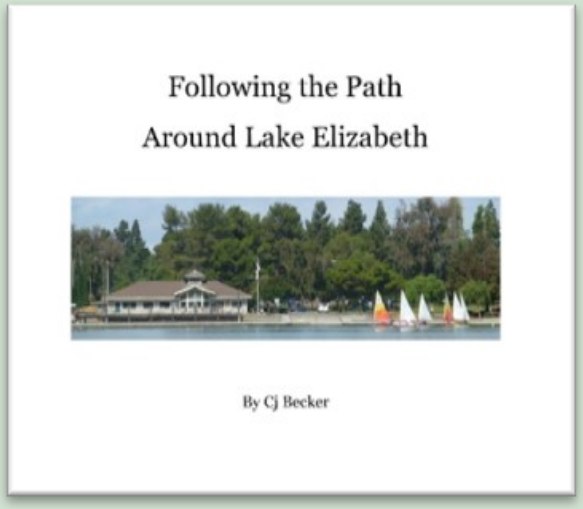
Another Resident Author

Although CJ Becker hasn't done any book signings, he is one of the most prolific authors residing at Acacia Creek. CJ is both an essayist and a photographer. His essays appear regularly in the Resident Journal. You've probably seen some of his photos of the surrounding mountains and local animals on "Captures at the Creek" and also in some of his published works. The following description provides some insights into CJ Becker, the writer.

"I follow a gnostic tradition that values knowledge over redemption. I published research in physiological psychology and neurology in the 60s at Berkeley. In the 70s I was a shade-tree mechanic and published two books on this subject, one fiction, one nonfiction. I moved with my wife and son to Menlo Park in the 80s. My wife and I switched gender roles. She brought home the bacon, I assumed the duties of general handyman, president of the mothers' club, and chief cook and bottle washer." CJ also started writing notes in a diary, some observations, and some written records of his dreams. His role allowed him to study science wherever it led. At the turn of the century, he wrote two books on evolution: one on a modern theory of biological evolution, the other on a modern theory of linguistic evolution under the name Carl J. Becker. They are available on Amazon. Two titles of special interest to Acacia Creek residents are the following: Note that both books can be viewed online at no charge on the publisher's website:



https://www.blurb.com/b/6067975-a-season-at-acacia-creek



https://www.blurb.com/b/6067989-following-the-path-around-lake-elizabeth

"Most of my works since 2000 have been Googled by Google as if I were a dead poet. I consider it an honor. I have a long list of things to write," he says. "It keeps me sane. I don't particularly want to go out and sell books, just keep my mind going."

Resident Spotlight

Marcie Radius

Marcie Radius, an ardent feminist, smiles a lot, loves group discussions, wears happy bright colors, is a ping pong enthusiast, likes to move with music, and is in the 90s Society. She quit skiing after an accident when she was 75 years old!

It is true, the family doctor was called out of the town saloon to deliver Marselien Stroup. Marcie was born on a cattle ranch that raised Herefords in South Dakota near Fort Pierre, SD. Her mom was a social worker who travelled around SD to help Great Depression families get support money. Her mom was gone from Monday to Friday, so her competent and wise dad, and her older brother were the caregivers for Marcie as she grew up.

On the first day of school, she had to get to the one-room schoolhouse 1-1/2 miles away. Her dad walked the first trip with her on the route there, warning of rattlesnakes hiding under bushes or lying in the warmth inside warm hay shocks in the fields. Watching out for rattlers, Marcie trudged to school or rode a horse or skied until her eighth-grade graduation. Marcie was always on a horse! A total cowgirl, she rode in rodeos and parades, in anything going on in a town of 400 people. She drove a tractor and did farm chores.

