

Welcome September: Embracing Fall and Fall Prevention (Cont.)

Assess Your Mobility and Stay Active: Yanasa Williams, Acacia Creek’s Health Fitness Specialist, can work with you to assess your mobility and create a personalized exercise plan tailored to your needs and goals.

Understand Your Fall Risks: Factors such as fear of falling, certain medications, vision impairments, and environmental hazards can increase fall risk. Discuss these with your physician to identify potential interventions.

Challenge Yourself: If you’ve been inactive, pushing yourself to step out of your comfort zone is essential. Start slowly, create a routine, and overcome excuses. Remember, motivation and a positive attitude are key to overcoming challenges.

Assess Your Overall Well-being: Successful aging encompasses more than physical health. Consider your social connections, mental stimulation, and sense of purpose. What drives you each day?

Stay Active: Wear Proper Shoes. Ensure your shoes fit well, are supportive, and appropriate for your activities—whether walking, exercising, or navigating different surfaces.

Consult Your Physician: Discuss any concerns about falls with your primary care doctor. Review your medications for potential side effects and ensure your vision is regularly checked for conditions like cataracts or glaucoma.

Optimize Your Environment: Check for fall hazards in your home and community. Keep floors clear of clutter, ensure proper lighting, and be cautious of pets and uneven surfaces.

Use Assistive Devices: Devices like canes and walkers can enhance safety and independence. They enable you to move more securely and effectively.

For more information and resources on fall prevention, visit the National Council on Aging's website at www.ncoa.org/older-adults. This site is dedicated to helping older adults stay fall-free and offers a 2-minute Falls Free CheckUp questionnaire. This quick assessment provides an overview of your fall risk and suggests ways to reduce it. Remember, it’s always important to discuss any changes you observe with your primary care physician. On September 18th, we will welcome physical therapist Larry Asio from Washington Hospital, who will share simple exercises and techniques for self-testing balance and strength to help decrease the risk of injury. You won't want to miss this discussion.

Let's embrace the season with confidence and take proactive steps towards fall prevention!

Carolee Rodrigo, CTRS, RTC
Lifestyles Manager



September 2024



ACACIA CREEK

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Inside This Issue:

Table with 2 columns: Article Title and Page Number. Includes Chronic Pain Management (2), Harmonious Living (3), Special Events, Outings & Trips (4, 5), Special Events (6, 7), Continued Articles (8), and Lifestyles Monthly & Recurring Calendars (Insert).

Welcome September: Embracing Fall and Fall Prevention

As September unfolds, we welcome the beauty of Fall—a season marked by the changing hues of trees, flowers, and grass. This time of year also brings to mind an important topic: fall prevention.

Over the years, our approach to fall prevention has evolved. We now understand that preventing falls involves more than just addressing physical factors; it requires a holistic view of health and wellness. Studies show that a third of individuals over 65 who experience falls face significant changes in their lives due to injuries. However, falls are not a normal part of aging. Many of these falls are preventable, and a large portion of chronic diseases, which contribute to fall risk, is linked to inactivity.

Here are some practical steps you can take to reduce fall risk and enhance overall well-being:

Identify Your Motivation: Reflect on why maintaining or improving your mobility is important to you. Setting a clear, personal goal can provide motivation and focus.

Evaluate Your Attitude: How do you view your health and mobility? Negative thoughts like “I’m too old” or “It’s too hard” can hinder progress. Embrace a positive mindset - believe you can make a difference and change your outlook to improve your life.

(continued on page 8)



## Chronic Pain Management

This month is National Chronic Pain Management Month when we take the time to acknowledge and educate people about how to manage chronic pain. Chronic pain can cause someone not to want to move much or to be as active. It really affects your quality of life, but there are ways you can try to minimize the pain.

Pain occurs when something hurts, causing discomfort and telling you something may be wrong. Acute pain is usually pain that is caused by something like a broken bone, dental work, cuts, or burns and usually lasts about 6 months. Chronic pain is ongoing pain that lasts longer than 6 months. This type of pain occurs even after the injury or illness has healed and gone away. Many people suffer from chronic pain even without any past injury or illness. Chronic pain can be linked to conditions such as cancer, arthritis, headache or nerve pain.

