

Ikigai (Cont.)

However, the essence of *ikigai*, as captured in the quote, is about finding joy and fulfillment without necessarily seeking financial rewards. Reflecting on these two concepts and how they contribute to my enjoyment, I realize that part of the reason I'm enjoying them so much is precisely because I'm not being paid for them!

I came across a YouTube video by Samurai Matcha, who shed further light on *ikigai*. The creator interviewed people from his hometown in Japan, aged 60-90, to understand their perspectives. Their wisdom revealed that *ikigai* can be simple and may already exist in our daily lives—we just need to recognize it. It could be a recurring thought, doing something for or with other people, or a source of gratitude, as simple as making and sharing matcha tea as in the case of Samurai Matcha.

Reflecting on my own resolutions, I've come to appreciate that taking small easy steps towards improvement has enhanced the simplicity of these goals. While they may not seem significant, they have brought me great joy and a sense of purpose. When I practice calligraphy, I enter a state of flow, fully absorbed in the moment. Sharing my progress with friends and family has brought me joy, and I'm grateful for the opportunity to learn and grow in these areas. These seemingly small pursuits, guided by the principles of *ikigai* and *kaizen*, has already enriched my life so much in this short period of time.

I hope bringing my experiences to you, inspires you to think about what your *ikigai* might be. I know that every day being here at Acacia Creek—in a community that supports people who are wanting to grow and learn—definitely inspires me to look at how I can improve myself everyday!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



March 2024



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Ikigai

(n.) a Japanese concept literally translates to "a reason for being"; 'a reason to get up in the morning', to enjoy the meaning of life -



Ikigai

Over the past month, I've been reflecting on the new year and the resolutions I've set for myself. The two goals I have set for myself are learning calligraphy and improving my financial literacy. As I've pursued these ambitions, I've found myself embracing the concept of *kaizen* - making small, incremental improvements that can lead to significant changes over time. This approach is helping me stay focused and avoid feeling overwhelmed as I learn these new things.

Finding inspiration for this article was a challenge for me this month until Nancy suggested exploring another one of the seven Japanese concepts of life. This led me to consider *ikigai* and its connection to *kaizen*. I've realized that my enjoyment in working on my resolutions may be attributed to these two concepts.

For me, *ikigai* is best described as "embracing the joy of little things, being in the here and now, reflecting on past happy memories, and having a frame of mind that one can build a happy and active life" (Ikigai Tribe, 2019).

As I read more about the concept of *ikigai*, I noticed a Western influence in many of the articles, often focusing on finding what one loves, what one is good at, what the world needs, and what one can be paid for.

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Nutrition and Wellness for Older Adults

As we age our nutritional needs and eating habits change and our ability to absorb certain nutrients from food become more difficult. It is important for older adults to eat a balanced nutrient-dense diet which is a diet packed with macronutrients, micronutrients, and other healthy properties. The quality of your diet impacts the quality of your overall health. Nutrition affects your physical condition, cognitive condition, vascular function, eye health, bone health, and immune system. Senior adults do not require a large amount of calories but they do need more nutrients in their diet than a younger person. Their metabolism changes, they are not as active, and they experience age-related bone loss and loss of muscle mass.

The body needs energy and the right nutrition in order to function properly. This includes a diet that consists of carbohydrates, fats, proteins, vitamins, minerals, and water. But as we age and our bodies change, we need to make some adjustments to our diet. March is National Nutrition Month; so let's take this month to pay attention to some of the special diet considerations needed for older adults.

Protein is very important because it can prevent the body from losing lean muscle mass. We lose a percentage of muscle mass every decade and we need the protein to keep the body strong. You can get plenty of protein from lean meats, eggs and seafood; but keep in mind you can also get your protein from other sources, such as dairy, beans, peas and lentils. You can also consume fortified soy milk which contains calcium, vitamin D, and vitamin A. Lean meats are also high in Iron which is another mineral that is difficult for older adults to absorb. There is also protein in tofu and tempeh or you can even use a soy protein powder to add to a smoothie or oatmeal.

