

Gratitude in Action (Cont.)

When I catch myself with this passive thought, I ask myself what can I *do* to take action on my thankful feelings. Psychologists found in their studies that when passive gratitude is turned into action, that is when the real magic happens, and people gain the most benefit. Studies show the action of gratitude increases our happiness, our wellbeing, and our positive emotions. We take more pleasure in good experiences and we improve our health.

If you are someone who acknowledges what you are grateful for in a passive way, take up this challenge to put gratitude into action. And if you do, take note if anything changes for you. Do you feel happier? Do you feel more positive? Do you feel more positive or upbeat? Have you noticed you are sleeping better? Keep a gratitude journal and write these changes down as you think of them. At the end of the month, you will have an opportunity to reflect on the campaign/challenge and it will be interesting to see what changes for you.

How will you put gratitude into action this month? What will you create? How will you capture these moments?

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

Vitamin Supplements (Cont.)

You can also get vitamin D from foods such as milk, milk products, vitamin D fortified cereals, and fatty fish.

B6

B6 is good for forming red blood cells. You can find B6 in potatoes, bananas, chicken breasts, and fortified cereals.

B12

B12 keeps your red blood cells and nerves healthy. The vitamin is needed for all ages, but for some people it is difficult for them to absorb it naturally from food. This is where a B12 supplement comes to play.

There are more vitamins and minerals needed for the body, but these are some of the few important ones for older adults. If you would like to discuss these or other vitamins in more detail including dosage and milligrams, feel free to come to my Gym Time & 1-on-1 Gym Machine Training class every Tuesday and Thursday from 11:45 am to 12:30 pm. Remember, please speak with your physician before starting a vitamin supplement.

Yanasa Williams
Health Fitness Specialist



RCFE# 015601302 COA #246

Lifestyles of Acacia Creek

November 2021



ACACIA CREEK

(510) 441-3700

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Gratitude in Action

November brings the height of fall and the Thanksgiving holiday. For me this holiday consumes the month with thoughts of family, friends, memories of those I love who have passed and all I am thankful for. Although I try to identify what I am thankful for each night, this month intensifies it. I reflect over the year and consider all that I am thankful for. How often did I show or act in gratitude?

The campaign this month is “Master the Moment”. It challenges us to capture how we live and act with gratitude. Expressing gratitude creates so many wonderful things in life. The first step is to reflect on what you are grateful for. “Master the Moment 3.3.30” will give us the opportunity to reflect on that and identify what we are grateful for.

During this campaign residents and team members will have the opportunity to act on this gratitude and capture small moments that bring us joy and gratitude. There are so many ways in which your gratitude can be expressed: write a thank-you note, take pictures, write a poem, create a painting, invite a friend to dinner, speak up and highlight how someone supported you, take a walk and bask in the changing seasons, help a friend in need or even volunteer for something you are passionate about.

The moment that the difference of being thankful and being grateful was clarified for me is when I really began to notice my behavior. Being thankful is a *feeling* of appreciation. Showing gratitude is an *action*; in which you act on your feelings of being thankful. People tend to use this in a passive way by saying what they are grateful for. We all do this, and there is nothing at all wrong with doing this.

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Vitamin Supplements

Getting the proper nutrients from food can be quite difficult with busy day-to-day life. When we do eat, we tend to not eat foods with enough nutrients in them. Another way to make sure you are getting the proper vitamins and minerals is through dietary supplements. Dietary supplements can be beneficial at any age, but it is crucial to know what they are and understand why you are taking them.

Eating a large variety of healthy foods is the best way to get the nutrients you need for the body. If you're still not getting enough, your doctor may recommend a dietary supplement for you.

A supplement is a substance used to add nutrients to your body that your normal diet does not have or does not have enough of. They are used to lower the risk of health problems and can come in the form of powder, pills, liquid, gels, capsules, and tablets. Before you begin taking a supplement, talk to your physician to see if it's right for you. Also check the science behind it as well; look for the United States Pharmacopeia (USP) verified mark. This identifies the quality, strength, and purity of the vitamin. Labels like "natural" or "organic" doesn't mean it's necessarily safe for you. It could potentially affect your current medication and cause conflict.

Aging causes us to possibly need more vitamins and minerals than younger adults, and not all supplements are created equal. Here are some of the important vitamins for older adults to take.

Calcium

Calcium is needed in older adults because it keeps the bones strong. As we age, our bones become weaker, or we can develop chronic diseases that make our bones weak such as osteoporosis which is very common especially amongst women. If you prefer a more "natural method," you can also get calcium in foods such as milk, milk byproducts (cereal), canned fish, and dark leafy green vegetables.