Chronic pain causes change in the brain and nervous system. This causes the brain to continue to send out pain signals because the pathway to the brain becomes sensitive, making the pain more intense. Pain signals are active in the nervous system for days, months and even years. This can be very stressful on the body and can cause multiple issues with your health such as tense muscles, limited mobility, lack of energy and a loss of appetite. It can also cause some emotional effects as well making you angry, depressed, and anxious.

Exercising with chronic pain can be difficult but it can reduce the symptoms of chronic pain. Stretching can relieve tension in parts of the body like the neck and back. Walking for 30 minutes a day helps with balance and mobility. Aquatic exercises are great for chronic pain because they are low impact and you are not at a high risk for injury. Resistance training helps strengthen the muscles around the joints which can help minimize the feeling of pain in the body. Yoga and Pilates are good because they work on balance and mindful movements. They also help strengthen your core which helps with your body's center of gravity. Swimming is great if you suffer from fibromyalgia because it's difficult to move with that condition, but swimming is low impact and helps strengthen the entire body without putting stress on yourself.

It is very important to continue to exercise even with chronic pain. It is best to continue to keep up with exercising and stay active. If you would like to know more about pain management or what exercises to do to help improve your movement, feel free to come down to the gym annex for Open Gym: Q & R class every Monday at 12:05 p.m. I can put together a pain management program that best fits your fitness goals. Also, you can participate in the Pain Management class every Tuesday on channel 1-62 at 11:00 a.m. and in person every Wednesday down in the gym annex at 11:35 a.m.

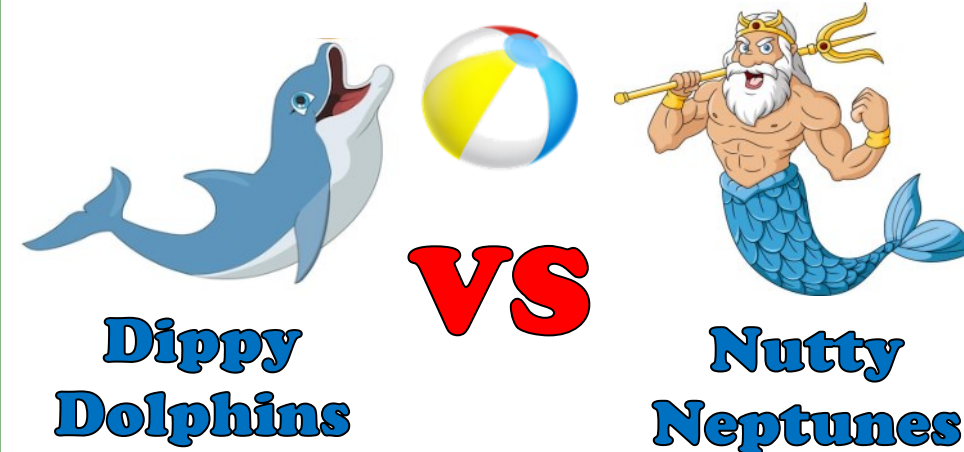
**Yanasa Williams, Health Fitness Specialist**

## Community Unity

Thank you to those who participated in our community unity sessions in August! We appreciate all the feedback we received and are excited about new campus collaborations that have been started! Residents and team members are currently planning a celebration in the Fall to acknowledge the many ways Acacia Creek residents support each other. Also, team members from the entire Union City campus and the Covina campus are working on team member appreciation. Both of these collaborations focus on appreciating what we like in others. Studies show when we do this, it helps us live a more joyful harmonious life.

There are so many different ways residents and team members can build community. It starts with the desire to share our hobbies, skills, and interests with others. This is the foundation of Acacia Creek's vital culture. It's what residents have been doing for 14 years and is probably one of the reasons why most of you choose to live here. If you have ideas to share, please let us know! Together, we support each other's creative ideas and creating new things is what helps us continue to grow and level up in life.

## Acacia Creek's Final Game of the 2024 Pool Olympics



**Thursday  
Sept. 19  
3:00 PM  
Pool**

Meet us at the pool to cheer on your favorite team  
and enjoy a summer drink!



# Mexican Independence Day Celebration

Join us in celebration of Mexico's Independence.

