



# Living It



Mersea  
Treasure Island



Luau Celebration



Harley Goat Farm



Roaring Camp & Big Trees Railroad



## ACACIA CREEK JOURNAL

WRITTEN BY RESIDENTS, FOR RESIDENTS

[www.acaciacreek.org](http://www.acaciacreek.org)

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### CARE BEYOND THE ACACIA CREEK HANDBOOK

Current and new residents are encouraged to read the Residents Handbook. It provides important information, including details about our Assisted Living Care Services which are outlined in Appendix M. These valuable Acacia Creek caregiver services are provided ala carte. The Handbook details what is available, with an explanation of each service and the associated costs. You'll even find information about Pet Care services.

When my husband Chet entered hospice due to late-stage Pancreatic Cancer, I found myself at a crossroads. Chet's final wish was to remain at home until his transition, but even the best hospice (and ours was exceptional) only provides emergency services after hours and on weekends. That meant I had to find critical support between 5pm and 8am Monday through Friday, and on Saturdays and Sundays. After the first few nights, I began to worry that even with the help of family and friends, I couldn't fulfill Chet's desire to remain at home. We needed professional and knowledgeable help to get through the nights and weekends. Close to tears one night, I asked the on-duty caregiver if they could help. That's when I learned that there are a variety of Acacia Creek caregiver services (some provided at no cost) that could help us fill the gaps.

I am eternally grateful to our Acacia Creek caregiver team for their help and support. They provided Chet and me with a variety of essential services (some for a fee, others at no cost). I decided to share my "lessons learned" with the hope that even residents without a need for hospice might benefit. To ensure that my information was correct, I provided the administration with a list of questions and scenarios, asking what is available (with and

without fees), and what can be done here at Acacia Creek and why (or why not).

I think it is important to begin at the beginning. For me, that was the question of "can Chet, in his terminal condition, remain in hospice at Acacia Creek?" There are medical issues that state licensing (not Acacia Creek Administration) prohibits current or prospective residents from living at or moving into Acacia Creek. Under California regulations Title XXII, there are 19 medical conditions that restrict a person from living here or at any resident care facility in California. They are: a primary diagnosis of Dementia; Stage 3 and 4 pressure sores (Dermal Ulcers); Gastrostomy care; Naso-Gastric Tubes; tracheostomies; staph infections or other serious infections; residents dependent on others to perform all activities of daily living; active communicable Tuberculosis; ongoing behavior caused by a mental disorder and upsetting to the general resident population; residents requiring 24-hour nursing care on a chronic basis or unscheduled skilled nursing care; continued residency endangering safety, health or welfare of other residents; failure to abide by the community's written general policy, e.g., smoking; failure to pay for basic services within 10 days of due date; failure to comply with state and/or local laws after receiving notice of any alleged violation; and when the needs of the resident can no longer be met by the facility based on an assessment.

Those of us who do qualify to live at Acacia Creek may still need a variety of services, either ongoing or intermittently, to help us enjoy life and our community to its fullest. Let's look at some possible situations and what you (and our caregivers) can do.

(Continued on page 2)

The following services are provided to us as part of our monthly fee (i.e., there is no incremental cost):

- I've cut my arm in my apartment, can a caregiver help me? Call the Concierge and ask for the duty caregiver. The caregiver will assess the severity of your cut, and if no stitches are required, will bandage it at no charge. If stitches are required, follow up with your doctor as needed.
- I feel light-headed; do I need a doctor's permission for a caregiver to take my blood pressure? Caregivers can take blood pressure in an emergency at no charge. In addition, blood pressure readings are conducted on the last Wednesday of each month at 2:30 pm in the multi-purpose room (again, at no charge). Recurring and extended blood pressure monitoring does require a doctor's order and incurs a service charge.
- I sprained my ankle; can a caregiver apply an ACE-bandage? On a one-time instance the caregivers can apply an ACE bandage at no charge. Follow up with your physician for an X-ray if needed. For recurring assistance with a dressing, there is a service charge.
- I have a weeping wound; can the caregiver change the dressing when needed? Yes, but caregivers are restricted to only changing the soiled dressings. They are prohibited from applying any topical medication. There is no cost for the dressing change. Continue medical treatment with your doctor.
- Does Acacia Creek provide temporary (overnight) use of a wheelchair and/or walker? Acacia Creek has a loaner wheelchair and loaner walkers are available for a 24-hour use. These are subject to availability and are not for long term use. There is no cost.

Now let's look at some of the more serious situations and concerns.