Vitamin B12 is difficult for older adults to absorb in the body, so it is important to eat breakfast cereals, lean meats, fish and dairy products. Another way to consume B12 is by taking a B12 vaccination or a vitamin supplement, but make sure to consult with your primary care physician before taking any vitamins or vaccinations to see if that's the right fit for you.

Older adults sometimes have a difficult time consuming enough water or fluids. Some people avoid drinking water or other beverages due to the fact that they may be on a water pill or other types of medications that make them have to use the restroom frequently. That can be very annoying and many times inconvenient. Also the thirsty feeling declines as we get older so we don't feel like we need any water or beverage which causes dehydration. Water is calorie free and helps prevent dehydration and helps with digestion. If you're not a huge fan of water, you can drink unsweetened fruit juices and low fat or fat free milk. It is important to drink fluids with your meals and drink throughout the day as well.

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Nutrition and Wellness for Older Adults (Cont.)

There are some ways you can acknowledge National Nutrition Month and focus on your nutrition. First of all food is meant to be enjoyed, it is one of the pleasures of life. So take this month and share healthy meals with friends and family. If you do not prepare meals for yourself, make a dinner date with a friend and try to make good nutritional choices. You can share recipes, food, and good laughs. Find ways to make good nutrition and healthy food choices an enjoyable routine.

Yanasa Williams, Health Fitness Specialist

Aging Gracefully (Cont.)

Aging gracefully is a personal journey, it is how you care for yourself. There isn't a one-size-fits-all approach, and what works for one person may not work for another. The most important thing is to keep finding what makes you feel happy, healthy, and fulfilled. No one can do this for us, but we can be kind and understanding to other people on their journey.

Penny Vittoria, Successful Aging Coach

ext. 3716

Move More in 2024: Logo Design

Move 4 Wellness is now the Move More Challenge! This is our month-long campaign in May centered on taking charge of our well-being by participating in regular physical activity and committing to breaking up our sedentary time during the day. Sign ups are March 18-April 10. 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 8 at the Concierge. All logo designs must be turned in to the Concierge by March 31. Everyone will have the opportunity to vote for their favorite design on April 3 at 2:00pm at the Do More in 2024 event at the MH Auditorium. 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 More in 2024 challenge!

You're Invited:

Celtic Celebration Preview

Join us for a special sneak peek of the Bay Philharmonic's upcoming Celtic Celebration. We'll start the afternoon with wine tastings from local winemakers at Acacia Creek. We will then move up to the Event Center for a performance that captures the beauty, culture and passion of Celtic music, with guest artists from our very own Bay Philharmonic. They will treat you to an energetic concert preview of the Celtic Celebration.

Don't miss these amazing musicians in an exclusive event!

Friday, March 15
2:00 p.m. Reception Lobby and 5th Floor
3:00 p.m. Concert at Event Center
This is a Marketing Event.



Aging Gracefully

Recently I've been thinking about the term "aging gracefully". To me it was used as a euphemism for looking old, but still holding on, or showing signs of aging, but still moving forward with life. After talking to residents and giving it more thought, I see that it goes beyond just physical appearance. I believe aging gracefully is caring for yourself - mind, body and soul. This includes having the ability to embrace the changes and challenges that come with time, living a healthy and fulfilling life and maintaining a positive outlook. It's also being able to find joy in the journey of living, appreciating the wisdom and experiences that come with age and accepting that doing your best is good enough.

Here are some of the wise responses from Acacia Creek residents about what aging gracefully means to them.

"Be who you are and don't try to fit into someone else's mold. It's not about conforming to someone or a group's idea of what you should or shouldn't be. Only you can determine what you want to look and act like."

