

Living It



Filipino Dinner, Dancing



& Roasted Pig



Our Filipino Dancers



Summer Block Party



RCFE 015601302 COA #246



July-August 2024

Acacia Creek Journal

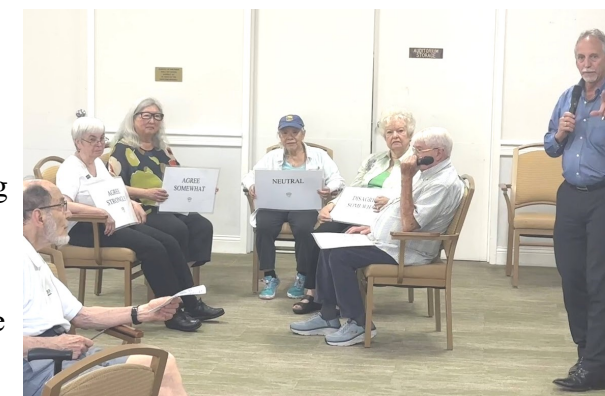
WRITTEN BY RESIDENTS, FOR RESIDENTS

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Community Unity - Comments

Sophie Hudnut – The Community Unity discussions were held on August 6-7, 2024 and conducted by Russ Charvonja and Bob Sachs. Russ and Bob have written about Civility from a Masonic perspective, and these discussions were designed to encourage participants to share their opinions about forthcoming changes to our campus. About 50-60 Masonic Home and Acacia Creek residents participated in the 2-day sessions.



Kay Whitworth – While only a small percentage of Acacia Creek and Masonic Home residents attended the sessions, these attendees were curious and interested in the possibility or at least open to the discussion between the two communities. Initially, I was disappointed in Tuesday's exercise of Civil Dialogue, but saw the positive benefits of just reviewing the instructions, and the benefits of thinking before speaking and slowing a response to be able to really hear the other person. Wednesday's Town Halls focused on what was positive and similar in both communities and how to improve on that. I think the sessions will lead to a more unified campus.

Victor Wong – The highlight for me was having the good fortune to have Terry Quigley (our CEO) sit next to me for the Tuesday dinner. She impressed me with her willingness to listen and the ease with which we were able to communicate. We discussed openly the search for a new Acacia Creek Executive Director, and I expect that the person she chooses will display the openness that she modeled. At the Wednesday Town Hall many of the residents present expressed how happy they are to be living here, and I wholeheartedly concur. We want to enhance our communities, not lose them. Rather, we look for synergy: ways to make the whole greater than the sum of two happy partners, Masonic Homes and Acacia Creek. (What we want is a little bit like a happy marriage.)

Sue Meadows – Taking part in Community Unity was part of a process of deepening awareness and

cooperative reflection between individuals with opposite points of view plus an opportunity to interact with people we did not know. By attending the session, we had agreed in advance to proceed in civility. It was very gratifying to experience the willingness of Masonic Homes and Acacia Creek residents to be open-minded, to work together in warmth and friendship and to explore a technique that has profound relevance to our world today. The skillful facilitators, Russ Charvonja and Bob Sachs, delivered practical information and assured that all voices would be heard. Imagine how the

world would change if that became the norm. The Community Unity approach promises to be an effective and inspiring framework for articulating our vision of what we want our hilltop home to be.

Karen McCreedy – I'm celebrating six months at Acacia Creek. Participating in Community Unity was particularly important for me to become as receptive and active as possible in this new culture because changes are on the horizon for all residents on this hill. Five participants (seated in a horseshoe) defended their positions, from agreeing strongly to disagreeing strongly, giving us the opportunity to consider the whole spectrum of choices, broadening and slowing down the interchange. The second day, having us take a stand on sharing our amenities and facilities brought controversy close to home. Bravo to everyone involved in this project for getting us off to a good start for the transition to come.

Carolee Rodrigo (Lifestyles Manager) – Participating in the Community Unity sessions with both residents and team members reinforced for me our core values on campus—creating a safe space where everyone can learn and grow. Residents repeatedly expressed their eagerness to build new friendships and engage in meaningful activities, whether through leisure or mutual support. At the same time, the team members voiced commitment to providing exceptional service by working together and pooling resources to ensure that residents enjoy the best possible living environment.

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I am excited for what lies ahead for us!

