

Lifestyles of Acacia Creek

August 2017



ACACIA CREEK

(510) 441-3700

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**AC County Fair
August 17th
4:00 PM
Turkey Roost**

The month of August brings hot August nights and county fairs. Thinking about county fairs brings me back to my teen years being at the Knox County Fair in Nebraska. I think back with fondness of the excitement of going to the fair to see my friends livestock entries and agriculture produce exhibits. I have great memories of watching 4-H and FFA livestock competitions. I was the FFA Sweetheart my senior year of high school and got the honors of pinning the winning ribbons on the livestock. Not only was it about the agriculture, but the arts and craft exhibits were always fun to walk through. I was always amazed at the talents that people had in sewing and art. I was also excited to see what ribbon my artwork received!

This month, the 5th floor of AC will be turned into the AC County Fair. The game room will be transformed into the arts and crafts exhibit hall and (with a little imagination) the lobby will be transformed into the “livestock” exhibit. In the “livestock” exhibit there will be horse racing and steer roping.

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SPECIAL EVENTS

Wednesday, August 2 at 10:30 a.m. - Shaolin Wellness (Qigong) Class /
Shaolin Temple USA Executive Director Master Yanran returns to teach Shaolin wellness. / **MHA**

Tuesday, August 8 at 2:00 p.m. - Fitness Talk—Managing Sciatica
Health Fitness Specialist Yanasa Williams will be discussing how to manage sciatica. / **GA**

Tuesday, August 8 at 4:15 p.m. - Meet with Martin
Martin will share recent community news and updates. / **TR**

Wednesday, August 9 at 11:30 a.m. - Block Party BBQ/ Pickleball Court
Residents who live in apts # 1400—1415 - join us for lunch with neighbors on your block!

Wednesday, August 9 at 2:00 p.m. - Monthly Forum
Chuck Major and Martin Herter will discuss the results of the resident survey./ **DR**

Thursday, August 17 at 11:30 a.m. - Hi-12 Lunch at AC / DR

Thursday, August 17 at 4:00 p.m. - County Fair Social Hour
Join us at the Acacia Creek county fair where residents will display arts and crafts projects they have made. / **TR**

Saturday, August 19 at 10:30 a.m. - Jam & Jelly Day
Sponsored by OES to honor residents. All are invited. / **SURB / MHA**

Wednesday, August 23 at 11:30 a.m. - Block Party BBQ
Residents who live in apts # 1416-1435 join us in lunch with neighbors on your block! / **Pickleball Court**

Thursday, August 24 at 6:30 p.m. Summer Concert Series featuring Pleasanton Community Band

Join us for cocktails and entertainment by this wonderful band / **MHA**

Tuesday, August 29 at 11:30 a.m. - Block Party BBQ
Residents who live in apts in the T sections of 3rd and 4th floor and the Villas - join us for lunch with neighbors on your block! / **Pickleball Court**

****Look for special programming hosted by managers on duty,
Saturdays and Sundays throughout the month.**

OUTINGS / TRIPS**Tuesday, August 1 at 8:30 a.m.—Shriners Children Hospital**

Harvey and Karon McAninch will be honored with a plaque for their donation to the hospital. / **Cost: Free / SURB / L**

Wednesday, August 2 at 2:00 p.m.—Bank Run

Transportation is provided to any bank within a five-mile radius. / **SURB / L**

Thursday, August 3 at 11:30 a.m. —Lunch Bunch: Ristorante Di Palermo

A contemporary, Italian Restaurant, offering Italian cuisine as well as Mediterranean grill. / **SURB / L**

Tuesday, August 8 at 10:00 a.m.—Walking Trip—Quarry Lake

The park is located in Fremont. / **SURB / L**

Wednesday, August 9 at 10:00 a.m.—Raley’s and Whole Foods Grocery Shopping. / SURB / L**Thursday, August 10 at 10:15 a.m. - San Lorenzo Valley Museum**

Blasts from the Past - The Explosive Story of the California Powder Works. / **SURB / L**

Tuesday, August 15 at 10:00 a.m.—Costco—Automall / SURB / L**Tuesday, August 16 at 2:00 p.m.—Bank Run**

Transportation is provided to any bank within a five-mile radius. / **SURB / L**

Tuesday, August 22 at 10:00 a.m.—Stoneridge Mall / SURB / L**Wednesday, August 23 at 12:00 p.m.— Something Rotten! Musical**