- I was sent to the hospital by Ambulance. The emergency room is sending me home after the Acacia Creek Lifestyles driver's hours. How do I get home? Will Acacia Creek pay for commercial transport home and what will it cost me? Contact the Concierge or caregiver on duty (after 11:00pm the PBX Operator from the Masonic Home will answer the phone).

Have that operator relay your phone number to the Acacia Creek caregiver on duty. We have two-night duty caregivers at Acacia Creek. Acacia Creek has a voucher agreement with a local cab company for this very purpose. There is a minimal cost for the transportation.

- I need a companion to help me. How do I find one, and what will it cost? Contact Mina. She will provide information and referrals for approved agencies. Prices and minimum hours vary by agency.
- I am the sole caretaker for my spouse. I need to get out for a couple of hours. Can a caregiver stay with my spouse while I am gone? Our caregivers are not staffed to be companions. There are agencies who can provide that type of hourly support. Contact Mina for information.
- My doctor just recommended hospice for me/for my spouse. How do I find a quality hospice service? Contact Mina; she will provide information and referrals for approved agencies.
- My spouse is on hospice at home. I have a commercial hospice service, but I need more help. What additional care can Acacia Creek provide? What questions should I ask hospice and my doctor? What are the costs involved? If you are planning on your spouse going on hospice at home, meet with Mina prior to hiring an agency. You need to understand what is provided by home hospice and what can be provided by Acacia Creek. Most hospice agencies provide staff during the week with some emergency services at night. This leaves nights and weekends up to you. Our caregivers can assist in turning your spouse (to prevent bedsores) and changing Depends/diapers if you are unable to do this alone. They will also check on your spouse during the night, often stopping by every two to three hours, so that you can get some much-needed sleep. There is a fee for this service.

Managing medical needs as residents age is not an easy process, nor is there a one-size fits all. The best advice is to be proactive about planning for the help you need and asking questions before problems get out of hand. The AC staff is here to help us as our needs change.

By Sally Ward

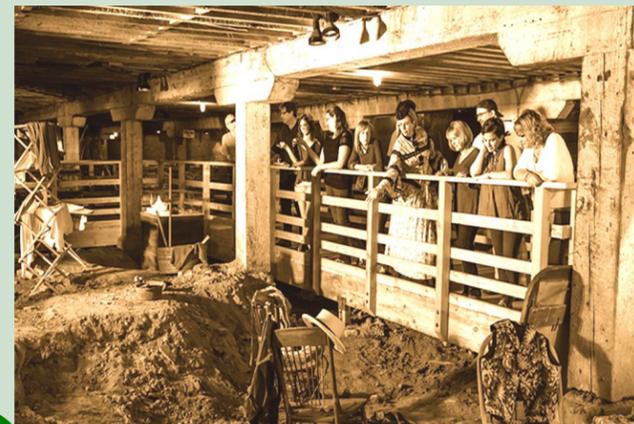
## Acacia Creek Train Visit to Sacramento

Fifteen residents departed Acacia Creek heading for the Fremont Amtrak Station at 7:45 am on Saturday September 4<sup>th</sup>. We boarded our Amtrak train at 8:35 am on time. The trip was arranged by Roger Baird, our resident Amtrak expert. Roger found a special fare of \$10.00 each way or \$20.00 round trip from Fremont to Sacramento, WHAT A BARGAIN!

Upon arrival in Sacramento the Amtrak courtesy cart transported our group to the edge of Old Town Sacramento a block away from the California Railroad State Museum. The museum guide, Verne Gore, gave us a delightful one-hour tour of the history of rail by interpreting the role of the "Iron Horse" in connecting California to the rest of the country via the construction of the trans-continental railroad. The museum houses 21 restored locomotives and railroad cars, some dating as far back as 1862.

After the rail museum tour some residents added to the Sacramento experience by taking the Underground Tour of Old Sacramento, offered by the Sacramento History Museum next-door.

Sacramento was founded in 1848 by John Sutter, Jr., and Sam Brannon at the confluence of the Sacramento and American Rivers. The citizens voted in a charter in 1849 making Sacramento the oldest incorporated city in California. During the first 4 years the city experienced two all-consuming fires, 3 floods, and cholera. The last flood covered the city in 30 feet of water. Since the first floor of all commercial buildings was under water, the citizens came up with three proposals to restore their city. 1. Raise the levies; 2. Move the American River one mile north; and 3. Raise the buildings and streets one story higher. The vote was to do all three, and it took



years to accomplish those tasks. The tour takes you under two buildings to see how they were lifted.

