

Spring is Here! Let's Celebrate With Something New! (Cont.)

- ◆ Maybe the thought of trying something new is scary and the fear of failure is holding you back. You've heard the saying "do one thing a day that scares you". The more you try new things, the more you train your brain (that most often thinks of the worst case scenario) to know that your worst fear never comes true. Your brain believes whatever you tell it, so the more you attempt new things, the narrative changes and it becomes something that is fun to do. And remember, trying something new doesn't have to be something huge like learning a new language, it can be small like trying sudoku or participating in one of the resident led-programs..
- ◆ As part of the successful aging culture here at Acacia Creek, we believe we are never too old to learn more or pursue something new. By trying new things, we learn more about ourselves on a deeper level. We might enjoy things we initially didn't like or find interesting. We are never too old to learn more about ourselves.
- ◆ Trying something new also benefits our brain! It sparks creativity and builds new neuro-path ways in the brain, building up cognitive reserve. By trying a new activity, you are "forcing" your brain to be creative in figuring out a new solution. A good easy example is doodling a picture. You don't have to draw like Picasso; you just have to doodle and your brain will go into action figuring it out.

We will be hosting "New Year, New Action Open House" on Wednesday, **March 29th at 2 p.m. here at Acacia Creek** with our friends from Masonic Homes. You will have an opportunity to see all the wonderful things that are happening on the campus. As spring calls us to refresh our routines, maybe you will find one or two new things you would like to try!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager

New Year, New Action Open House

Acacia Creek is hosting the New Year New Action (NYNA) Open house on **March 29 from 2:00 - 3:00 PM**. AC and MH residents and team members will feature programs and groups that they lead and is open to all residents on campus. We invite anyone who wants to start or restart a new program to advertise it at NYNA, so they can identify others with similar interest. Refreshments will be served. This is a great opportunity for MH residents to tour AC and become better acquainted with our neighbors.



March 2023



ACACIA CREEK

(510) 441-3700

Inside This Issue:

Exercising With a Disability or Chronic Condition	2
Choosing Healthy Habits	3
Special Events, Outings & Trips	4, 5
Weekend Entertainment	6
Continued Articles	7, 8
Lifestyles Monthly & Recurring Calendar	Insert



Spring is Here! Let's Celebrate With Something New!

Spring is flinging itself upon us. The trees are blooming, the hills are lush green and everything feels new and fresh. Nature is waking up, showing us its new beginnings. It inspires a sense of urgency to get out there ourselves and create new actions.

As we break out of our winter routines that kept us going through the unusually cold and rainy, winter, it is time to shake things up and find a way to nurture ourselves into trying something new. No matter how old we are there are so many benefits to trying something new. And the best part is it doesn't matter if you're not a pro at something the first, initial time. You just have to put yourself out there and try!

Here are a few budding benefits that you will gain just by trying something new:

- ◆ Time is memorable. As we get older, time seems to move at warp speed. Before we know it we're saying "I can't believe it is almost spring, where does the time go". By trying something new, it helps us mark time. For example, if you take up gardening starting this month with a new tomato seedling, you will be able to see over the weeks your progress as the plants grow.

(continued on page 8)

Exercising With a Disability or Chronic Condition

Getting motivated to exercise can be a challenge for many people. Once you motivate yourself to get up and get moving, you have accomplished the most difficult part. Getting started is half the battle, but it can be even more difficult when suffering from a disability or a chronic condition. According to the CDC (Centers for Disease Control and Prevention), 1 in 4 adults (26%) in the United States have some type of disability. Adults with disabilities are more likely to have other health conditions such as obesity, diabetes, and heart disease, and they also are more likely to develop a smoking habit. The common myth is that people with disabilities, injuries, or chronic health conditions should avoid exercise which is not true. With those statistics, it is very important that people with disabilities and chronic conditions stay physically active.

