

Happiness at Work (Cont.)

When looking at research and knowing this definition of happiness, she put together the four keys to happiness at work or PERK: Purpose, Engagement, Resilience and Kindness. People who say they are happy at work identify these qualities that they gain from their work culture. Let's look at each at bit more:

Purpose - having a sense of purpose at work and believing you are contributing to the greater good in a meaningful way. Lining up your core values and beliefs to the work you do every day helps fuel the passion for what you do.

Engagement - This comes from the feeling of ownership over what you do. You are curious and have room to be creative, and most of all, you actually enjoy what you do!

Resilience - Being able to handle stress and bounce back from failures and disappointments. You are able to learn from and manage any challenges you face in your work. Being resilient also includes being able to have the ability to disconnect from work. When you leave the workplace, you create time to do things you enjoy outside of work and make that a priority as well.

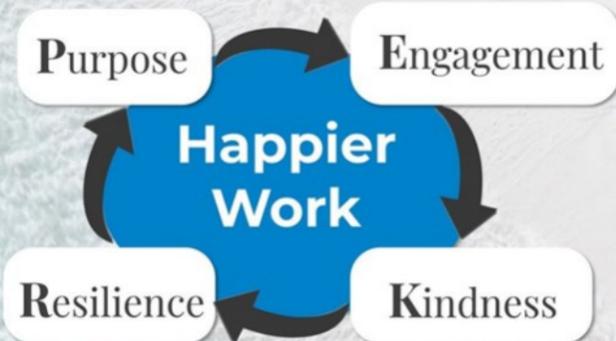
Kindness - People who are happy at work are generally kind people. They tap into their ability to have empathy towards others, demonstrate actions that show care towards others and practice civility by building trust and having compassion for others.

After learning all this, no wonder I am happy at Acacia Creek. This article just identified some of the essential things that people who have healthy longevity do.

Acacia Creek practices the successful aging lifestyles as it continues to be validated through science and research. This culture is true not only for the resident's community, but also in the work culture. I think PERK can be validated in the work culture at Acacia Creek by the high number of team members who stated on the team member survey they were happy working at Acacia Creek.

Thank you all for being here at Acacia Creek, you help support the culture of healthy longevity that challenges me to live my best life which in turn fuels my happiness at work.

**Carolee Rodrigo, CTRS, RTC
Lifestyles Manager**



Lifestyles of Acacia Creek



RCFE# 015601302 COA #246

February 2023

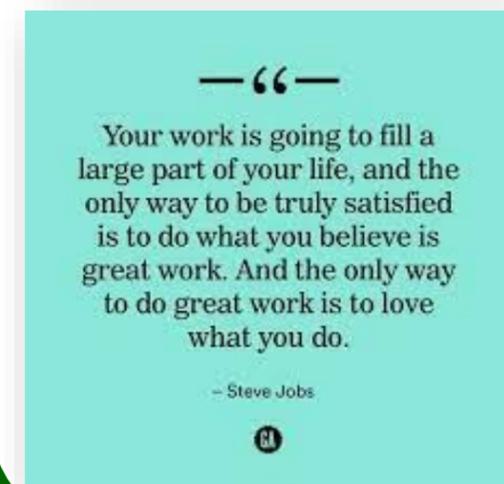


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Happiness at Work

I have been reflecting back on my 20 years of work-life between Acacia Creek and Masonic Homes lese last few days. It is surreal to me that I have worked here for so long. It seems like just yesterday, my husband and I moved to California from South Dakota, and I began working at Masonic Homes. Looking back - especially the last seven years I have been at Acacia Creek - I realized how fortunate and truly happy I am with working at such a great community.

This feeling of fulfillment has me really thinking; many people I know are generally not happy at work and wished that they would win the lottery and quit tomorrow! I began reading some articles and blogs about work place happiness. I was curious as to what factors contribute to this and if those factors rang true for me.

I came across an article titled: The Four Keys to Happiness at Work by Elimiana R. Simon-Thomas. She discusses the science and research done around this topic and narrowed down these four key elements to people who are happy at work.

