

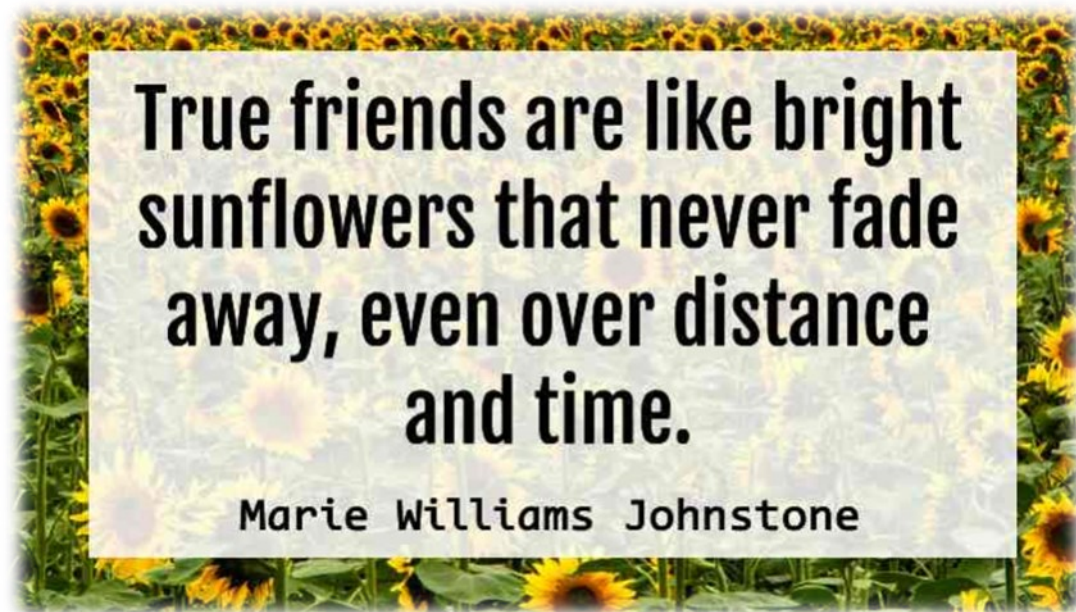
**Celebrating Friendship (Cont.)**

The emotional support from good friends is priceless. Friends are there to listen to your problems and give advice when needed. Friendship gives people a sense of belonging and validates each others' feelings. The best example is when a resident faces the loss of a spouse and fellow residents come together to emotionally support that person by encouraging the resident to spend time with others. Having friends boosts a person's happiness and confidence and reduces loneliness. Friends are a support system that will help you face life's hardships.

Friends are a great tool for developing healthy behavior. Friends learn from each other's habits and behavior. They set good examples for each other and push each to be better. Residents at Acacia Creek encourage each other to join exercise programs or take group walks around campus. They create a support system for each other to create and continue to exhibit healthy habits. Do you need to start eating better or start an exercise routine? Invite your friends to join you and support each other through the hurdle.

Acacia Creek is a community of friendship and support. We want to show our appreciation for all the friends we have made here at Acacia Creek. To honor Best Friends Day, we will celebrate with a **Bes-Teas Social Hour on Thursday, August 15 at 4:00 p.m. in the Turkey Roost.** We will have a milk tea boba drink bar and games. Come and spend time with your best friends!

**Nancy Nguyen, CTRS**  
Lifestyles Coordinator



**August 2024**



**ACACIA CREEK**

(510) 441-3700

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**Celebrating Friendship**

The friendship created at Acacia Creek is amazing as it creates a culture of support and safety for the residents. There are so many stories of residents making sure their friends are well when they do not show up for a meal. Residents have also supported each other's interests and passions. When a resident was learning how to make slideshows, a large group of residents came to his presentation and encouraged him to continue. August 15 is officially Best Friends Day, and we are celebrating with our friends here at Acacia Creek. Friends are an important part of life as they are the people who support each other. Friends are an important part of life as they factor into a person's health and life choices.

Friends are great for stress management as too much stress is dangerous as it can cause lowered immune health, insomnia, digestive problems, heart problems, diabetes, and high blood pressure. Friends are there to listen when you vent your problems or give support when facing a problem. They give you a sense of security, like when a resident made sure to pick up a friend, a fellow resident, from the hospital on the weekend. When you are stressing over a life event, friends are a source of distraction. They can allow you to forget your problems even if it is only for a moment. Friends are a natural stress reliever.