Set in 1595, this hilarious smash tells the story of Nick and Nigel Bottom, two brothers who are desperate to write a hit play. / **Cost: \$35 / SURB / L**

Thursday, August 24 at 9:45 a.m.—Black Hawk Museum

Take a docent lead tour of the “Spirit of the Old West,” and explore on your own the automotive gallery. / **Cost: \$10.00 / SURB / L**

Tuesday, August 29 at 10:00 a.m.—San Mateo Building Tour

Take a docent lead tour of the San Mateo County History Museum. / **Cost: \$8.00 / SURB / L**

Thursday, August 31 at 10:00 a.m.—Target—Fremont Hub / SURB / L

AC County Fair (cont'd from page 1)

Everyone is welcomed to showcase a piece of their art or craft and Nadine Yother and Nancy Nguyen are collecting entries now. There is still time to enter an item in the exhibit. Contact Nancy at ext. 3719 for more information. This will be my first AC County Fair, I am really looking forward to it.

Carolee Rodrigo, CTRS, RTC
Lifestyle Manager

Friendship Day, August 6, 2017 (cont'd from page 3)

Social

- Greater satisfaction with community
- Feel more supported by family, friends and team members
- Greater participation in social activities
- More opportunities to use skills and abilities
- Greater confidence to deepen social connections

Intellectual

- Higher self-rating of memory compared to peers
- Lower self-rating of memory limiting social activities
- Greater ability to take in and process new information

Spiritual

- Greater levels of meaning and purpose
- Greater satisfaction in live
- More control over one's life
- Lower levels of feeling "down, depressed and hopeless"
- Greater levels of volunteerism



It's wonderful that so many in our community feel connected to their friends. Supporting those who feel lonely is a community effort. Join the leadership team's efforts to support all residents and extend a special invitation of friendship today.

Penny Vittoria, Successful Aging Coach

Friendship Day, August 6, 2017

Did you know that 82 years ago Congress, proclaimed the first Sunday of August as National Friendship Day? When I found this out I immediately wanted to spread the word at AC! Honoring the bonds of friendship is a sweet thing to do. The love and support friendship provides is invaluable. Friendships are also the most reliable sources for social, intellectual and creative stimulations.

National Friendship Day is also a great time to consider how members of our community are feeling. Folks dealing with loss may be experiencing a time of loneliness. Connecting with them is the first act of friendship. Reaching out can be as simple as a phone call or a quick exchange in the hall. These exchanges are an opportunity for reaching out to those who may be isolated or lonely. Connect with someone today and extend a special invitation to an event on campus.

Acacia Creek is a unique community where lasting friendships are made. According to data collected from the latest Masterpiece Living lifestyles reviews, which 143 residents participated in, less than 19% of you reported feeling lonely. The leadership team is reaching out to those in the community who might need support. But you can help too, by reaching out to someone today!

MPL has examined all data collected from their partner communities around the country. They compared residents who feel the least lonely to those who feel the loneliest based on all areas measured. Many of AC's residents have characteristics in common with residents in the study who feel the least lonely.

Here are just a few of those characteristics:

Physical

Better overall health

More energy

Greater participation in aerobic activity

Consumption of more fruits and vegetables

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Managing Sciatica

Many people are familiar with how painful sciatica can be. In fact studies have shown there are 3 million cases of sciatica related pain recorded every year. It usually appears on one side of the body and includes symptoms such as tenderness, leg pain, tingling, numbness, and weakness. The pain begins in the lower back radiating through the buttock and down the back of the leg. Our bodies have two sciatic nerves, one in each leg and they are the longest nerves in our body. Each sciatic nerve originates from multiple nerve roots that exit from the piriformis. The piriformis is a significant muscle located deep inside your hip and is responsible for turning your thigh outward, extending your hip for walking, and abducting the thigh when your hips are flexed. According to a 2005 study in the Journal of Neurosurgery, nearly 70% of sciatica cases are due to problems in the piriformis muscle. The sciatic nerve is in between the piriformis and the tendons that are up against the sacrum and pelvic bone. The piriformis stiffens and causes pressure on the sciatic nerve pushing it against the tendons beneath it. This is called piriformis syndrome.

Exercise stretches such as bridges, the pigeon stretch, and the figure 4 stretch, work the piriformis muscle and help manage sciatica. If you would like a demonstration of these exercises or you would like me to create a special personalized exercise program that will fit your individual needs, please come see me in the gym annex on Mondays and Wednesdays between 1:00 - 1:45 pm.

Yanasa Williams, Exercise Physiologist

Gym ext. 3731