It is important to beforehand understand the author's researched definition of people who are happy in life: *"They have an easy time feeling good and recovering from adversity; they have close, supportive social connections; and they believe their presence in the world matters."* In looking at this definition, people identify happiness as part of their quality of life. This is an overall feeling that is there all the time regardless of what is happening moment to moment.

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Fitness Resolutions: Why People Make Them, Break Them, and Ways to Keep Them

The new year is our opportunity to get a refreshing start on all of the goals that may not have been accomplished the previous year. Becoming more active in exercise and fitness is a new year resolution that many people make every year, but research shows that many people give up on these resolutions by February. There are several reasons as to why these fitness resolutions are not successful, but one of the main reasons is that people set the goal too high. So how can we set these goals, stick to them, and achieve them?

Sticking to a daily exercise routine is hard enough but let's talk about the events that have to take place even before you exercise. It is difficult to have to get up, get dressed, check the weather (if you're doing an outdoor activity), and then getting into the mind frame of choosing an activity and getting started. One serious question to reflect when you wake up and attempt to get ready to exercise is, "**Why is exercise important to you?**" Fitness and exercise means something different to everyone; it is just not the same across the board. What is important to you may not be as important to the next person. As you think of this question, try to come up with a deeper meaning than just wanting to lose weight or fit better in your clothes. Find a much more meaningful reason you need to wake up every day and exercise. This means coming up with a more specific concrete goal.

What researchers have discovered is that weight loss is just not as meaningful enough for people and they tend to fall off after a short while. Continue to remind yourself that you exercise to maintain strength, balance, and mobility and those are the components that allow you to live independently for as long as possible.

Create goals that are small and attainable. A good tip to consider when thinking of a deeper reason you exercise is by choosing a small goal to achieve. Instead of cutting out red meat completely or losing ten pounds in three weeks, try making the goal more specific. For example, in three weeks, I would like to walk a mile at a steady pace in 20 minutes. Or only eating red meat three times a week instead of cutting it off completely. For weight loss, make a small goal of 1 - 2 lbs. a week. Creating goals that are unrealistic and difficult to achieve will only discourage you with the end results being failure. If you are a beginner, start off small with an exercise activity such as walking for only 10 - 15 minutes. If you can start off lifting a 5 lb. weight then that's where you start and then you build yourself up. Please understand that the first few times you exercise will be difficult, but don't get discouraged, you are only starting out. Continuing will not make you perfect but it will make you better.

Removing barriers that prevent you from exercising is very crucial when trying to achieve a goal. Time seems to be the main barrier that hold people back.

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Fitness Resolutions: Why People Make Them, Break Them, and Ways to Keep Them (cont.)

It's just about making the time to exercise and fitting it into your busy schedule. A good way to manage this is by putting it into your normal calendar. Make it a regular part of your daily routine just like eating breakfast is a part of your daily routine. It is so easy to have alternative things to do, so try and include it into your daily schedule, and also have an alternative plan just in case the weather is bad and you can't do outdoor activities or the gym is closed. Planning ahead of time keeps you prepared.

Self-monitoring or group monitoring is a good way to track your progress and recognize your accomplishments. As we start seeing the results, we desire we start to have more motivation to continue. Group monitoring can be beneficial because you have a support group that can hold you accountable as well as to motivate you to continue to do what works and to eliminate what's not working.

There is no easy way to exercise and achieve fitness goals but there are things you can do to keep the motivation alive for the new year. Stick to the acronym **SMART** to achieve your fitness goals which stands for **Specific, Measurable, Achievable, Relevant, and Time-bound**.

If you have any questions about setting exercise goals, SMART or sticking to your fitness new year resolutions, feel free to come down to the gym and we can further help you reach your fitness goals.