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## Neuropathy and Sciatica

Neuropathy and Sciatica are more common than one may think. Both are common nerve disorders that can be very uncomfortable and painful. It is important to be able to know the difference between the two conditions so you can get the proper treatment. This article will briefly discuss the difference between sciatica and neuropathy and also ways you can minimize symptoms.

### Neuropathy

Neuropathy occurs when the nerve is damaged and is most common in the hands and feet but can also occur anywhere. The cause of this disorder is usually due to impaired blood circulation to a nerve or it can even occur as a result of taking certain medications. A common type of neuropathy is called Peripheral Diabetic Neuropathy. People with Type 2 Diabetes can suffer from this type of neuropathy when the diabetes affects many different body systems, the nervous system being one of them. This happens when high blood sugar levels begin to affect the nerves. If you have neuropathy, you may feel numbness, tingling, pain, and sometimes constant pain that cannot be changed by shifting positions.

### Sciatica

Sciatica is when the sciatic nerve is irritated from an injury or some type of compression. The herniated disk puts pressure on the lumbar spine nerve roots and causes a lot of pain. The sciatic nerve is the longest nerve in the body and runs from the buttocks and down each leg. Symptoms include numbness, tingling, or shooting pain that can run along that nerve from the lower back all the way down to the back of the leg.

Both sciatica and neuropathy have the same characteristics of numbness, tingling and pain, however sciatica seems to be more painful when sitting down. The pain can shift and ease up as you walk around and become more mobile. Neuropathy is more of a consistent pain and can cause sensitivity to the touch or when trying to put on socks and shoes.

### Treatment For Sciatica and Neuropathy

The most successful way to treat neuropathy and sciatica is through stretching, physical therapy and exercise. With sciatica, daily gentle exercises and stretches can improve your mobility by strengthening the tissues in the lower back, pelvis, abdomen, buttocks, and thighs. With neuropathy, exercise helps improve the circulation of blood and nutrient flow, helping the legs and feet become more mobile to reduce swelling and strengthen muscles. Also exercise increases the number of branches in your nerve fibers and creates a form of coating and protection to the nerves.

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## Neuropathy and Sciatica (Cont.)

It is very important to participate in regular daily exercises to help relieve the symptoms of neuropathy and sciatica. If you're not sure what kinds of exercises to do, come down to the **gym annex every Monday at 11:05 am for my Exercise For Neuropathy and Sciatica class** or you can tune in to **channel 1-62 every Tuesday at 9:50 am** so you can do these exercises and stretches in your home.

If you have any questions about exercises and stretches for Neuropathy and Sciatica feel free to also come to my Open Gym: Q & R and we can discuss your concerns in more detail.

**Yanasa Williams, Health Fitness Specialist**

## Community Unity Events!

**Aug. 6 at 1:30pm - Community Unity "A Walk in the Park" Session / MHA**  
Interactive session to connect through conversations with Russ Charvonia & Bob Sachs

**Aug. 6 at 4pm - Community Unity Dinner and a Fight Dialogue / SURB / MH Patio**  
Social followed by dinner & dessert where tools to grow positive communication will be practiced with Russ

**Aug. 7 at 12:30pm or 3pm - Community Unity All Resident Town Hall / MHA**  
Russ will facilitate this meeting where residents can share their concerns & what they want. For the convenience of residents, two times are being offered.

**Aug. 7, 2-3pm - Ice Cream Social for all Town Hall Participants / MH Patio**

## Did you know . . . The General Store

Residents from Acacia Creek are welcome to shop at the Masonic Homes General Store! Pick up items you might need and have it charged to your monthly statement. The General Store is located in the Sedam Building on the 2nd floor across the hallway from the Masonic Homes Dining Room. Stroll on over and check it out! Store hours are:

**Monday - Friday, 9-11 am and 1-3 pm**

Hours are subject to change.

# Bes - Teas

## Social Hour

**Thursday, August 15**  
**4:00 PM**  
**Turkey Roost**



Have fun and celebrate with your best friends! Team up and play games or compete with your friends. Drinks at the Turkey Roost will be at no extra cost so make sure you enjoy a beverage. There will be a boba drink bar so have some boba tea with your bestie!

### Level up at Community Unity

Last month I wrote about the concept of leveling up. This is a term gamers use. Once they master the first level of play, they level up to a more difficult level of play that utilizes the skills they've acquired. After presenting successful aging to the Acacia Creek Board how we have leveled up during the last 13 years, I realized the Board knew the concepts I was speaking about because Freemasonry is all about leveling up in life. Masonic philosophy encourages its brethren to constantly work on themselves and grow. They believe that by constantly working on themselves and assisting others, they become better. Also, by caring for and helping others you simultaneously improve your own qualities. This is why successful aging and having a growth mindset go so beautifully with Masonry.