Back to the one-room schoolhouse. She was the only girl there with 7-8 randy schoolboys. She knew she had to get away from that teasing, so went to a convent school for a year, and then on to graduate from high school in Sturgis, SD. She enrolled in South Dakota State to study chemistry, until she realized that chemicals smelled bad and could burn your clothes. She was advised to be either a teacher or a nurse, the only advice given to girls in the 1940s. So, she transferred to the University of Minnesota to study behavioral psychology. Marcie married at 20, continued her studies and worked a few years before she gave birth to 3 kids within 4 years. She graduated with honors. Later another son was born. She was busy!

Just then a new program opened in the St. Paul school district to train and hire visiting teachers. This was a glorified hooky cop, Marcie says. But it gave valuable on the job training, as the primary focus was to find out why the kid was not in school. Later Marcie was a girls' probation officer for a short time.

Marcie received a Master's Degree in school psychology at Hayward State College (now CSU, East Bay), after the family came to Castro Valley in the 1960s. A colleague wrote a grant and obtained Federal funds to establish Team Learning Centers within the district schools. These Centers formed groups of four centered around each child. Each group had the child, the parent, the psychologist (Marcie), and the teacher to determine the strengths and weaknesses of the non-performing kid and to brainstorm what to do. Marcie would go to a troubled family's home and help the family take a look at how they were treating each other. This still causes her to have pride and satisfaction. There was a follow-up meeting. Marcie's team travelled to different school districts in CA and one in Louisiana. Six Living Centers were established in California.

Her first marriage ended after 19 years. About three years later, she met Roger Radius. a witty and interesting man, who worked in child welfare and attendance in Castro Valley. World travels included South America to experience the Andes/Inca Trail from Quito to Machu Picchu. They exchanged homes with couples in Bruges, Belgium, Cuernavaca, MX and Los Alamos, NM. A few years ago, they moved to senior living in San Leandro. The two found they needed two bathrooms! That is how they chose Acacia Creek, to have two bathrooms. Roger passed away in early 2020, ending 40 years of marriage.

By Clarice Hill

Happy 75th Anniversary

Ronald (Ron) and Terry Sherod celebrated their 75th wedding anniversary on June 30, 2021. The diamond symbolizes the 75th anniversary and means unconquerable and enduring. The fire of the diamond symbolizes the constant flame of love. It truly takes a lot of love and understanding to be married to the same person for 75 years!

Both Ron and Terry were born in the state of Nebraska – Ron in Omaha and Terry in Decatur. After high school they both attended the VanSant School of Business in Omaha where they met. Terry worked as a bookkeeper, but after their son Craig was born, being a Mom was Terry's priority. Ron and Terry have one grandson, Ryan.

Ron was in the Navy during World War II. After discharge from the Navy, he enrolled at the University of California, Los Angeles where he received a Bachelor of Science Degree in Higher Accounting. Professionally, Ron was a licensed Property Manager, Public Accountant and Real Estate Broker. He worked in the aerospace industry and was a consultant in the specialized field of housing for the elderly. He served as Chief Executive Officer of Equitable Management Corp. until his retirement in 1985.

Ron became a Master Mason in 1953. He served in several Masonic Organizations – one of which was a Trustee of the Masonic Homes. He was elected and installed as Grand Master of Masons in California on October 10, 1990. During that year, he received his 50 year DeMolay pin. Representing Masons in California as their Grand Master requires lots of travel. Ron was so lucky to have Terry at his side to be the "wind beneath his wings" for all his travels and endeavors on behalf of the Masons.

By Wilma Grice

Staff Spotlight

Jackie Montes De Oca

In the years I've worked with Jackie, I've been able to see her grow, transform, and become a wonderful support system to the residents and team members. Jackie is the longest working clerk in the Concierge area, is reliable, knowledgeable to problems, quick for coming up with solutions, rolls with the everchanging policies and procedures, and has kept up an excellent line of communication within the department. Jackie's leadership skills have also improved immensely, making her a go-to for many questions when other clerks need support. Jackie's growth into the professional she has become has made her an important asset to the Concierge team.