"Don't complain. Maintain a positive attitude and when you can't be positive, take time for yourself to recharge. Don't feel guilty about what you can't do. Don't repeat the same stories over and over, say please and thank you to those who help you."

"We receive grace without doing anything. Grace is available to everyone. It's not earned, it's given, like the blue sky and the rain that falls. We have to see it and accept it. Aging gracefully means we can still do things, but we might have to do them differently."

"The concept of graceful is weird to me. I don't know how to grow old, but I think you accept what is happening to you. It's not enough to look good, it's a matter of being positive and engaged."

"Don't talk about being old or your problems. Accept your problems and do the best you can. If it can be corrected, try. Don't expect miracles but keep trying."

"Aging gracefully is walking without a hitch in my get-along. I noticed I was walking differently, now I remind myself to stand tall when I walk. I'm also going to keep doing what I've done for a long time, exercise and yoga."

One resident thought the serenity prayer could be applied to aging gracefully: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." What goes along with this is having the strength to forgive yourself and others for short comings, forget the unpleasant past and remember that we are all doing the best we can.

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Special Events, Outings & Trips

Sunday,

****March 17 at 1:45p - Bay Philharmonic: Celtic Celebration / SURB / L**

The Bay Philharmonic presents all of the beauty, culture, and passion of Celtic music and dance in one unique show. You'll see fiery Irish step dancing, soulful Scottish fiddlers and singers, and colorful Celtic storytelling.

March 17 at 4p - St. Patrick's Day Pub Trivia / TR

Monday,

****March 4 at 10a - Safeway Grocery Shopping / SURB / L**

****March 11 at 10a - Raleys Grocery Shopping / SURB / L**

****March 18 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

****March 25 at 10a - Raleys Grocery Shopping / SURB / L**

Tuesday,

March 5 at 11a - Shriner's Children's Hospital Presentation / DR

Join us to learn what the Shriner's Children Hospital provide for the children and family in their care.

****March 12 at 10a - Walking Trip: Eden Shores Park / SURB / L**

Wednesday,

****March 6 at 10a - Hobby Lobby (Hayward) / SURB / L**

March 13 at 10:30a Harlan Olson Pianist and Cara Wang Cellist / TR

Harlan and Cara currently study music at the San Francisco Conservatory of Music. Harlan is 12 years old and has been playing the piano for 6 years. Cara is 13 and was the winner of the Prometheus Symphony Orchestra's 34th Annual Khuner Young Artist Concerto Competition. Come and enjoy these young musician's talents.

March 13 at 1p - Fitness Talk with Yanasa / L

Join fitness health specialist Yanasa as she discusses nutrition and wellness for older adults.

March 13 at 4p - Chat with Chuck and / TR or Chan. 1-62

Chuck shares recent community news and updates. Replay at 7:00p on Ch.1-62.

Come early for the best seats and grab a drink. Beverages at the Turkey Roost are free during the chat.

March 13 at 6:30p - Annual Memorial Service with Chap. Joel / MHA

Join Chap. Joel and our friends at Masonic Homes as we remember those who have passed this last year.

****March 20 at 9a - Costco: Automall / SURB / L**

March 20 at 2p - Financial Frauds Awareness and Prevention with FBI Special Agent Lester Kwok / DR

Learn how to recognize financial scams and what you can do to stay safe. FBI Special Agent Kwok will discuss the most common financial frauds in play today, including scams in online shopping, business imposters, tech support, government impersonation, and romance scams. You will learn the methods used by bad actors, the warning signs of financial fraud, and what to do if you become a victim.

Special Events, Outings & Trips (Cont.)

Wednesday, cont.

****March 27 at 11a - Lunch Bunch: New Yong Kang Seafood / SURB / L**

Enjoy a variety of delicious Chinese dishes.