The Community Unity sessions on August 6 and 7 bring all these concepts together with kindness and respect for others. These sessions are an opportunity to bring our entire community together to foster trust and strengthen connections. You will have the opportunity to find commonalities with participants and learn strategies for bridging differences. We want people to feel empowered to share their ideas and concerns, as well as discover tools to create greater communication and understanding.

We are privileged to have Past Grand Master Russ Charvonja facilitating the sessions on both days. Russ and his presenting partner, Wor. Bob Sachs have written books about Civility. They are dedicated to promoting civility through healthy communication. Both are volunteering their time because their values align with ours, because they know disagreements are inevitable. They will demonstrate how to participate in a healthy dialogue, so we can constructively address differences and maintain a safe space where all have a sense of belonging.

Building a strong community takes time and effort from everyone involved, so please participate in the Community Unity sessions!

**Penny Vittoria, Successful Aging Coach**

**ext. 3716**

Check out page 7 for the Community Unity events!

### Special Events, Outings & Trips

#### Sunday,

**Aug. 4, 11, 18, & 25 at 2p, - Somatic Movement / GA**

Join Karen Hewitt, certified Hanna Somatic Educator, who will help you develop a five-minute daily routine to keep you supple, regain flexibility, ease movement, and improve balance through gentle and slow movements. Bring a yoga mat or towel as we will work on the floor.

#### Monday,

**\*\*Aug. 5 at 10a - Safeway Grocery Shopping / SURB / L**

**\*\*Aug. 12 at 10a - Raleys Grocery Shopping / SURB / L**

**\*\*Aug 19 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

**Aug. 19 at 3p "Back in the Day with Kathy Troll / TR**

Kathy Troll takes us with her as she crashes in the Pacific to being kidnapped in the Sahara. Now Henry, her full sized knight in armor with which she keeps tucked in her apartment provides strength and comfort in her life. Come listen!

**\*\*Aug. 26 at 10a - Raley's Grocery Shopping / SURB / L**

#### Tuesday,

**\*\*Aug. 13 at 10a - Walking Trip: Lake Chabot / SURB / L**

**Aug. 13 at 2p - Active Living: Daily Practices To Stay Healthy and Prevent Cancer / MHA**

Join Monica Stanculeanu, MSN, MBA, RN, OCN, Nurse for the UCSF-Washington Cancer Center and Shari Kellen, MSN, RN, CNL, OCN, ONN, Nurse Manager of the UCSF-Washington Infusion Center, as they explore the powerful impact of lifestyle changes on overall health and cancer prevention. Discover how simple yet effective daily practices, such as physical activity, balanced nutrition, and stress management, can reduce your cancer risk. Take charge of your health and empower yourself with the knowledge to live a longer, healthier life.

**\*\*Aug. 20 at 8a - Alcatraz / SURB / L**

Take a ferry to the infamous island prison located in San Francisco Bay for tour inside the prison that once held Al Capone, Machine Gun Kelly, and many more.

**\*\*Aug. 27 at 10a - Stoneridge Mall / SURB / L**

#### Wednesday,

**Aug. 14 at 1p - Fitness Talk with Yanasa / L**

Join fitness health specialist Yanasa as she discusses sciatica and neuropathy.

**Aug. 14 at 4p - Chat with Chuck and Team / TR or Chan. 1-62**

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

**\*\*Aug. 21 at 9a - Costco: Hesperian / SURB / L**

**\*\*Aug. 28 at 11a - Lunch Bunch: New China/ SURB / L**

Enjoy a variety of simple traditional Chinese dishes with many specialty tofu and vegetarian dishes.

### Special Events, Outings & Trips (Cont.)

#### Thursday,

**Aug. 1, 8, 15, & 22 at 11:30a - Block Party BBQ / By Invite Only / Pool Patio**

**Aug. 1 at 10a - Culinary Meeting / BR**

**Aug. 1 at 1p - Acacia Creek Genealogy / MP**

**\*\*Aug. 8 at 9a - The Tides Wharf / SURB / L**

Enjoy a scenic drive to Bodega Bay and enjoy lunch by the waters. The Tide Wharf is a casual seafood restaurant overlooking Bodega Bay. The restaurant includes a gift shop and fish market.