Yanasa Williams, Health Fitness Specialist

NYNA Challenge Maintain Balanced Health and Wellbeing

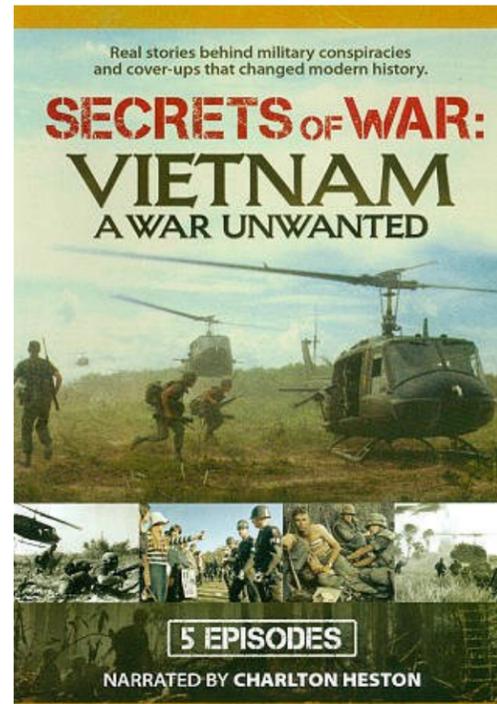
New Year, New Action (NYNA) helps us find ways to care for our overall well-being in all areas of wellness. The NYNA Challenge, inserted in this newsletter, was created to give us practical ideas on how to care for ourselves. Please take the time to look it over and see if there are new actions you might want to take on behalf of your wellness.

One new action we hope everyone will take is attending the NYNA Getting to Know You Social in the Masonic Home Auditorium, at 2pm on February 16 where cocktails and mocktails will be served. We are excited about visiting old friends and making new ones. There will be a shuttle for those who want to ride over. We'll close out the month with a NYNA Ice Cream Social in the Turkey Roost, at 2pm on February 28. Residents from Masonic Home will join us for this event. Bring your completed NYNA Challenge sheet to the ice cream social on the 28th to be entered into a drawing for prizes.

Weekend Entertainment

Secrets of War: Vietnam, A War Unwanted

Discover the most daring covert operations, ingenious spy mission, and cunning military deceptions that forever changed the course of history! From the Viet Cong's secret methods to hidden supply highways, underground cities, covert camps and double agents, this instant classic reveals a wealth of undercover tactics used by the American and Vietnamese military leaders during the controversial war.



Sunday at 7:00 p.m. on Channel 1-61,

Feb. 5 - Alpha Strike

Exclusive interviews with the North Vietnamese veterans, secret American operations in Laos and Cambodia, and the Navy's classified program to counter heavy losses against Vietnamese pilots.

Feb. 12 - Hidden in Plain Sight

From the Ho Chi Minh trail to the tunnels of Cu Chi, the remarkable story of hidden supply highway, underground cities, covert camps and double agents.

Feb. 19 - Special Operation

The stories of clandestine operational groups, their missions, and mysterious mean of survival.

Feb. 26 - Johnson's Battleground

Secret Vietnamese strategies were designed to sabotage American morale all while Lyndon Johnson's White House attempted to keep the support of U.S. citizens.

Cultivating Happiness for Wellness

The factors and practices that contribute to our happiness are also the same factors that contribute to successful aging. One of the major happiness factors is having the support of friends, family, and social networks. This is why strong social connections are instrumental in creating a harmonious culture of successful aging. Being part of the Acacia Creek community where we have meaningful connections with friends or family eases feelings of loneliness and creates a sense of wellbeing.

Other factors that contribute to happiness include being part of a community that is welcoming to all and full of social opportunities. We see this at Acacia Creek in the way that new residents are welcomed by current residents and are invited to try different programs and social events. We hope that increasing our social connection with the Masonic Home will help us find more people that share our interests.

It is no surprise that living in a scenic area and spending time in nature has been shown to increase happiness levels. Being in nature helps quiet the mind, reduces stress and worry, and improves our mood. This time of year, the campus is beautiful. We are surrounded by the vibrant, green hills and blooming wildflowers. I hope everyone is finding time between the storms to catch some sunlight and fresh air and appreciate the beauty that surrounds us. If you are hesitant to be out and about because of the rain, think positive – the rain is good for us and our environment.