March 27 at 2p - Understanding Dysphagia and Reflux Disease with Zaid imam, MD., Gastroenterologist / DR

In this talk, Dr. Imam will explore what dysphagia is, its causes, and symptoms, and, how it often coexists with reflux disease. Discover valuable insights on effective management strategies, lifestyle adjustments, and medical interventions that can alleviate discomfort, and improve your overall quality of life.

Thursday,

March 7 at 10a - Long-Term Care Options for Residents / DR

Join us as a panel of Acacia Creek and Masonic Home experts discuss the different care options that are available to residents of Acacia Creek. Bring your questions!

March 7 at 1p - Acacia Creek Genealogy / MP

****March 14 at 9a - Jelly Belly Tour / SURB / L**

Take a self-guided tour with interactive exhibits and jelly bean art gallery.

****March 21 at 8:30a - Chinatown by BART / SURB / L**

Take an adventure on BART to Chinatown.

****March 28 at 9a - San Francisco City Hall Tour / SURB / L**

Take a guided tour of San Francisco's City Hall.

Friday

March 1 at 1p - Resident Council Meeting / BR & Chan. 1-61

March 8 at 10a - Resident Forum / DR

Jason Toro, Executive Director of Tri-Ced Recycling presents "Saving the Planet, One Item at a Time" which will cover what can be composted, recycled and what cannot and what happens to the items that are composted or recycled.

March 8 at 3p Back by Request / BR

Victor Wong Presents "First Lunar New Year Celebration in America."

March 8 at 4p – Spring Forward Social / TR

Join us for refreshments, games, get your photo taken for the wall tree and door prizes!

****March 22 at 10a - Walmart (Fremont) / SURB / L**

March 22 at 4:30p - TGIF / TR

Join us for an afternoon of camaraderie with others in our community. Have a drink or a special cocktail in the Turkey Roost



March 22 at 5:30p - Paint and Sip with Friends at MH / SURB / MH

Join us for a fun evening painting a spring scene and sipping wine with Friends at Masonic Homes. Space is limited so sign up soon—you won't want to miss it!

Saturday,

March 2 at 2p - Girl Scout Cookies / L

Support the girl scouts! Cookies are \$6 or more.

Lifestyles Weekly Recurring Programs			Please Keep for Future Reference			Revised: March 2024	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:30 AM Start of Shuttle Service to Siminoff Chapel / L 10:00 AM Worship Service / Siminoff Chapel & Chan. 1-15 10a Coffee Klatch / GR 2p Chinese Mahjong / MP	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:25a Balance, Pace, Power / GA 11a Posture & Pose / GA 11:30a Open Gym Q&R / GA 1:30p Hand and Foot / MP 2p Chinese Mahjong / MP 2p Qigong / GA 	9:15a Whole Body Sit & Be Fit / Chan. 1-62 9:50a Exercise For Neuropathy & Sciatica / Chan. 1-62 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:25a Physiofusion / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 11:00a Core Connection / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Ping Pong / GA 	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:25a Balance, Pace, Power / GA 11:05a Fine Motor Fitness / MP 11:35a Posture & Pose / MP 1p Rummikub / MP 1p Bridge / AS 2p Dancing with Denise / GA 3p Pickleball / Pickleball Court 4:30p Acacia Creek Technology Team / BR	9:15a HIIT, Health & Hustle / GA 9:50a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:25a Balance, Pace, Power / GA 10:30a Water Aerobics / P 11:30a Exercise for Neuropathy & Sciatica / GA 11:45a Brain & Memory Fitness / GA 2p Relax and Create / AS 2p Reminiscing with friends at MH / MH 2nd North Music Room 2p Ping Pong / GA 2:30p AC Singers / MP 4p Episcopal Eucharist Service / Masonic	9:15a Physiofusion / Chan. 1-62 9:50a Core Connection / Chan. 1-62 10a Coffee Klatch / GR 10a Cornhole with Friends at MH / Sedam Patio (Weather Permitting) 10:15a Art & Crafts with Deborah / TS 10:20a Reset & Recovery / Chan. 1-62 1p Rummikub / MP 1:30p Hand and Foot / MP 2p Qigong / GA	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2p Ping Pong / GA 4p Classical Music Recital with Ryan Lu / TR	
<div>Bolded weekly recurring programs are either new programs or updated.</div>		<div>Legend AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3rd 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</div>					