Serena Lucchesi – During the exercise, I chose to sit in the middle because I truly did not have a strong opinion one way or another. It was interesting to hear people voice their opinions based on their observations and experiences. It reminded me of a time, when my husband and I were seated opposite each other in a restaurant and I began to voice my admiration for the decor but my husband said, “I don’t see that.” I hadn’t realized until that moment that he was seeing something different until I turned around and looked behind me. At the end of our unity exercise I was more definite in choosing to side with those who championed unity.

Robert Lovell – Our 2-day seminar was about handling adverse topics and how to communicate with Masonic

Home or Acacia Creek residents without blowing it and to avoid shouting, getting angry and resentment. These tools come in handy here in conversations that inform about Masonic history, plus today’s present demographics for us to survive into the future. I am hopeful we can use a dialogue with civility to talk about difficult topics and agree to disagree.

Cassandra Wong (daughter of a resident) – I was heartened and encouraged by the resident community’s commitment not only to common fundamental values, but also a strong commitment to one another. I am grateful that my parents have the opportunity to participate in and contribute to a community based on such values. I would like to encourage this amazing community that you have the strength and commitment to create something that is truly greater than the sum of its parts.

Chat with Chuck



Dear Residents,

It is time again to remind everyone about the ever-present scammers and hackers lurking in your emails, your phone messages and in your regular mail. Over the last 18 months scams and the people that are responsible for running them have increased. They know seniors are susceptible to the storylines they use to “Hook” you. Scammers will use the FBI, the IRS, Social Security, your bank, your friend’s name from your Facebook account, or your church.

The most basic warning and bottom line for you to remember is **“NEVER GIVE YOUR PERSONAL INFORMATION, DATE OF BIRTH, SOCIAL SECURITY NUMBER OR ANY OTHER FINANCIAL IDENTIFYING INFORMATION TO ANYONE.”**

If ever you are concerned about an email, a text, a phone call, a piece of mail that asks for personal information for any reason— **never click on any questionable message on your email or phone.** REMEMBER—those legitimate agencies and businesses will not ask you for personal information. Your best path is to contact that entity through **their** website to determine if there is a problem with your account.

You are probably wondering what comes next in the administrative transition and what if any changes might be coming for our campus in general. There is an executive search ongoing to identify the person that will replace me. The position will be re-titled to Executive Director. This is the only change you will

notice. All department managers will continue to execute their responsibilities to maintain the Acacia Creek culture and level of service and quality of life that you are accustomed to going forward. This is a commitment made to you by Terry Quigley, President-CEO of Masonic Homes. The new Executive Director will report to Terry for daily operations and to the Acacia Creek Board. Our commitment to continue to meld residents of Masonic Home and Acacia Creek into one family on the hill will continue and grow through joint programming and activities.

As we welcome new residents to our family, we will continue to encourage activism with them in the areas of serving on committees, helping with unique events, running for the Resident Council and increased involvement in residents’ participation in forming the lifestyle offered at Acacia Creek.

Please help the Sales Team by volunteering to have lunch or dinner with new residents/prospects as they tour and move into our home. You are the best salespeople we have. And remember, if you are responsible for a new move-in, make sure your name is given to the sales counselor. You will receive \$3,500 toward your next monthly fee!!! We are projecting 90% occupancy by November 1, 2024 - the beginning of our new fiscal year.

Have a safe and healthy summer.
Chuck Major



Acacia Creek Travelers

May 23rd found our travel group headed to San Francisco to tour San Francisco’s iconic City Hall. We had a delightful tour guide (our age) Ellen Schumer. She had written the history of SF City Hall and was a wealth of information. The first official city hall was a modest affair, established in 1850 after the Gold Rush boom. In 1872, construction began on a grander, permanent City Hall which was completed in 1899 as a symbol of San Francisco's ambition and prosperity, but it was tragically destroyed in the devastating 1906 earthquake and fire.

Undeterred, the city embarked on a monumental rebuilding project. The current City Hall, designed by Arthur Brown Jr. in the Beaux-Arts style, was completed in 1915. This



magnificent structure, with its soaring dome and grand rotunda, has become an iconic landmark and a testament to San Francisco's resilience and civic pride. The dome is second in size only to the dome on the United States Capitol. City Hall continues to serve as the heart of the city's government and is a popular destination for weddings, events, and visitors.