Action stations with Mexican food, horchata drink, and churro dessert!

We will have live mariachi music  
from 5:00 - 6:00 p.m.

Dinner will be served from 4:30 - 6:30 p.m.



**Monday, Sept. 16**  
**4:30 PM**  
**Dining Room**

## Harmonious Living

As September begins, we see the days growing shorter, signaling the approach of the Autumnal Equinox. This is when day and night are equal lengths. This event is interpreted by some as a time of balance and harmony, and it can be a great time to reflect on letting go of things that no longer serve us. This frees us up for inviting new things in or seeing things in a different way. Having the self-awareness to take inventory of what works well for us and mindfully let go of what is not in our best interest helps to bring us inner peace and harmony.

Harmony begins within each of us. Creating practices that bring us a sense of calm like meditating, prayer, gratitude journaling, deep breathing helps us establish a solid foundation for harmony. Self-care is an important piece as well. Providing your body, mind, and soul with exercise, balanced eating, and enjoyable hobbies should be a priority every day. Having patience and flexibility is also necessary to manage challenges and forgive ourselves and others for our shortcomings. Taking small steps like these towards harmony can lead to significant improvements in overall life satisfaction

If creating more harmony is important to you, stay mindful about maintaining a positive outlook in life. Optimism gives us the inner balance needed to approach others with empathy, understanding, and respect. This is how we create harmony with others and maintain positive relationships. Strong relationships are built through clear, open, and honest communication. We also need healthy strategies for resolving disagreements. It all starts with active listening; working to understand what is being said, not just wanting to make your points heard or to be right. Through open communication and acts of kindness, we can foster a sense of belonging and unity within our community. By working towards bridging differences and celebrating our diverse experiences, we create a harmonious community where everyone feels valued and supported, ultimately enriching the lives of all.

Harmonious living is about creating a peaceful environment, maintaining physical and mental well-being, and fostering healthy relationships. When we make peace with the people and the living things around us, we become more in tune with ourselves. We feel appreciated and valued and find that we are surrounded by people we respect and like. May you find the peace and harmony you desire.

### Special Events, Outings & Trips

#### Sunday,

**Sept. 1, 8, 15, 22, & 29 at 2p, - Somatic Movement / GA**

**\*\*Sept. 29 at 11a - The Magic Flute / L**

Acacia Creek is providing transportation to the Opera San Jose for residents who had subscribed for the 24-25 season. Contact Nancy x3719 for information.

#### Monday,

**\*\*Sept. 9 at 10a - Raley's Grocery Shopping / SURB / L**

**Sept. 9 at 1p - Fitness Talk with Yanasa / L**

Join fitness health specialist Yanasa as she discusses chronic pain management.

**\*\*Sept. 16 at 10a - Safeway & Trader Joe's (Fremont) / SURB / L**

**Sept. 16 at 3p "Back in the Day with Eberhard Spiller" / TR**

Eberhard Spiller will tell us about his family's escape from Eastern Europe during WWII. Everhart was 8 years old at the time. Story of courage, tenacity and determination. Please come and listen.

**\*\*Sept. 23 at 10a - Raley's Grocery Shopping / SURB / L**

#### Tuesday,

**\*\*Sept. 10 at 10a - Walking Trip: Marina Park / SURB / L**

**\*\*Sept. 17 at 10a - Walmart / SURB / L**

**Sept. 17 at 2p - Zumba with Pinkie / L**

Join our very own Pinkie as she leads us in Zumba. All fitness levels are welcome to come and enjoy in the dancing fun!

**\*\*Sept. 24 at 11a - Lunch Bunch: Ocean Oyster Bar / SURB / L**

Enjoy a selection of seafood, salad, and more. Raw oysters are 50% off!

#### Wednesday,

**\*\*Sept. 4 at 10a - Safeway Grocery Shopping / SURB / L**

**Sept. 4 at 10a - Paper Bag Donation / L**

Paper bags must be neatly stacked inside one paper bag and brought to the lobby.