By Katie Ferguson, Concierge Manager

New Residents

ROBERT & MARILYN SINGER – Apt. 1133

Moved from Fremont, CA. Bob was born in Chicago, IL, and Marilyn is originally from Wisconsin. They are moving in with their dog named Lily who is 12 years young. Bob spent his career as an MD, and Marilyn was an RN and teacher. Both like to read and look forward to using the pool and enjoying the plethora of AC's programs.

PHILLIP MORRISSEY – Apt. 1219

Moved from San Luis Obispo (SLO), CA. Phil was born in the state's capitol, Sacramento, and is moving to AC from the CA beach town, SLO. His hobbies include watching good movies, and keeping up with finance news. He has enjoyed photography, camping, sailing, golf, and is interested in playing card games after he settles in.

BOB HARRIS – Apt. 1215

Moved from Cloverdale, CA. Bob was born in the City of Angels, AKA, Los Angeles. He is a fan of fishing and knows his way around woodworking. Bob is also a car buff, wants to be a history buff, and is hoping to get (not too) buff in the AC gym.

A New Kid's Take on the Gala!

Jorene and I moved into Acacia Creek on April 1, 2020, just a few days after the shutdown. My, what a surprise! The good news was that with boxes and boxes, I wish that I had counted or at least taken a couple of pictures, we entertained ourselves unpacking and getting settled. We did not have to worry about missing something, because like the rest of the community, we were pretty much tied down to our 2-bedroom apartment, and for a couple of 2 -3-week periods, we were quarantined like everyone else. But the days actually did, if not fly, at least go by and they turned in to weeks and then months. Probably the biggest thing that we had to look forward to was the "Chat with Chuck", and oh, how that and the information provided by other members of the staff were appreciated by all.

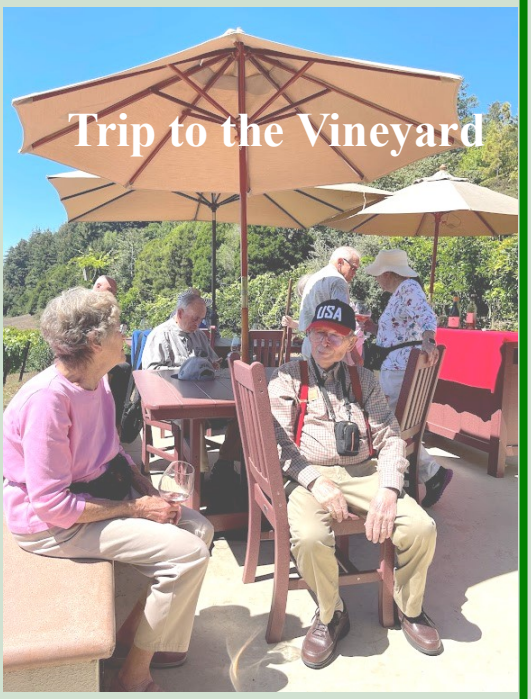
Chuck, in his chats, thanked us for our patience, sometimes chastised us, but always encouraged us to hang in there, because it would end, and very early he promised us **a party** when this "thing" would end and we would be able to visit each other, eat in the dining room and enjoy what we moved here for.

I had been fortunate and even blessed to have traveled the state as a member of two different Grand Master's Teams and Jorene and I had been to many Grand events. So, we were maybe wondering how this would stack up. Well, in my humble opinion, and being the new kid in town, this Gala, outshined them all. Chuck and our staff did everything possible to make it a success and a joy for everyone who attended. The decorations, the cocktail hour in the Turkey Roost, the dinner, exceptional and served by the wonderful servers we have, the chance to renew old friendships or gain new ones, the dancing, and then the entertainment by truly outstanding talent from members of the Fremont Symphony and the high energy performance of the Kings of Swing and Soul, Mark Kipitzke and Julius Thomas III. What a wonderful time and Gala. We cannot thank you enough, it was a blast!!

By Rodger & Jorene Page

Living It

90s Club Lunch



Trip to the Vineyard

Making Ice Cream in a Bag

June's 100th Birthday Party

Visiting CA State Capitol

Walking Group