Vitamin D

It's shocking to learn that most people in the United States consume less than the recommended amount of vitamin D. The body produces vitamin D naturally when exposed to direct sunlight, but to ensure adequate levels, you can also get it through supplements and foods. Vitamin D regulates the absorption of calcium and phosphorus and facilitates normal immune system function. It helps with teeth, bones, and improved resistance against diseases. A vitamin D deficiency can cause weak bones, bone abnormalities, and osteoporosis.

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Special Events, Outings & Trips

Sunday,

November 28 at 4:00 p.m. - Hanukkah Celebration / L

Join us for the re-telling of the meaning of Hanukkah, Hanukkah songs and the lighting of the first candle. Everyone is welcome.

Monday,

November 29 at 10:00 a.m. to 12:00 p.m. - Paper Bag Donation Drive / L

Paper bags must be neatly stacked inside one paper bag and brought to the lobby. No plastic bags.

Tuesday,

****November 2 at 10:00 a.m. - Walmart & Target on Whipple / SURB / L**

November 2 at 2:00 p.m. - Pop-up Soda Float / Lobby Entrance

Enjoy a soda float grab-and-go and visit with a former Team Member - Theone.

November 9 at 1:00 p.m. - Fitness Talk with Yanasa / GA

Fitness Health Specialist Yanasa will discuss vitamin supplements.

Wednesday,

****November 3 at 9:00 a.m. - Costco: Automall / SURB / L**

****November 10 at 9:30 a.m. - Beyond Van Gogh Exhibit / Cost: \$30.99 / SURB / L**

Immerse yourself in Van Gogh's artwork like you've never seen it before.

November 10 at 4:00 p.m. - Chat with Chuck / Chan. 1-61 or TR

Chuck shares recent community news and updates. Recording will play at 7:00 p.m. on channel 1-61.

November 24 at 10:00 .m. - Out Patient Rehab Services Available to you / BR

Join the team from ONR (Orthopedic & Neurological Rehabilitation) as the discuss why you might benefit from Physical Therapy, Occupational Therapy and/or Speech therapy and fall prevention education.

Thursday,

****November 18 at 9:00 a.m. - Jelly Belly Factory Tour / Cost: \$5.00 / SURB / L**

This is self guided tour around the factory. Lunch is on your own onsite.

Friday,

November 12 at 10:00 a.m. - Resident Forum / TR or Chan. 1-61

Chuck Major, President and CEO, presents the results of the 2021 resident survey.

Recording will replay at 7:00 p.m. on channel 1-61.

November 12 at 2:00 p.m. - Opportunity Table / BR

Donate an item to the table. Proceeds is donated to the Team Member Appreciation Fund.

Open to Residents and team members. More information to come.

****November 19 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

November 19 at 2:00 p.m. - Team Member Appreciation Fund Giveaway and Cookie Social / DR

The Resident Council presents team members with the money from the Team Member Appreciation Fund. Please sign up in the Lifestyles Binder if you would like to bring cookies.

**** Indicates Outings or Trips**

Weekend Entertainment

Saturday on Channel 1-61,

November 6 at 10:00 a.m. - Growing up Animal: A Baby Grizzly's Story

Only the toughest animal species can endure the difficulties of life on Earth's highest mountains.

November 13 at 10:00 a.m. - Growing up Animal: A Baby Sea Lion's Story

A baby sea lion's epic journey from womb to her first ocean adventure.

November 20 at 10:00 a.m. - Growing up Animal: A Baby Elephant's Story

A baby elephant's incredible journey from womb to her first epic trek.

November 27 at 10:00 a.m. - Growing up Animal: A Baby Wild Dog's Story

The remarkable journey of two wild dogs pups from the womb to the savannah.

Sunday on Channel 1-61,

November 7 at 7:00 p.m. - Sunday Theatre: Bells Are Ringing

Answering service operator Ella Peterson knows the details of her client's lives... and she can't stop herself from helping in her own inimitable, sweet way. Starring Dean Martin and Judy Holliday, you'll love this classic movie musical.

November 14 at 7:00 p.m. - Sunday Theatre: West Side Story

A musical in which a modern day Romeo and Juliet are involved in New York street gangs. On the harsh streets of the Upper West Side, two gangs battle for control of the turf. The situation becomes complicated when a gang member falls in love with a rival's sister.

November 21 at 7:00 p.m. - Sunday Theatre: The Greatest Showman

Growing up in the early 1800s, P.T. Barnum displays a natural talent for publicity and promotion, selling lottery tickets by age 12. After trying his hand at various jobs, P.T. turns to show business to indulge his limitless imagination, rising from nothing to create the Barnum & Bailey circus. Featuring catchy musical numbers, exotic performers and daring acrobatic feats, Barnum's mesmerizing spectacle soon takes the world by storm to become the greatest show on Earth.