**Sept. 11 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

**\*\*Sept. 18 at 9a - Costco: Automall / SURB / L**

**Sept. 18 at 2p - As You Age: Stay Fit, Stay Safe with Larry Aseo, PT of Washington Hospital / DR**

Strength, balance, and endurance become even more important as you age. A certified physical therapist will demonstrate simple exercises while explaining how you can self-test for balance and strength to decrease risk of injury.

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

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

#### Wednesday, (cont.)

**Sept. 25 at 10a - Rethink Your Retirement with Didi Piyahon / TR**

Didi Piyahon, Investment Advisor Representative from Transamerica Financial Advisers, Inc. will discuss how to safeguard your retirement savings from market volatility and ensure a comfortable retirement.

**Sept. 25 at 4p - Pub Trivia with Penny / TR**

#### Thursday,

**Sept. 5 at 10a - Culinary Meeting / BR**

**Sept. 5 at 1p - Acacia Creek Genealogy / MP**

**Sept. 5 at 2p - Elite Case Management Solutions with Maricel Tinio / L**

Maricel Tinio, RCFE Administrator and founder of Elite Case Management Solutions, will speak on the services they provide, such as case management services to individuals or families needing guidance with their care.

**Sept. 5 & 19 at 1:30 - A Netflix Interactive Series: Nailed it! (Is It Cake?) / MH Multipurpose Room**

Join us at the Masonic Homes 2nd Adams Multipurpose Room to watch this engaging series and see if you can guess if it is cake!

**\*\*Sept. 12 at 9a - Valley Ford Cheese & Creamery / SURB / L**

Relax and enjoy a scenic drive to Valley Ford. Shop for your favorite cheese or try a new one.

**Sept. 12 at 4p True or False with Penny / TR**

**\*\*Sept. 26 at 9a - Walk Across the Golden Gate Bridge / SURB / L**

Enjoy a nice walk across the Golden Gate Bridge or ride the bus and enjoy the view. Lunch will be in Sausalito.

#### Friday,

**Sept. 6 at 1p - Resident Council Meeting / BR & Chan. 1-61**

**Sept. 13 at 10a - Resident Forum / DR**

Introduction of candidates for Resident Council. Please come to decide who can best represent you .

**Sept 27 at 1:30p - Oktoberfest / MH Patio**

We invite you to join us in celebration with German music, food, and beer. Don't forget to bring your steins for a stein holding contest! Shuttles will begin at 1:15p.m. outside the Acacia Creek lobby.

**Sept. 27at 4p - TGIF / TR**

#### Saturday,

**Sept. 7 at 7p - Saturday Movie / TR**

The movie "Where the Crawdads Sing" is a coming-of-age story of a young woman intertwined with a murder mystery, set in the marshlands of North Carolina.