Research also shows a correlation between positive mood, optimism, humor and better health and wellbeing. If happiness and wellbeing are what you are after, it's important to reduce negative thoughts. With effort, you can navigate through those negative thoughts to find acceptance and happiness. Do this by recognizing when your focus is stuck on your worries, which puts you in a negative loop. To stop the negative loop, recognize that you are stuck and make the decision to shift your thinking. Be kind to yourself and challenge your negative thoughts by examining them and looking for what is true. Sometimes we misinterpret a situation or see things through the lens of past experiences. Nothing good comes from holding on to those negative thoughts. By learning to change those thoughts, we make room for more optimism and happiness.

Happiness is contagious; you can create more happiness and optimism in your life, and find happy people to spend time with. Research shows that having a positive attitude and surrounding yourself with many happy people makes you more likely to become happy in the future. Also, every time you add a happy friend to your social network, it increases your chance of happiness by about nine percent! If you are already a happy optimistic person, share your happiness with a friend. Thank you for contributing to the reserve of happiness and strong social connections in our community!

Penny Vittoria, Successful Aging Coach

Ext. 3716

Special Events, Outings & Trips

Sunday,

Feb. 12 at 3:00 p.m. - Super Bowl Party / TR

Come dressed in team colors and join us in the Turkey Roost to watch Super Bowl LVII. Bar opens at 3:00 p.m. with beer, wine and game day snacks, there will also be fun games and prizes to be won. Also bring a donation to the Team Member Appreciation Fund!

Monday,

****Feb. 6 at 10:00 a.m. - Safeway Grocery Shopping / SURB / L**

****Feb. 13 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Feb. 27 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.

****Feb. 27 at 10:00 a.m. - Raley's Grocery Shopping / SURB / L**

Tuesday,

****Feb. 14 at 10:00 a.m. - Walking Trip: Hayward Heritage Plaza & Veteran's Memorial / SURB / L**

Feb. 14 at 4:00 p.m. - Valentine Social / TR

Celebrate a day of love! Join us for a sweet treat and Valentine cocktail or mocktail. Make sure to wear red or your favorite color of love.

****Feb. 21 at 9:30 a.m. - SF Museum of Modern Art / \$22.00 / SURB / L**

A modern and contemporary art museum located in San Francisco, California. SFMOMA holds an internationally recognized collection of modern and contemporary art, and was the first museum on the West Coast devoted solely to 20th-century art.

Feb. 28 at 2:00 p.m. - NYNA Ice Cream Social / TR

Wednesday,

****Feb. 8 at 11:30 a.m. - Lunch Bunch: Lotus Cafe / SURB / L**

Come socialize over a delicious Chinese meal.

Feb. 8 at 1:00 p.m. - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses fitness resolutions and why people make them, break them, and ways to keep them.

Feb. 8 at 4:00 p.m. - Chat with Chuck / TR or Chan. 1-61

Chuck shares recent community news and updates. Replay at 7:00 p.m. on Ch.1-61.

****Feb. 15 at 9:00 a.m. - Costco: Hesperian / SURB / L**

Feb. 15 at 3:00 p.m. - Lifestyles Monthly Update Meeting / GR

Join Carolee and Nancy to discuss new ideas for outings, trips, programs and events.

Special Events, Outings & Trips (Cont.)

Thursday,

****Feb. 2 at 3:00 p.m. - Exploratorium After Dark: Wonderous Fungus / \$19.95 / SURB / L**

The fascinating qualities of fungi are manifold and sometimes mind-blowing. Tonight at After Dark, discover some fun facts about the beautiful, diverse, and curious fungus kingdom, which includes mushrooms, yeasts, molds, and more. Hear about fungi that are local to the Bay Area, and find out how you can identify different species.