November 28 at 7:00 p.m. - Sunday Theatre: Disney's Luca

Set in a beautiful seaside town on the Italian Riviera, the original animated feature is a coming-of-age story about one young boy experiencing an unforgettable summer filled with gelato, pasta and endless scooter rides. Luca shares these adventures with his newfound best friend, but all the fun is threatened by a deeply held secret: he is a sea monster from another world just below the water's surface.

Create Gratitude

As the days get shorter and cooler, it's a natural time to get cozy at home and look inward. This is a perfect time to notice all that we are grateful for. When we acknowledge what we are grateful for, people and things great and small, it generates positive emotions and improves our well-being. Studies have not only linked gratitude to increased levels of happiness, they've also found a link between gratitude and our ability to problem solve. In other words, seeing the glass half full engages our creativity, allowing us to see the multitude of possibilities right in front of us.

Deepak Chopra says, "The best use of imagination is creativity. The worst use of imagination is anxiety." I know this to be true for me. My mind likes to stay busy and if I don't have something positive that I'm creating, my mind looks for problems and creates worry. Creating gratitude is like any other habit we can create. Worry and anxiety are also habits that we can create over a lifetime. But it's never too late to make gratitude and joy your habit.

To support us all in creating more gratitude, in November we encourage residents and team members to participate in the "Master the Moment" campaign. This Masterpiece campaign challenges us to capture the small moments that bring us joy and gratitude. By being mindful and embracing small moments, we learn to appreciate every aspect of life, no matter how large or small, allowing us to positively impact our health and wellbeing.

Participating in the campaign is simple and there are two ways to do it this year so everyone can get involved. The most important thing is to take time to notice the moments that bring you joy and gratitude. Please see the "Master the Moment" insert for details.

Penny Vittoria

Successful Aging Coach






Please note new extension number: 3716





Join Master the Moment

This campaign encourages & challenges us to capture small moments that bring us joy & gratitude

Share what brings you joy & gratitude by:

-  Taking photos or videos
-  Finding or creating quotes
-  Writing poems or short stories
-  Drawing, coloring, or painting a picture
-  Anything else!

Share your moments thru November 30:

-  Email your photos, videos, writing, etc. to Penny (pvittoria@acaciacreek.org). A slideshow will be created to show in the lobby and post to Facebook. Written submissions will also be displayed in lobby.
-  If you don't have email, give your submissions to Penny.

See next page for the rest of the challenge!

Master the Moment 3.3.30

3 times a day think of
3 things you're grateful for.

no repeats allowed...

Try it for 30 days in November
and see what happens!

When: Choose the time and place. Do it at the same time each day to remind you to do it. For example: during your first cup of coffee, during lunch & just before bed.

How Long: 1-2 minutes each time.

Pause: 3 times a day give yourself time for joy & gratitude.

Ask: "What am I grateful for?"

Answer: 3 things, big or small, that you're grateful for. Say them silently, aloud, on paper or with others. Do whatever works best for you!

The BIG CHALLENGE: Give a different answer each day!

Why Participate: The amount of joy we feel is linked to the amount of gratitude we generate. Make feeling gratitude & joy your habit.

Questions? Call Penny ext. 3716

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15</p> <p>11a Coffee Klatch / GR</p> <p>2p Chinese Mahjong / MP</p> <p>3p Sudoku with Carole S. / AS</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Mobility & Strength / Chan. 1-62</p> <p>10:15a Needle Arts Group / TS</p> <p>11:30a Exercise for Pain Management / Chan. 1-62</p> <p>12:30p Chair Cardio / Chan. 1-62</p> <p>1p Core Stability / Chan. 1-62</p> <p>2p Chinese Mahjong / MP</p> <p>2p Relax and Color / TR</p> <p>2:30p Ping Pong / GA</p> <p>7p Bingo / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & HIIT / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Sit & Be Fit (Total Body) / GA</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Strength and Balance Level 1 / GA</p> <p>10:30a Bible Study / BR</p> <p>11:15a Cogni-Health & Reaction Time Training / GA</p> <p>11:45a Gym Time & One-On-One Gym Machine Training / GA</p> <p>1:30p AC Singers / MP</p> <p>2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15</p> <p>2p Practice Qigong / Chan. 1-62</p> <p>2p Charades Anyone? / 5th Fl L</p> <p>2:30p Yoga / Chan. 1-62</p> <p>2:30p Ping Pong / GA</p> <p>7p Rummikub / MP</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10:15a Sewing for Charity / TS</p> <p>11a Genealogy with Marilyn / MP</p> <p>11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>11:45a Exercise for Pain Management / Chan. 1-62</p> <p>1p Core Stability / Chan. 1-62</p> <p>1p Bridge / MP</p> <p>2p An Afternoon of 99 / AS</p> <p>2p Dance with Denise / GA</p>	<p>9a Water Dancing / P</p> <p>9:15a Sit & HIIT / GA</p> <p>10a Coffee Klatch / GR</p> <p>10a Sit & Be Fit (Total Body) / GA</p> <p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10:30a Strength & Balance Level: 1 / GA</p> <p>11:15a Cogni-Health & Reaction Time Training / GA</p> <p>11:45a Gym Time & One-On-One Gym Machine Training / GA</p> <p>1p Art Class / AS</p> <p>1:30p Hand and Foot / MP</p> <p>7p Mexican Train / AS</p>	<p>9:15a Sit & Be Fit (Total Body) / Chan. 1-62</p> <p>10a Coffee Klatch / GR</p> <p>10a Mobility & Strength / Chan. 1-62</p> <p>10:15a Beading with Deborah / TS</p> <p>11a Exercise for Blood Flow, Flexibility & Fine Motor Skills / Chan. 1-62</p> <p>1p Rummikub / MP</p> <p>2:30p Ping Pong / GA</p>	<p>10a Water Walking / P</p> <p>10:30a Water Aerobics / P</p> <p>10a Coffee Klatch / GR</p> <p>2:30p Ping Pong / GA</p> <p>7:30p Saturday Night Movie / Chan. 1-61</p>