The group departed Sacramento at 2:55 pm returning to Fremont at 5:25 pm. Ed, our Acacia Creek driver, met the train and loaded us on the bus for the return trip to Acacia Creek.

By Sally Ward

## Visiting Bodega Bay

Of all the fun and interesting trips planned for us at Acacia Creek, the best ones are those which afford lovely scenic views. Such was the trip to Bodega Bay. Although the trip was lengthy, time passed quickly thanks to the usual expertise of our driver, Luis, the interesting sights along the way, and the good luck of having a great seatmate companion.

When we arrived at Bodega Bay, we found it to be quaint and typical of most California seaside towns, bustling with activity. Our designated place for lunch was the Tides Restaurant. It was housed in a large complex which also included a small seafood deli, bakery, a bar, and of course, a well-stocked gift shop. The restaurant with surrounding window walls offered excellent views of the Bay and the activities going on. Our table of five watched many sea birds seeking their lunch at the same time as we enjoyed ours.

After lunch, we had plenty of time to explore the shops and visit the outdoor patio to take advantage of the fresh sea air as well as get a closer look at Bodega Bay. At departure we drove around the Bay to higher ground to a favorite viewing spot suggested by Tau Alpha. From that height, a much larger view of the Bay and environs could be enjoyed. As we left the Village, we drove past the schoolhouse which had been used as part of the scenery in the famous 1963 Hitchcock movie "The Birds". It looks quite different now, being surrounded by commercial businesses, and sporting a new paint job. Still, seeing it was a treat for movie buffs.



Returning home we were treated again to the beautiful landscapes of Northern California, but we couldn't help but be reminded of the tragedy of the fires ravaging our state. This was a great trip, and hopefully, it will be repeated again soon.

By Carol Hough

# New Residents



**DAN & LINDA O'BRIEN – Apt. 1123**

Moved from Salinas, CA. Dan and Linda grew up in the Twin Cities of Minnesota. Dan is an army veteran and was a real estate broker. He is a fan of radio-controlled planes and likes to be in nature. Linda is an RN, and was a previous CEO of Meals on Wheels. She is a lifelong learner and looks forward to sewing & knitting in The Studio.



**ED & BARBARA WOJCIECHOWSKI  
Apt. 1424**

Moved from Doylestown, PA. Ed and Barbara were both born in the small town of Philadelphia, PA. Ed was a Regional Director for Canon, USA, and Barb was an Executive Secretary & Administrative Assistant. Ed's interests include archery, bowling, and he's a dessert lover. Barbara is a knitter, enjoys travel, and is a lover of learning. Both look forward to time in the gym!



**MEG EASH – Apt. 1126**

Moved from Hayward, CA. Originally from Arkansas, Meg spent some time growing up in California, as well. She was previously a business owner and office manager. She has a pet dog named Bebe, who is 13 years young. Meg enjoys puzzles, swimming, traveling, and is a nature lover.

## Walking the Inuksut Path at Acacia Creek

When we walk the Inuksut Path along the South-facing wall of Acacia Creek with its stone cairns, we follow a white railing with a barberry hedge.



Aphids invade the hedge and chew on the growing tips causing bright-red leaf galls to form.



There are 450 different species of barberry growing around the world. It has been used as a medicinal for at least 3,000 years in India and China. The local Ohlone people used barberry in a smoking mixture called Kinnikinnick. As with all

medicinals it can be abused and in several states in the middle of the country it is banned since the barberry bush offers safe harbor for the ticks that carry lime disease.

The American biologist Asa Gray wrote a letter to Charles Darwin asking his opinion about the role of invasive species in biological evolution. Darwin responded that he could not persuade himself that a beneficent and omnipotent God would have designed such a form of evolution. His bewilderment is exposed by his theory called "pangenesis." In this he supposed that male semen traveled around the female bloodstream picking up traits that

would be inherited. Anyone who has a kitchen garden or breeds animals will ignore such a paternalistic thesis.

The Master of the Inuksut Path, Don Quixote (aka Tau Alpha), points to the windmills of his mind (the cairns on the path).



He is followed by his faithful companion Sancho Panza (aka CJ Becker) with a wheelbarrow full of stones.