Being active with a disability is very difficult, but it is very crucial to keep your body in motion the best you can. The guidelines for exercising with a disability are the same as for people with no disability. The CDC suggests 150 minutes a week of exercise. If you calculate that, that is only 2 hours and 30 minutes a week of physical activity. Unfortunately, there are some barriers that make it difficult to exercise with a disability, such as a physical environment that is not accessible, lack of assistive devices, and negative attitudes towards people with these conditions. The good news is here at the Wellness Center, you have access to assistive devices, machines that are accessible, experienced exercise trainers, and a positive no judgment zone that is comfortable to exercise in.

There are many different types of disabilities, but that doesn't mean you should remain inactive. Across the board, no matter what type of disability one has, they seem to cause limited mobility. Let's discuss how someone with limited mobility can still achieve the benefits of exercise. You should try to incorporate cardiovascular, strength training, and flexibility exercises into your weekly workout routine.

Cardiovascular exercises are exercises that boost your heart rate up such as cycling, walking, dancing, and jogging. If you have trouble being on your feet, there are always some alternatives such as swimming, water aerobics, and aqua-jogging. Even people who are wheelchair-bound find the water beneficial because it supports the body and doesn't cause muscle or joint discomfort. May I add that the Wellness Center pool does have wheelchair access for people! Other cardio exercises include wheelchair walking either outside or up and down the hallways or attend the Wellness Center's different classes such as Sit & Be Fit (Total Body) and Cardio Sit & Glow that can give you a good cardiovascular workout while remaining seated.

Strength training to build muscle can be achieved by using resistance bands, weights, long bands, and even your own body weight.

(continued on page 7)

Exercising With a Disability or Chronic Condition (Cont.)

Building muscle and bone mass is very important when suffering from a disability or chronic condition. If you lack strength in one area, you will need to remain strong in another area to compensate for what you do not have anymore. For example, if your legs have limited mobility then you need to focus on strengthening the upper body, and vice versa if you have an upper body issue, you would work on strengthening the lower body.

Flexibility is important to help with your ROM (range of motion). Improving your ROM can prevent injury and reduce pain and stiffness. Having limited mobility in your upper or lower body doesn't mean you can't benefit from stretching them out. Classes such as Posture & Back Strengthening or Pain Management and Recovery Stretching are great classes offered here that can improve your ROM.

If you would like to start an exercise program and you're not sure where to start, please feel free to call or come down to the gym to schedule a day and time to set up an exercise plan that best meets your goals. Remember to make sure to discuss your issues with your doctor, start off slowly and gradually, stay consistent, and accept the ups and downs of exercise. As you stay motivated and continue to exercise, you will start to see the benefits both physically and mentally despite the limitations.

Yanasa Williams, Health Fitness Specialist

Choosing Healthy Habits (Cont.)

Through our thoughts and actions, we can make small daily choices that will promote optimal health physically, intellectually, socially, emotionally, and spiritually. When we continually do this, we build healthy habits. Spending time with people who support us with their words and actions makes it easier to do this. If your environment makes your bad habits easier and good habits harder, improving your environment will enable you to make better choices; then you can improve your outcomes.

Healthy habits, both physical and in our thinking, make it easier to create stability and ease in our life, regardless of what is happening around us. Start by noticing one by one which habits make you feel good and which ones might need to be updated. Keep taking those small steps and soon you will see the changes you desire.

Penny Vittoria, Successful Aging Coach

Ext. 3716

Move 4 Wellness Logo Design

Move 4 Wellness is our month-long campaign in May centered on physical activity and overall wellbeing. It is designed to help us track how physically active we are, and to notice how we feel. Then we can determine if we want to do more in order to feel better. Sign-ups are March 20 – April 12. But before we get started, we need a logo for this year's t-shirt that all participants receive. Residents and team members are invited to create an original logo design. Entry forms with more information will be available March 1 at the Concierge. All logo designs must be turned in to the **Concierge by March 28**. Everyone will have the opportunity to vote for their favorite design on April 12. These t-shirts are a great way to market Acacia Creek to the greater community, so feel free to involve family or friends to help you create a winning design that will proudly be worn. You can also partner with another resident or team member. The winning designer(s) will receive \$100 and have the honor of representing this year's **Move 4 Wellness!**