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



Acacia Creek Lifestyles November 2021 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
	1 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: Utopian Dreams and Dystopian Nightmares / Chan. 1-62	2 10a Walmart & Target on Whipple / SURB / L 2p Popup Soda Float / Lobby Entrance	3 9a Costco: Automall / SURB / L	4 10a Great Courses - A History of European Art: Pieter Bruegel the Elder / Chan. 1-62 10a Culinary Meeting / BR or Chan. 1-61	5 8a Mason's Breakfast - All Men Invited / DR 11a COVID 19 Booster Shot Clinic / 5th Floor	6 10a Growing up Animal: A Baby Grizzly's Story / Chan. 1-61
7 10:30a Poetry and Coffee with Monica / TR 7p Sunday Theatre: Bells Are Ringing / Chan. 1-61	8 10:45a Great Courses - How Great Science Fiction Works: The Rise of the Science Fiction Pulps / Chan. 1-62	9 10a Resident Council Meeting / BR or Chan. 1-61 10a Walking Trip: Leo J. Ryan Park / SURB / L 1p Fitness Talk with Yanasa - Topic: Vitamin Supplements / GA	10 9:30a Beyond Van Gogh Exhibit / SURB / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	11 11a Arlington: Call to Honor (Smithsonian Channel) / Chan. 1-61 2p Veterans' Day Sing Along with Denise and Shirley Moore / TR 3p Science & Engineering Talk: "Gravity's Fatal Attraction: Supermassive Black Holes" by Victor Wong, Recorded / Chan. 1-61	12 10a Resident Forum: Results of Resident Survey Presented by Chuck Major / TR or Chan. 1-61 2p Opportunity Table / BR 7p Replay of the Resident Forum / Chan. 1-61	13 10a Growing up Animal: A Baby Sea Lion's Story / Chan. 1-61 1:15p Knitting with Mina - All Things Fall / TS (apt. 1441)
14 1:30p Shuffle Board Tourney with Carolee / GR 7p Sunday Theatre: West Side Story / Chan. 1-61	15 10:45a Great Courses - How Great Science Fiction Works: The Golden Age of Science Fiction Stories / Chan. 1-62	16 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	17 3p Inca Trail Adventures with Martin / TR 7p Repeat of "Inca Trail Adventures with Martin" / Chan. 1-61	18 9p Jelly Belly Tour / SURB / L 10a Great Courses - A History of European Art: Mannerism and the Late Work of Michelangelo / Chan. 1-62	19 10a Raley's Grocery Shopping / SURB / L 2p Team Member Appreciation Fund Giveaway and Cookie Social / DR 7P Replay of the Team Member Appreciation Fund Giveaway / Cha. 1-61	20 10a Growing up Animal: A Baby Elephant's Story / Chan. 1-61 2:30p Ping Pong with Madelane / GA
21 7p Sunday Theatre: The Greatest Showman / Chan. 1-61	22 10a Paper Bag Donation Drive / L 10:45a Great Courses - How Great Science Fiction Works: The Spaceship As A Science Fiction Icon / Chan. 1-62	23 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	24 10a Outpatient Service Available to you - presented by ONR / BR 2:30p Blood Pressure Check with Mina / BR	25 	26	27 10a Growing up Animal: A Baby Wild Dog's Story / Chan. 1-61
28 4p Hannukah Celebration / L 7p Sunday Theatre: Disney's Luca / Chan. 1-61	29 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - How Great Science Fiction Works: The Robot: From Capek to Asimov / Chan. 1-62	30 3:15p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	<p>Legend</p> <p>AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) (3rd Floor) P = Pool (Wellness Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room SUMB = Signup in Masonic Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441) SUC = Signup at Concierge</p>			