Feb. 9 at 10:00 a.m. - Resident Forum / DR

Join Carol Hunter, Chief Financial Officer, Grand Lodge, for a review of the Acacia Creek 2023 Budget.

****Feb. 9 at 5:00 p.m. - California Academy of Science Nightlife / \$19.95 / SURB / L**

Calling all creatures of the night: explore the nocturnal side of the Academy at Nightlife and see what's revealed.

Feb 16 at 2:00 p.m. - NYNA Getting to Know You Social / MHA

****Feb. 23 at 10:00 a.m. - Safeway & Trader Joes / SURB / L**

Friday,

Feb. 3 at 2:00 p.m. - Grief, Loss and Self Care / DR

Join J.B. Goodier, Spiritual Care Coordinator at Washington Hospital, as he discusses different types of grief we face and how to take care of ourselves when feeling loss.

February 10 at 7:30 p.m. - Back in the Day... /TR

Sharing Life's Adventures and Lessons with your Friends and Neighbors" - Guest Speaker Karon McAninch / TR

February 17 at 4 p.m. - TGIF/ TR

****Feb. 24 at 10:00 a.m. - Fremont HUB - Target & Daiso / SURB / L**

Saturday,

Feb. 11 at 1:00 p.m. - Eternity Band Lunar New Year Variety Show / DR

Join us in celebration of the Lunar New Year with a variety show hosted by the Eternity Band. There will be dancers, music, and performances with traditional instruments.

Feb. 11 at 4:00 p.m. - Eternity Band Classical Music Recital / TR

Relax with a beverage while listening to classically trained students play on the piano. The Eternity Band is currently accepting donations for their Audacity Music Foundation with the purpose to purchase music equipment for the Union City Library in order to share their music talent with the greater community.

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:45a Televised Worship Service from Siminoff Chapel / Chan. 1-15 10a Coffee Klatch / GR 2p Chinese Mahjong / MP	9a Water Dancing / P 9:15a Circuit Training / GA 9:45a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:20a Balance Level: 2 / GA 11:05a Posture & Recovery Stretching / GA 11:45a Cardio Sit & Glow / MP 1:30p Hand and Foot / MP 2p Chinese Mahjong / MP 2p Relax and Color / AS 2:30p Ping Pong / GA 7p Bingo / MP	9a Water Dancing / P 9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10a Water Walking / P 10:10a Exercise For Neuropathy & Sciatica / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 10:45a Manual Dexterity / Chan. 1-62 11:15a Exercise for Pain Management / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2:30p Ping Pong / GA	9a Water Dancing / P 9:15a Circuit Training / GA 9:45a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10:20a Balance Level: 2 / GA 11:15a Manual Dexterity / MP 11:45a Cardio Sit & Glow / MP 1p Rummikub / MP 1:30p Bridge / MP 2p An Afternoon of 99 / AS 2p Dancing with Denise / GA	9a Water Dancing / P 9:15a Circuit Training / GA 9:45a Sit & Be Fit (Total Body) / GA 10a Coffee Klatch / GR 10a Water Walking / P 10:20a Fall Prevention / GA 10:30a Water Aerobics / P 10:55a Posture & Back Strengthening / GA 11:30a Recovery Stretching / GA 1p Art Class / AS 1:30p AC Singers Sing Along / TR	9:15a Sit & Be Fit (Total Body) / Chan. 1-62 10a Coffee Klatch / GR 10:15a Exercise For Neuropathy & Sciatica / Chan. 1-62 10:15a Beading with Deborah / TS 10:45a Exercise for Pain Management / Chan. 1-62 1p Rummikub / MP 1p Mexican Train / AS 1:30p Hand and Foot / MP 2:30p Ping Pong / GA	10a Coffee Klatch / GR 10a Water Walking / P 10:30a Water Aerobics / P 2:30p Ping Pong / GA 7:30p Saturday Night Movie / Chan. 1-61

Bolded weekly recurring programs are either new programs or updated.