13th Un-anniversary Mad Hatter's Party



**Thursday, March 2, 2023
4:00 PM**

**5th Floor Lobby
(Welcome to Wonderland)**

**Featured Cocktail / Mocktail: Drink Me! Potion
White cranberry strawberry spritzer (Optional: Gin)**

Join us at 4:00 p.m. for a cocktail hour followed by dinner. This year's theme is A Mad Hatter's Party. Wear your maddest tea party attire and let's celebrate another year together.



Choosing Healthy Habits

Habits are what we do repeatedly. They become ingrained in us, and we can do them without much thinking. It is estimated that our habits make up about 45 percent of our behaviors. Therefore, it is important to know if our habits are in fact best practices for our optimal health and well-being. To determine this, we can examine how we are affected by our habits and see if we might want to make better choices.

For instance, creating the habit of brushing and flossing our teeth every night leaves our mouth feeling clean and supports our oral health. If we stop practicing that habit, in a short time we would notice a grimy feeling in our mouth with bacteria and plaque flourishing and eventually our oral health would suffer. If we had a habit of doing stretching exercises every day and stopped doing them, we would notice stiffness and maybe pain in our joints and muscles. Eventually this would affect our physical health. When we take the time to look, we can see the cause and effect of our physical habits and hopefully choose habits that will best support our overall health.

We also have habitual ways of thinking that effect our overall happiness levels. Practicing gratitude, even when things aren't going our way, is a habit that improves our resilience and increases our happiness levels. Believing we can always do something, even if we can't do everything we did in the past, is a habit that supports our empowerment and gives us a healthy sense of well-being. Conversely, not noticing and appreciating all that we have is a habit that robs us of joy. Choosing to create overall healthy habits will raise our happiness levels and put us on the road to healthy longevity.

For most of us it takes a big event that stops us in our tracks before we look at the role our habits play in creating our life's satisfaction. This includes examining how our thought patterns impact us. After all, our thinking and beliefs determine what we expect of ourselves and what we expect of others. This determines our attitude. It is the expectations and attitudes we hold that determine how we behave. We're not usually aware how our habitual thought patterns can impact us. For instance, if we have things that keep happening to us that we don't like, it's good to identify our habits that perpetuate undesired outcomes. An example of this is someone I know who says they always get bad service in restaurants. They do not see how their habitual thinking and communication habits play a role in creating the bad service. So, they expect service to be bad and that's what they get.

(continued on page 7)

Special Events, Outings & Trips

Sunday

**** March 5 at 9:30a - Oakland Aviation Museum / SURB / L**

Learn about the rich history of aviation in Oakland. Masons from Liberty Lodge No. 299 is hosting a BBQ at the museum. Please support Liberty Lodge and purchase a BBQ meal.

Monday,

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

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

****March 20 at 10:00a - Safeway and Trader Joes (Fremont) / SURB / L**

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

Tuesday,

March 7 at 1:30p - Glowstick Drumming with Friends from Masonic Homes / MP

Join Yanasa and Jen, from Masonic Homes, as they lead us in this exciting glow in the dark drumming session. It is open to residents of all fitness levels.

****March 14 at 10:00a - Walking Trip: Dumbarton Quarry Campground / SURB / L**

****March 21 at 9:00a - The Walt Disney Family Museum / SURB / L**

Learn about the Disney family and how Disney's art and fame have advanced.

Wednesday,

****March 1 at 10:00a - Walmart / SURB / L**

March 8 at 1:00p - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses exercising with a disability or chronic condition

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

Chuck shares recent community news and updates. Replay at 7:00p on Ch.1-61. Beverages at the Turkey Roost are free during the chat.