**\*\*Aug. 29 at 7:30a - The SMART Train / SURB / L**

Relax and take a ride on the SMART train to Santa Rosa for lunch.

#### Friday,

**Aug. 2 at 1p - Resident Council Meeting / BR & Chan. 1-61**

**Aug. 9 at 10a - Resident Forum / DR**

Are you a veteran? Learn about VA benefits for professional home care services. Speaker Jay Mehta is the CEO/Owner of Assisting Hands Home Care, a VA approved Community Care Provider. Jay's company provides care for veterans across the SF Bay Area, educating many veterans about VA benefits and guiding them to qualify for these valuable benefits and assisting them with care.

**Aug. 16 at 4p - True or False with Penny / TR**

**\*\*Aug. 23 at 10a - Fremont HUB - Target & Daiso / SURB / L**

**Aug. 23 at 4p - TGIF / TR**

This month's TGIF will feature John Vickroy on guitar playing Beatles music and other favorites.

**\*\*Aug. 30 at 10a - Marina Shopping Center / SURB / L**

**Aug. 30 at 4p - Pub Trivia with Penny / TR**

#### Saturday,

**Aug. 3,10, 17, 24, & 31 at 4p - Classical Music Recital with Ryan Lu / TR**

**Aug. 3 at 7p - Saturday Movie / TR**

A Man Called Otto (Netflix) (2022) (2 hours 6 minutes)

Otto can't wait to join his wife on the other side, but his frequent suicide attempts get interrupted in episodes that are sometimes awkwardly funny, and other times, just plain awkward. The chief interrupters of our get-off-my-lawn guy are the new neighbors: the happily married-with-kids couple Marisol (a bubbly and scene-stealing Mariana Treviño, the absolute best thing about the film) and Tommy (Manuel Garcia-Ruflo), who often ask little favors from the grumpy Otto.

**\*\* Indicates Outings or Trips**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30a Start of Shuttle Service to Siminoff Chapel / L 10:00a Worship Service / Siminoff Chapel & Chan. 1-15 10a Coffee Klatch / GR 2p Chinese Mahjong / MP	<b>9:30a</b> HIIT, Health & Hustle / GA <b>10:05a</b> Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS <b>10:35a</b> Balance, Pace, Power / GA <b>11:05a</b> Exercise For Neuropathy & Sciatica / GA <b>11:35a</b> Mobility, Flex, & Stretch / GA <b>12:05p</b> Open Gym Q&R / GA 2p Chinese Mahjong / MP	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 <b>10:25a</b> Chair Aerobics / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR <b>11:00a</b> Pain Management / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Ping Pong / GA	<b>9:30a</b> HIIT, Health & Hustle / GA <b>10:05a</b> Whole Body Sit & Be Fit / GA 10a Acacia Creek Technology Team / BR 10a Coffee Klatch / GR <b>10:35a</b> Balance, Pace, Power / GA <b>11:05a</b> Posture & Pose / GA <b>11:35a</b> Pain Management / GA 1p Rummikub / MP 1p Bridge / AS 2p Dancing with Denise / GA	<b>9:30a</b> HIIT, Health & Hustle / GA <b>10:05a</b> Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P <b>10:35a</b> Balance, Pace, Power / GA <b>11:05a</b> Posture & Pose / GA <b>11:35a</b> Mobility, Flex, & Stretch / GA 2p Relax and Create / AS 2p Reminiscing with Friends at MH / MH 2nd North Music Room <b>2p Ping Pong with Dante / GA</b> 4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	<b>9:15a</b> Whole Body Stretching / Chan. 1-62 10a Coffee Klatch / GR 10:15a Art & Crafts with Deborah / TS 1:30p AC Singers / MP	10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 2p Ping Pong / GA