San Francisco uses the "strong mayor" form of mayoral/council government. The County Board of Supervisors and the City Mayor’s office share the governance. The Board of Supervisors is comprised of 11 members and serves as the city's legislative branch, responsible for passing laws, approving the budget, and overseeing the mayor's actions. Each supervisor is elected by their respective district. The mayor is the chief executive officer of the city and county, and is responsible for appointing department heads, proposing the budget, and vetoing legislation.

On June 19th our tour group returned to a guided tour of the Charles Schultz Museum in Santa Rosa. This was another favorite event pre-pandemic. Our docent, Ken gave us a great tour of the history and some antidotes. The Charles M. Schulz Museum and Research Center is a museum dedicated to the works of Charles M. Schulz, creator of the beloved comic strip Peanuts. The museum opened in 2002, two years after Schulz passed away. The museum houses the world's largest collection of Peanuts



comic strips, with over 8,000 originals on display. Visitors can also see a recreation of Schulz's art studio, watch Peanuts animated specials and documentaries in the theater, and draw their own cartoons in the hands-on Education Room. The museum also features three exhibition galleries that change every six months, showcasing Schulz's work and the world of Peanuts. In addition to the museum itself, the Schulz Campus includes Snoopy's Home Ice, a skating rink; Warm Puppy Café, a Peanuts-themed restaurant; and Snoopy's Gallery and Gift Shop. It's a great place to visit. You can't help but depart with a laugh or two and a smile. My favorite is a two-panel cartoon featuring Charlie Brown and Linus lying on the grass. Linus asks Charlie, “If you die and go to heaven can you come back?”. Charlie’s answer is “only if you get your hand stamped”.

On Thursday June 27th Acacia Creek residents returned to Mare Island Naval Shipyard for a tour of St Peter's Chapel. Many of the tour spots including the Museum were still closed post-pandemic due to a lack of funds and volunteers. Steeped in history, Mare Island in Vallejo, California, boasts a unique landmark: St. Peter's Chapel, built in 1901, it's the second-oldest Navy chapel in the United States and the oldest on the West Coast. This Victorian Gothic gem boasts a charming exterior with brown shingles and a soaring spire, but its true beauty lies within. Step inside St.

Peter's Chapel and be awestruck by 29 stunning stained-glass windows. Remarkably, 25 of them hail from the famed Tiffany Studios in New York, casting a kaleidoscope of colors throughout the chapel. These windows, along with memorials honoring Navy personnel, create a quiet space that reflects the rich history of the Mare Island Naval Shipyard and the strong sense of community it fostered.



In looking for a place to have lunch we decided to try out a new eatery “The Coal Bucket Brewery and Taproom”. Originally, it was one of nine historic coal sheds all built between 1898 and 1906 which sat prominently along the Napa River waterfront of Mare Island. Their original use was to protect and load the coal for the Navy’s steamships. Later they were converted to other ship-shore facilities. This was a historical treasure we did not expect to find but enjoyed. The food was the usual fare of hamburgers, hot dogs and French fries etc. The seating was inside or outside along the river and fortunately it was a beautiful day for sitting outside.

By Sally Ward

STAMP OUT SENSORY-MOTOR AMNESIA!

Sensory Motor Amnesia (SMA) was a term coined by Doctor Thomas Hanna to describe a condition that is the cause of much of the stiffness, pain, and general inflexibility that afflicts us in our later years. But there is good news, SMA is completely reversible.

We need to remember that muscles have no will of their own. Every muscle contraction is caused by a signal from our brain to our muscles. So why would our brain be instructing our muscles to contract constantly, causing 'frozen' shoulders, constant neck pain, 'bad' knees, etc. etc? The answer lies in another talent we humans have, habituation.

Habituation, muscle memory, status quo, describe the tendency for our brain to efficiently keep sending the same contraction signals to our muscles. For example, the dentist who stiffens his shoulders to be able to do delicate wrist motions with tools inside our mouth, or the office worker who tucks the phone in between their ear and their shoulder, or the mom who plants her babe on her left hip as she goes about her tasks right-handed, or the senior who is constantly bent over a walker. None of these people need to have those tightened muscle patterns at the end of the day, but with constant repetition of these patterns of muscle contraction, their brain forgets to turn off the contract signal. The important word here is *forget*, its not *lose the ability*. Amnesia can end, memories can return, and this is where Somatics comes in.