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

# Lifestyles Weekly Recurring Programs

# Please Keep for Future Reference

Revised: September 2024

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	9:30a HIIT, Health & Hustle / GA 10:05a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:15a Needle Arts Group / TS 10:35a Balance, Pace, Power / GA 11:05a Exercise For Neuropathy & Sciatica / GA 11:35a Mobility, Flex, & Stretch / GA 12:05p 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 10:25a Chair Aerobics / Chan. 1-62 10:30a Water Aerobics / P 10:30a Acacia Creek Bible Study / BR 11:00a Pain Management / Chan. 1-62 2p Acacia Creek Bible Study with Chaplain Joel / Chan. 1-15 2p Ping Pong / GA	9:30a HIIT, Health & Hustle / GA 10:05a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10:35a Balance, Pace, Power / GA 11:05a Posture & Pose / GA 11:35a Pain Management / GA 1p Rummikub / MP 1p Bridge / GR 2p Dancing with Denise / GA <b>4p Acacia Creek Technology Team / BR</b>	9:30a HIIT, Health & Hustle / GA 10:05a Whole Body Sit & Be Fit / GA 10a Coffee Klatch / GR 10a Water Dancing / P 10a Water Walking / P 10:30a Water Aerobics / P 10:35a Balance, Pace, Power / GA 11:05a Posture & Pose / GA 11:35a Mobility, Flex, & Stretch / GA <b>12:30p Ping Pong with Dante / GA</b> 2p Relax and Create / AS 4p Episcopal Eucharist Service / Masonic Homes Meditation Chapel	9:15a 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 September 2024 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Events:</b>						
1 2p Somatic Movement / GA	2 <b>Labor Day</b>	3 <b>1p Hillside Cinema - Singing in the Rain / MHA</b>	4 10a Safeway Grocery Shopping / SURB / L <b>10a Paper Bag Donation / L</b>	5 10a Culinary Meeting / BR 10a Great Courses - How Railways Transformed the World: America's Transcontinental Railroads / Chan. 1-62 1p Acacia Creek Genealogy / MP 1:30p A Netflix Interactive Series: Nailed it! (Is It Cake?) / MH 2nd Adams Multipurpose Room <b>2p Elite Case Management Solutions with Maricel Tinio / L</b>	6 8a Men's Breakfast Sponsored by the Masons of Acacia Creek / DR 1p Resident Council Meeting / BR & Chan. 1-61	7 4p Classical Music Recital with Ryan Lu / TR 7p Saturday Movie Night: Where the Crawdads Sing / TR
8 2p Somatic Movement / GA	9 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Timbuktu, Islam's Center by the Sahara / Chan. 1-62 <b>1p Fitness Talk with Yanasa - Topic: Chronic Pain Management / L</b>	10 <b>10a Walking Trip: Marina / SURB / L</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	11 <b>4p Chat with Chuck / TR or Chan. 1-62</b> 7p Replay of Chat with Chuck / Chan 1-62	12 <b>9a Valley Ford Cheese &amp; Creamery / SURB / L</b> 10a Great Courses - How Railways Transformed the World: Railways and Colonialism / Chan. 1-62 <b>4p True or False with Penny / TR</b>	13 <b>10a Resident Forum: Meet the Resident Council Candidates Statements / DR</b>	14 4p Classical Music Recital with Ryan Lu / TR
15 2p Somatic Movement / GA	16 10a Safeway & Trader Joe's (Fremont) / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: The Ruins of Pompeii and Herculaneum / Chan. 1-62 3p "Back in the Day with Eberhard Spiller" / TR <b>4:30p Mexican Independence Day Celebration / DR</b>	17 <b>10a Walmart / SURB / L</b> 1p Hillside Cinema - The Boys in the Boat / MHA <b>2p Zumba with Pinkie / L</b> 3p Environmental Services Meeting / BR 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	18 9a Costco: Automall / SURB / L 10:15a Projects for Charity / TS (Apt. 1441) <b>2p As You Age: Stay Fit, Stay Safe With Larry Aseo, PT / DR</b>	19 10a Great Courses - How Railways Transformed the World: Mountain Railways / Chan. 1-62 1:30p A Netflix Interactive Series: Nailed it! (Is It Cake?) / MH 2nd Adams Multipurpose Room <b>3p Acacia Creek's Final Game of the 2024 Pool Olympics - Dippy Dolphins VS Nutty Neptunes / P</b>	20 <b>10a Alameda County Library Book Club / Zoom</b> 3p Movie Committee / AS 3p Play Jenga & Bananagrams / GR	21 4p Classical Music Recital with Ryan Lu / TR
22 2p Somatic Movement / GA	23 10a Raley's Grocery Shopping / SURB / L 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Virunga National Park, Gorilla Sanctuary / Chan. 1-62	24 <b>11a Lunch Bunch: Ocean Oyster Bar / SURB / L</b> 3p Health and Healing Through Exercise with Ziv / Zoom and Chan. 1-62	25 <b>10a Rethink Your Retirement with Didi Piyahon / TR</b> 2:30p Blood Pressure Check with Mina / TR <b>4p Pub Trivia with Penny / TR</b>	26 <b>9a Walk Across the Golden Gate Bridge / SURB / L</b> 10a Great Courses - How Railways Transformed the World: The Invention of Tourism / Chan. 1-62	27 <b>1:30p Oktoberfest / MH Patio</b> 4p TGIF / TR	28 4p Classical Music Recital with Ryan Lu / TR
29 <b>11a The Magic Flute / Nancy x3719 / L</b> 2p Somatic Movement / GA	30 10:45a Great Courses - World Heritage Sites: Exploring the World's Greatest Places: Angkor Wat, the Great Khmer Temple / Chan. 1-62	<p><b>Legend</b></p> <p><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)  <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>				