By CJ Becker

### Message from Martin



Dear Residents,  
 Happy Fall! Tree leaves are changing colors and gently falling to the ground with Mother Nature preparing for a new season. Isn't it nice having cooler mornings and days after another heat record breaking summer? With that in mind enjoy a walk or hike around the campus which of course falls in line with our culture of "Successful Aging". We also want to send our heartfelt thoughts and prayers to the thousands affected by the wildfires ravaging our beloved state and the entire west coast.

With our Luau behind us and 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.

There are about 1 million cases of financial exploitation of the elderly in the U.S. each year. The financial loss by victims is more than \$2.6 billion annually for reported cases; and only 1 in 24 cases are reported, according to the National Crime Prevention Council. This is information seniors should keep in mind. Scams have always been with us, but the current economic climate, combined with the turbulent state of American health care have provided fertile ground for scams to sprout like weeds. Here is some news you can use: Beware of phone calls from folks posing as agents with the Social Security Administration or the department of Health and Human Services (Medicare) who ask you to confirm personal information like social security numbers, birthdates, or parents' names under the guise of providing a cost-of-living increase to one's social security benefits. These unsavory characters have reportedly used this trick to gather information and then call the real Social Security Administration to have checks redirected to their accounts. Here is some sound advice: Always be suspicious of any caller who claims to be from a government agency. Hang up and call the

agency back at its listed local number or their toll-free number.

Our new budget year starts November 1, 2021. There will be a couple of meetings with Chuck and Martin to provide more insight to all residents in the upcoming months.

Cheers,  
 Martin Herter



### Luau Staffing



# Resident Spotlight

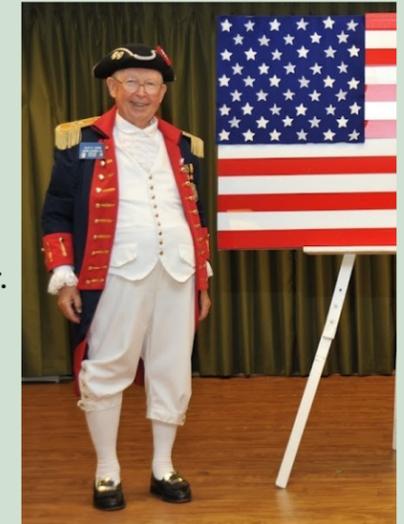


Susan and Ollie Guinn

Ollie Guinn started life in San Pedro, California. However, his home changed often as his father had a career in the U.S. Navy. So, Ollie had the opportunity to attend schools in a great number of states on both coasts. This must have been perfect training for Ollie's future life as a career U.S. Army officer for 26 years. Ollie attended college at San Jose State and graduated with a BA in Social Science. Through his Army ROTC program there, he was commissioned in the US Army in 1958.

During his years of service, he served in every state except Massachusetts and Maine. His many specialties included commanding a Basic Training Company at Fort Ord, an Infantry Company at Fort Lewis and Special Forces "A" Detachments at Fort Bragg and Vietnam. He evaluated National Guard-Army Reserves for four years and during that time, was on the road 144 days of the year. He was also a Combat Arms Instructor in Maryland and a Tactics Instructor at Fort Leavenworth. His alternate specialty was Logistics which led to assignments in Korea, Germany and the Panama Canal Zone. During his time in Panama, he supervised the coordination of logistical support to US Forces Canal Zone and 17 Latin American countries.

The highlight of his career was his four years in Panama in Disaster Relief Operations. This work included coordination and delivery of all medical supplies and personnel to provide all support needed. These included the plane crash just after take-off in LaPaz, Bolivia, the Johnstown Massacre and the transfer of 900 casualty remains in Nicaragua where they evacuated 10,349 people, and the Guatemalan earthquake where there were "only" 3,000,000 to care for. Lieutenant Colonel Guinn retired in 1984, ending his amazing career with twenty different medals and honors celebrating his many accomplishments. At Acacia Creek Ollie has specialized in performing the flag ceremony.



Susan moved to Acacia Creek from the Santa Cruz area. She graduated from the University of Phoenix with a BS degree in business administration and worked as a data manager in contract administration with the company that designed and built the Bradley Fighting Vehicle for the U.S. Army. She also enjoyed raising her son and daughter and working as an advisor with Masonic youth groups.

After moving to Acacia Creek, Ollie and Susan started attending many of the outings and had the good fortune to often end up sitting next to each other on the bus rides. And it took off from there. While traveling with Shirley and Tau, Ollie and Susan signified their intent by putting up a lock on the Lovelock, Nevada's town square fence. Ollie proposed on Xmas Eve, and they were married in the Methodist Church in Fremont on one of the hottest days ever.

By Martha Crowe