Dr. Hanna, building on the work of Moïse Feldenraï, developed a series of movement patterns to reintroduce us to our non-habituated selves. Like a program running in the background on our computers, draining energy and resources, these muscle holding patterns are running below our awareness. To reclaim your natural state you have to first find the muscles that are in a constant state of tension, which is not always the area that is painful. (We have no problem identifying the painful area!). Then you have to regain conscious control of those

muscles. And lastly, you get to send the signal to relax, or more accurately, you stop sending the contract signal.



Dr. Hanna calls his method Hanna Somatic Education, and comprises hand-on sessions and exercise classes. There are currently less than 300 certified Hanna Somatic Educators in the world, and most are located in the US. Acacia Creek has two, Serena Lucchesi and Karen Hewitt, independently of each other, wound up living 2 doors apart!

If you would like to explore the Somatic movement series, please join us on Sundays in the gym annex at 2pm. Get reintroduced to a more flexible you and leave your stiffness behind on the Gym Annex floor!

By Karen Hewitt

Did You Know?



The paperback library on the 2nd floor mezzanine has a new look. We have a beautiful new bookcase which has given us the chance to move books and expand shelf area. Along with moving books, we have shelf area for large print books, both paperback and hard cover. These books are on a marked shelf for your convenience.

By Betty Shumway

Team Member Spotlight



Mona Rodriguez

Our new Head of Housekeeping, Mona Rodriguez actually needs no introduction, since she has been part of our Acacia Creek family for many, many years. She first came to Acacia Creek through her family's business, AllPro,

the company that cleans our windows. From there she eventually became a contract worker, part time, during our deep cleaning days. About 8 years ago, she became a permanent employee in the housekeeping department. As Daisy's right hand, she had much experience in directing the staff, so it was natural for her to step into the role of Housekeeping Department Head.

Born in Oakland, and living the last 8 years in Hayward, Mona is a single mom, with four children, ages 18,15,13 and 9. Every weekend Mona finds a way to be active with her kids, going to festivals, community events, excursions to Santa Cruz, etc., making full use of all the attractions the Bay Area offers, and giving her family a treasure of memories.

Her friends would tell you that Mona is always calm and never appears stressed. Mona attributes this to always being as well prepared as possible, and also to having a positive, can-do attitude. Whatever has been asked of her, she has learned how to accomplish it. She wants to transfer this positive attitude to her staff, and encourages them to learn and grow in their jobs, even if it means driving carts!

When asked what's on her bucket list, Mona mentioned travel to Paris, Rome, Greece, but what really interests her is to someday own her own cleaning business. Her work with Acacia Creek will prepare her for that future dream.

Her current challenge is making the key entry into the apartments run seamlessly. So far so good, but it is a little difficult since her staff all start and finish cleaning their assigned apartments at roughly the same time...meaning she has to be in multiple locations at the same time! But if anyone can do that, it will certainly be Mona.

When asked if there is anything we residents can do to make her work easier the only thing she mentioned was to keep our counters as clear as possible, especially in the kitchen. It makes it difficult to spray cleaning solution when food or papers are on the counter.

Mona also says that she really loves her job at Acacia Creek. She likes the residents, and they and her staff feel like a second family. Talking to the residents, the feeling is mutual, and we are lucky to have Mona.

By Karen Hewitt

Team Member of the Quarter



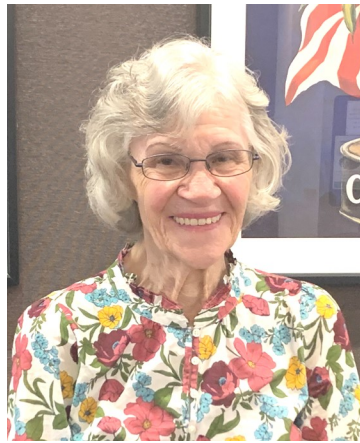
Emmani Gabriel

Emmani has an open, friendly personality that invites people to approach her. She provides input and adapts to changes made in the department very quickly. Emmani thrives in a positive environment and works to keep her shift in a positive space - working

closely with residents and team members to find solutions to issues that may come up. In doing this she provides excellent customer service. Emmani also is a great support to other departments by helping them with events and will also go outside of her role as concierge to help residents. Please join me in congratulating Emmani on being named Team Member of the Quarter. It is well deserved!