Acacia Creek Lifestyles March 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<div><div>Legend AS = Art Studio (3rd Floor) BR = Board Room (5th Floor) DR = Dining Room (5th Floor) G = Gym (Wellness Center) GA = Gym Annex (Wellness Center)</div><div>Center) GR = Game Room (5th Floor) L = Lobby (1st Floor) MHA = Masonic Home Auditorium MP = Multi-Purpose Room (3rd Floor) P = Pool (Wellness Center) PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder (Mailroom) SUC = Signup at Concierge</div><div>SUMB = Signup in Masonic Binder (Mailroom) TR = Turkey Roost (5th Floor Lounge) TS = The Studio (Apt. 1441)</div></div>						1 8a Mason’s Breakfast—All Men Invited / SUMB / DR 1p Resident Council Meeting / BR & Chan. 1-61
3 2p Somatic Movement / GA	4 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Nuenen Period / Chan. 1-62	5 11a Shriner's Children's Hospital Presentation / DR	6 10a Hobby Lobby (Hayward) / SURB / L	7 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, I / Chan. 1-62 10a Long-Term Care Options for Residents / DR 1p Culinary Meeting / BR 1p Acacia Creek Genealogy / MP	8 10a Resident Forum: Jason Toro, Executive Director of Tri-Ced Recycling Presents: Saving the Planet, One Item at a Time / DR 3p Back by Request: Victor Wong Presents First Lunar New Year Celebration in America / BR 4p Spring Forward Social / TR	9
10 2p Somatic Movement / GA	11 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent in Antwerp / Chan. 1-62	12 10a Walking Trip: Eden Shores Park / SURB / L 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	13 10:30a Harlan Olson Pianist and Cara Wang Cellist / TR 1p Fitness Talk with Yanasa - Topic: Nutrition and Wellness for Older Adults / L 4p Chat with Chuck / TR or Chan. 1-62 6:30p Annual Memorial Service with Chap. Joel / MHA 7p Replay of Chat with Chuck / Chan 1-62	14 9a Jelly Belly Tour / SURB / L 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, II / Chan. 1-62	15 2p Wine and Celtic Celebration Preview - Marketing Event / L and MH Event Center	16
17 1:45p Bay Philharmonic: Celtic Celebration / SURB / L 4p St. Patrick’s Day Pub Trivia / TR	18 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: The Paris Art Scene in the 1880s / Chan. 1-62 3p Back in the Day... Sharing Life’s Adventures and Lessons with Your Friends and Neighbors / TR	19 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	20 9a Costco: Automall / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) 2p Financial Frauds Awareness and Prevention with FBI Special Agent Lester Kwok / DR	21 8:30a San Francisco Chinatown by BART / SURB / L 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, III / Chan. 1-62	22 10a Walmart (Fremont) / SURB / L 4:30p TGIF / TR 5:30p Paint and Sip with Friends at MH / SURB / MH	23
24 2p Somatic Movement / GA	25 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - In the Footsteps of Vincent Van Gogh: Vincent and Theo in Paris / Chan. 1-62	26 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	27 11a Lunch Bunch: New Yong Kang Seafood / SURB / L 2p Understanding Dysphagia and Reflux Disease with Zaid Imam, MD., Gastroenterologist / DR 2:30p Blood Pressure Check with Mina / TR	28 9a San Francisco City Hall Tour / SURB / L 10a Great Courses - Concert Masterworks: Mendelssohn-Incidental Music and Overture to A Midsummer Night's Dream, IV / Chan. 1-62	29	30
31 2p Somatic Movement / GA						