

### Thriving in the Face of Adversity

We all have various challenges that we deal with throughout our lives. When these challenges disrupt or prevent our usual activities, we must adjust to a new normal and hopefully get to a place of balanced contentment. What helps us adjust to new circumstances is when we see them as an opportunity to create something new that can be equally as rewarding as what we used to do. A positive attitude of resilience helps us confront and accept these challenges, so we can have hope for better days ahead. Being part of a supportive community where others have experienced similar challenges can give us the perspective to find the acceptance and peace needed to move on.

The attitudes we adopt and the choices we make help determine the ease of our journey. There is a quote, "You can't have a positive life with a negative mind". Having a positive mindset helps us to see what is possible and what we want for ourselves. Then we need to find the motivation to follow through. Although we feel overwhelmed or unmotivated at times, it's important to never give up; do something proactive, no matter how small it may seem. Remember what we do each day has a direct impact on our overall health and wellness. Don't let conventional thinking get in the way of what can be imagined. What I hear over and over from residents is: focus on doing what you can and always have hope for the future.



ACACIA CREEK

RETIREMENT COMMUNITY

*Imagine Living The Dream*



### Move for Wellness

*Our 12th Annual Move for Wellness campaign came to a close at the end of May. We showed our appreciation to the 152 residents and team members who participated at our Finish Line Picnic on June 2.*



## Interrupt Negative Thoughts with Positive Actions

It is natural to have a little voice inside our head that assesses situations and other people's words and actions throughout the day. Listening to that voice, our intuition, helps us navigate through our life. Sometimes that voice can lead us down the road of negativity and tell us things that are untrue like, "I'll never be able to do that", or "They're all against me." This often happens when we are under stress or out of our comfort zone. That voice wants us to get back to what we know and what is "safe".

We can shift these thoughts slowly, by being mindful of how our thoughts make us feel. If you want a more positive balanced life, notice when your thoughts are creating negative emotions. When this happens say "stop". Then take three deep breaths and challenge the truth of those thoughts. Try asking yourself, "what would I say to a friend?" We tend to find it easier to be kinder and more supportive with others than ourselves, so think about how you would reassure a friend and give them positive support then give that grace to yourself. If more support is needed, talk to someone you feel close with, who is understanding. Do whatever you can to interrupt negative thoughts with a kind voice of reason. With steady practice over time you will notice big changes.



*The Acacia Creek 90s Society held their annual Lunch honoring all nonagenarian residents. There are 38 members in the group, and this includes two centenarians! Four residents from the Pavilion, who remain part of the AC family, also attended the lunch.*



### Shriner's Hospital Tour

The Shriners Childrens Hospital in Sacramento is an organization near and dear to the hearts of Acacia Creek residents. Through the fund raising efforts of the 90s Society chairperson, Carol Hough, residents donated over \$12,700 as their Valentines Day contribution to this worthy cause. Residents were treated to a tour of the facility followed by a lovely lunch.