**Bolded weekly recurring programs are either new programs or updated.**

<b>Legend</b> AS = Art Studio (3 <sup>rd</sup> Floor) BR = Board Room (5 <sup>th</sup> Floor) DR = Dining Room (5 <sup>th</sup> Floor)	G = Gym (Wellness Center) GA = Gym Annex (Wellness Center) GR = Game Room (5 <sup>th</sup> Floor) L = Lobby (1 <sup>st</sup> Floor) MHA = Masonic Home Auditorium	MP = Multi-Purpose Room (3 <sup>rd</sup> Floor) P = Pool (Wellness Center) PBC = Pickleball Court S = Siminoff Center SURB = Signup in Recreation Binder	(Mailroom) TR = Turkey Roost (5 <sup>th</sup> Floor Lounge) TS = The Studio (Apt. 1441)
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# Acacia Creek Lifestyles August 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Events:						
<p><b>Legend</b>  <b>AS</b> = Art Studio (3<sup>rd</sup> Floor)  <b>BR</b> = Board Room (5<sup>th</sup> Floor)  <b>DR</b> = Dining Room (5<sup>th</sup> Floor)  <b>G</b> = Gym (Wellness Center)  <b>GA</b> = Gym Annex (Wellness Center)  <b>GR</b> = Game Room (5<sup>th</sup> Floor )  <b>L</b> = Lobby (1<sup>st</sup> Floor)</p> <p><b>MHA</b> = Masonic Home Auditorium  <b>MP</b> = Multi-Purpose Room (3<sup>rd</sup> Floor)  <b>P</b> = Pool (Wellness Center)  <b>PBC</b> = Pickleball Court  <b>S</b> = Siminoff Center  <b>SURB</b> = Signup in Recreation Binder (Mailroom)  <b>TR</b> = Turkey Roost (5<sup>th</sup> Floor Lounge)  <b>TS</b> = The Studio (Apt. 1441)</p>						
4 2p Somatic Movement / GA	5 10a Safeway Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Samarkand, Crossroads of Central Asia / Chan. 1-62	6 <b>1:30p Community Unity Communication Session / MHA</b> <b>4p Community Unity Dinner Session / SURB / MH Patio</b>	7 <b>12:30p Community Unity Resident Town Hall / MHA</b> 2-3p Ice Cream Social for Town Hall participants / MH Patio <b>3p Community Unity Resident Town Hall / MHA</b>	8 <b>9a The Tides Wharf / SURB / L</b> 10a Great Courses - How Railways Transformed the World: Britain's Railway Pioneers / Chan. 1-62 <b>11:30a Block Party BBQ / 3rd Floor East Wing / By Invite Only / Pool Patio</b>	9 <b>10a Resident Forum: Learn About VA Benefits for Professional Home Care Services / DR</b> 1p Walking Tour of Masonic Homes / SURB / L	10 4p Classical Music Recital with Ryan Lu / TR
11 2p Somatic Movement / GA	12 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Ancient Egyptian Thebes / Chan. 1-62	13 10a Walking Trip: Lake Chabot / SURB / L <b>2p Active Living: Daily Practices To Stay Healthy and Prevent Cancer / MHA</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	14 1p Fitness Talk with Yanasa - Topic: Sciatica & Neuropathy / L 4p Chat with Chuck / TR or Chan. 1-62 7p Replay of Chat with Chuck / Chan 1-62	15 10a Great Courses - How Railways Transformed the World: The First American Railroads / Chan. 1-62 <b>11:30a Block Party BBQ / 1st Floor West Wing / By Invite Only / Pool Patio</b> 4p Bes - Teas Social Hour / TR	16 <b>10a Alameda County Library Book Club / Zoom</b> 3p Movie Committee / AS 3p Play Jenga & Bananagrams / GR <b>4p True or False with Penny / TR</b>	17 4p Classical Music Recital with Ryan Lu / TR
18 2p Somatic Movement / GA	19 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: The Forbidden City of Beijing / Chan. 1-62 3p "Back in the Day with Kathy Troll / TR	20 <b>8a Alcatraz / SURB / L</b> 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	21 <b>9a Costco: Hesperian / SURB / L</b> 10:15a Projects for Charity / TS (Apt. 1441)	22 10a Great Courses - How Railways Transformed the World: Early European Ventures / Chan. 1-62 <b>11:30a Block Party BBQ / 1st Floor East Wing / By Invite Only / Pool Patio</b>	23 10a Fremont HUB - Target & Daiso / SURB / L <b>4p TGIF with Guitarist, John Vickroy / TR</b>	24 4p Classical Music Recital with Ryan Lu / TR
25 2p Somatic Movement / GA	26 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Mount Fuji, the Symbol of Japan / Chan. 1-62	27 <b>10a Stoneridge Mall / SURB / L</b> 2p Finance Committee Meeting / AS 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	28 <b>11a Lunch Bunch: New China / SURB / L</b> 2:30p Blood Pressure Check with Mina / TR	29 <b>7:30a The SMART Train / SURB / L</b> 10a Great Courses - How Railways Transformed the World: Railways go to War / Chan. 1-62	30 10a Marina Shopping Center / SURB / L <b>4p Pub Trivia with Penny / TR</b>	31 4p Classical Music Recital with Ryan Lu / TR