****March 15 at 9:00a - Costco: Auto Mall / SURB / L**

March 15 at 2:00p - Urology Health Talk with Dr. Hsu from Washington Hospital Township / DR

Dr. Hsu specializes in diagnosing and treating conditions of the urinary tract and the male reproductive system. Join him as he discusses urology health.

March 15 at 3:30p - Lifestyles Monthly Update Meeting / GR

Discuss new ideas for outings, trips, programs and events with Carolee and Nancy.

March 15 at 5:00p - Ides of March Team Member Fund Raffle / 5th Fl Lobby

Buy raffle tickets for \$1.00 each on Monday (3/13) and Tuesday (3/14) from 4:30p to 5:30p in front of the Dining Room for a chance to win a gift basket of wine and more. All profits go to the Team Members Fund.

**** Indicates Outings or Trips**

Special Events, Outings & Trips (Cont.)

Thursday,

March 9 at 2:00p - "Raise a Puppy- Change a Life" / MP

Guest Speaker Laura and Chip Koehler will speak about guide dogs "do and don't's" for the blind community and discuss what it is like to raise a guide dog puppy from an 8 week old puppy to a puppy ready for formal training. Come and meet their current Guide Dog Puppy in Training, Georganne!

****March 16 at 9:00a - San Francisco Chinatown Tour / SURB / L**

Take a tour of San Francisco Chinatown, led by AC resident, Sally Ward.

March 16 at 5:00p - Silicon Valley Senior Round Table Mixer / TR

Join the Silicon Valley Senior Roundtable for their monthly business social to introduce Acacia Creek to this new referral source!

March 23 at 2:00p - From Berkeley to Berlin—Featuring Author Tom Ramos / DR

Author Tom Ramos will be here to talk about his book: From Berkeley to Berlin: How the Rad Lab Helped Avert Nuclear War. After his talk he will be in the Turkey Roost signing books for all to buy. All proceeds will be donated to the non-profit organization Honor Flight, whose missions is to celebrate America's veterans.

****March 30 at 11:30a - Lunch at Milk & Honey Café / SURB / L**

Enjoy a Taiwanese restaurant with made to order dishes- noodle soup, bento boxes, fried rice, hot pot, with lots of healthy options as well.

Friday,

****March 3 at 3p - Silicon Valley Mobile Pack 2023 / SURB / L**

Residents have been invited to volunteer a few hours of their time to pack a meal for the less fortunate.

March 10 at 10:00a - Resident Forum / DR

Jeegna Patel, MS, RD, Acacia Creek's consulting dietician will present "What is in Your Meals How to Make Balanced Food Choices."

March 10 at 3:00p - Water Volleyball / P

March 17 at 4:00p - TGIF St. Patrick's Day Social / TR

****March 24 at 10:30a - Lunch Bunch: Vietnam Town / SURB / L**

Join Nancy to experience authentic Vietnamese food in San Jose.

Saturday,

****March 4 at TBA - Bay Philharmonic: The Kings of Soul and Swing / SURB / L**

The Musical star Julius Thomas III and lead singer with the Glenn Miller Band Mark Kopitzke join forces for some of the greatest popular hits of all time.

March 11 at 3:00p - Classical Music Recital with Ryan Lu / TR

Join Ryan Lu, a member of the Eternity Band as he performs on the piano.

**** Indicates Outings or Trips**

Lifestyles Weekly Recurring Programs

Please Keep for Future Reference

Revised: March 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 / AS 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 4p Girls' & Guys' Night Out / TR 7:30p Saturday Night Movie / Chan. 1-61

Bolded weekly recurring programs are either new programs or updated.