Legend AS = Art Studio (3 rd Floor) BR = Board Room (5 th Floor) DR = Dining Room (5 th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness	Center) GR = Game Room (5 th Floor) L = Lobby (1 st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3 rd Floor) P = Pool (Wellness Center)	PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge SUMB = Signup in Masonic Binder (Mailroom)	TR = Turkey Roost (5 th Floor Lounge) TS = The Studio (Apt. 1441)
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Acacia Creek Lifestyles February 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
			<p>1 11a Wai Dang Gong (外丹功) Exercise / GA</p>	<p>2 10a Culinary Meeting / BR 10a Great Courses - Music as a Mirror of History: Chopin: Etude in C Minor, Op. 10, No. 12 (1831) / Chan. 1-62 2p Acacia Creek Genealogy / MP 3p Exploratorium After Dark: Wonderous Fungus / SURB / L</p>	<p>3 8a Mason's Breakfast - All Men Invited / DR 10a Resident Council Meeting / BR 2p Grief, Loss and Self Care with J.B. Goodier, Spiritual Care Coordinator at Washington Hospital / DR</p>	<p>4</p>
<p>5 7p Secrets of War: Vietnam, A War Unwanted - Alpha Strike / Chan. 1-61</p>	<p>6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Medieval Narratives in Modern War / Chan. 1-62</p>	<p>7 10a Card Making with Brenda R. / TS (apt. 1441)</p>	<p>8 11:30a Lunch Bunch: Lotus Café / SURB / L 1p Fitness Talk with Yanasa - Topic: Fitness Resolutions: Why People Make Them, Break Them, and Ways to Keep Them / L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61</p>	<p>9 10a Resident Forum: Carol Hunter, CFO, Grand Lodge - Review of the 2023 Budget / DR 10a Great Courses - Music as a Mirror of History: Glinka: A Life for the Tsar (1836) / Chan. 1-62 5p California Academy of Science Nightlife / SURB / L</p>	<p>10 7:30p "Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" - Guest Speaker Karon McAninch / TR</p>	<p>11 1p Eternity Band Lunar New Year Variety Show / DR 4p Eternity Band Classical Music Recital / TR</p>
<p>12 3p Super Bowl Party / TR 7p Secrets of War: Vietnam, A War Unwanted - Hidden in Plain Sight / Chan. 1-61</p>	<p>13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The University's Medieval Origins / Chan. 1-62</p>	<p>14 10a Walking Trip: Hayward Heritage Plaza & Veteran's Memorial / SURB / L 11a Ecstatic Dance with Amanda Miller / GA 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62 4p Valentine Social / TR</p>	<p>15 9a Costco: Hesperian / SURB / L 10:15a Sewing for Charity / TS (apt. 1441) 3p Lifestyles Monthly Update Meeting / GR</p>	<p>16 10a Great Courses - Music as a Mirror of History: Strauss Sr.: Radetzky March (1848) / Chan. 1-62 2p NYNA Getting to Know You Social / MHA</p>	<p>17 4p TGIF / TR</p>	<p>18</p>
<p>19 7p Secrets of War: Vietnam, A War Unwanted - Special Operation / Chan. 1-61</p>	<p>20 Presidents' Day</p>	<p>21 9:30a SF Museum of Modern Art / SURB / L 10:30a Alameda County Library Book Club / Zoom 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>	<p>22 2:30p Blood Pressure Check with Mina / TR</p>	<p>23 10a Safeway & Trader Joes / SURB / L 10a Great Courses - Music as a Mirror of History: Brahms: Piano Quartet in G Minor, Op. 25 (1861) / Chan. 1-62</p>	<p>24 10a Fremont HUB - Target & Daiso / SURB / L</p>	<p>25</p>
<p>26 7p Secrets of War: Vietnam, A War Unwanted - Johnson's Battleground / Chan. 1-61</p>	<p>27 10a Paper Bag Donation / L 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Origins of the Scientific Method / Chan. 1-62</p>	<p>28 2p NYNA Ice Cream Social / TR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62</p>				 <p>ACACIA CREEK (510) 441-3700</p>