Carolee Rodrigo, Lifestyles Manager

New Residents



Pat Alarcon – Apt 1406

Moved from Campbell, CA. Pat was born in Porterville, CA. Her profession was as an HR Manager. Pat enjoys Gardening, Reading, and visiting the beach. She is looking forward to participating in Ceramics.



Clyde Sheley – Apt 1306

Moved from Masonic Homes. Clyde was born in Sterling City, CA and was a Fabricator. His interests include: Sports, Hallmark Music and Socializing Writing. He is willing to participate in Community Unity, Socializing and helping others.



Carolyn Blackmon – Apt 1412

Moved from Fremont, CA. Carolyn was born in Norfolk, VA and was an Accounting Manager. She loves nature walks, socializing with friends, sudoku puzzles, reading and gardening. She is willing to learn pickleball, water color painting, line dancing and reconnect with card games.



Carmel Karrick – Apt 1216

Moved from Pleasanton, CA. Carmel was born in Dublin, Ireland and was an Office Manager. Her hobbies include Gardening, Sewing, Swimming and Exercising



Kathleen Murphy – Apt 1202

Moved from Menlo Park CA and Colorado. Kathleen was born in Maryland. Her profession was as a Controller. She enjoys Gardening, Spirituality, Day Trips, Jigsaw Puzzles, Eating Out, and Pool Classes.

Resident Leaders



Betty Chiang

The culture of Acacia Creek is dependent on the generosity of its residents to help enrich the lives we've chosen here. A resident who deserves recognition for her generosity is Betty Chiang. She and her husband George moved here from Sun City Lincoln Hills in 2014 to be near their son and daughter who both live in the Bay Area. Although Betty's husband has passed, she has become an integral part of Acacia's Creek's supportive culture.

Betty believes one has to give in order to receive. She currently serves on the Sunshine and Fundraising Committees. She has taken over organization of the Lunch Bunch and directs the AC Singers. When crafts and excursions are offered, Betty participates and she takes advantage of the exercise classes here too. She organizes dinners to welcome new residents who move into her neighborhood. She recently completed training through the City of Fremont to become a Senior Peer Counselor and visits a client once a week.

All of that sounds like a busy life but Betty's real "claim to fame" at Acacia Creek is that she's known as the **plant lady**. How did that happen? Years ago she began taking in plants that were unwanted by their owners and nursed them back to health. Pretty soon she needed more space and began using the sewing room balcony. She became acquainted with the Ceramic Studio at the Masonic Home and learned how to paint plain red clay pots to make them more attractive. They are fired at the studio and returned.

The climax of this story occurred in 2017 when Betty held her first plant sale and donated \$254 to the AC Residents Fund which rewards team members annually since no tipping is allowed. Since then, Betty has held plant sales twice a year to benefit the Resident Fund and has donated a total of \$9229. Thank you Betty for making Acacia Creek a more beautiful place.

By Trudie Mathiesen

Your Resident Council at Work!

Election time is drawing near. Have you considered being on the Resident Council? Maybe you should. This year there will be 4 vacancies. We really hope that at least that many more would step forward as candidates. Wouldn't it be exciting to have that many candidates so that we could have a real election?

Here are the rules to run for the Resident Council:

- ◆ Residents must have physically moved into Acacia Creek before November 1, 2023.
- ◆ You must have been a resident for one year.
- ◆ One candidate per household; two people from the same household cannot serve on the Council at the same time.
- ◆ You must be willing to serve for a two-year term. Your term will be from November 1, 2024, through October 31, 2026.

The election timetable has been revised from what is currently in your Resident Handbook. Applications for the Resident Council will be available from the Concierge August 17-30, 2024. Candidates for election must submit in writing (preferably typed), a one-page statement to be posted for all residents to read. A picture may be included. Candidates should be present for introduction at the September Resident Forum.

Please give the Resident Council your utmost consideration. **We Need You!**

Rodger Page, Resident Council Treasurer

Hello Turkey Roost fans!

We have a new beer, Modelo, that beat out the old favorite, Bud Light, in a popularity vote. Also non-alcohol, sugar-free A&W rootbeer is back. The beer is \$2.00 and the rootbeer is \$1.00. Pay us a visit at the top of Acacia Creek on the 5th floor!

By Robert Lovell