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

Acacia Creek Lifestyles March 2023 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
			1 10a Walmart / SURB / L	2 10a Culinary Meeting / BR 10a Great Courses - Music as a Mirror of History: Gottschalk: The Union (1862) / Chan. 1-62 2p Acacia Creek Genealogy / MP 4p 13th Un-anniversary Mad Hatter's Party / 5th Fl Lobby	3 8a Mason's Breakfast—All Men Invited / SUMB / DR 10a Resident Council Meeting / BR 3p Silicon Valley Mobile Pack 2023 / SURB / L	4 TBA Bay Philharmonic: The Kings of Soul and Swing / SURB / L
5 9:30a Oakland Aviation Museum / SURB / L 3p Classical Music Recital with Ryan Lu / TR 7p Secrets of War: Vietnam, A War Unwanted - Ho Chi Minh's Revolution / Chan. 1-61	6 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Our Debts to the Medieval World of Money / Chan. 1-62	7 1:30p Glow Stick Drumming with Friends from Masonic Homes / MP	8 1p Fitness Talk with Yanasa - Topic: L 4p Chat with Chuck / TR or Chan. 1-61 7p Replay of Chat with Chuck / Chan 1-61	9 10a Great Courses - Music as a Mirror of History: Verdi: Nabucco (1842) / Chan. 1-62 2p "Raise a Puppy- Change a Life" - Guide Dogs for the Blind Presentation / MP	10 10a Resident Forum: What is in Your Meals How to Make Balanced Food Choices Presented by Jeegna Patel, MS, RD, Acacia Creek's Consulting Dietician / DR 3P Water Volleyball / P	11 3p Classical Music Recital with Ryan Lu / TR
12 3p Classical Music Recital with Ryan Lu / TR 7p National Geographic Polar Explorations: Passion for the Poles / Chan. 1-61	13 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Explosion of Documentation / Chan. 1-62 2p Fundraising Committee Meeting / GR 3p Back in the Day... Sharing Life's Adventures and Lessons with your Friends and Neighbors" / TR	14 10a Walking Trip: Dumbarton Quarry Campground / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	15 9a Costco: AutoMall / SURB / L 10:15a Sewing for Charity / TS (apt. 1441) 2p Urology Health Talk / DR 3:30p Lifestyles Monthly Update Meeting / GR 5p Ides of March Team Member Fund Raffle / 5th Fl Lobby	16 9a San Francisco Chinatown Tour / SURB / L 10a Great Courses - Music as a Mirror of History: Wagner: The Ring (1876) / Chan. 1-62 5p Silicon Valley Senior Round Table Mixer / TR	17 4p TGIF St. Patrick's Day Social / TR	18 3p Classical Music Recital with Ryan Lu / TR
19 2p Trivia with Penny / TR 7p National Geographic Polar Explorations: Seasons at the Poles / Chan. 1-61	20 10a Safeway and Trader Joes (Fremont) / SURB / L 10:45a Great Courses - The Medieval Legacy: The Medieval Invention of Purgatory / Chan. 1-62	21 9a The Walt Disney Family Museum / SURB / L 10:30a Alameda County Library Book Club / Zoom 2p Finance Committee Meeting / AS 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	22 2:30p Blood Pressure Check with Mina / TR 2:30p Science and Engineering Group: Birth of the Universe Presented by Bill Quirk, PhD, Astrophysics and Astronomy, Columbia University, New York City / BR	23 10a Great Courses - Music as a Mirror of History: Dvorak: From the New World Symphony (1893) / Chan. 1-62 2p From Berkeley to Berlin—Featuring Author Tom Ramos / DR	24 10:30a Lunch Bunch: Vietnam Town / SURB / L	25
26 7p National Geographic Polar Explorations: Connections Between the Poles / Chan. 1-61	27 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - The Medieval Legacy: Medieval Evolutions in Hospitals and Prisons / Chan. 1-62	28 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	29 2p New Year, New Action Open House / L	30 10a Great Courses - Music as a Mirror of History: Balakirev: Symphony No. 1 (1898) / Chan. 1-62 11:30p Lunch at Milk & Honey Café / SURB / L	31	