

Fall/Winter 2019

Alameda Senior Magazine



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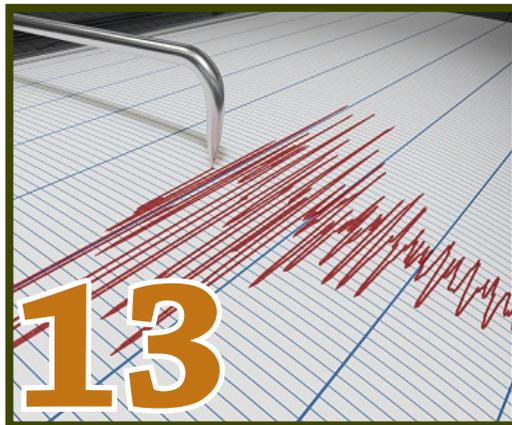
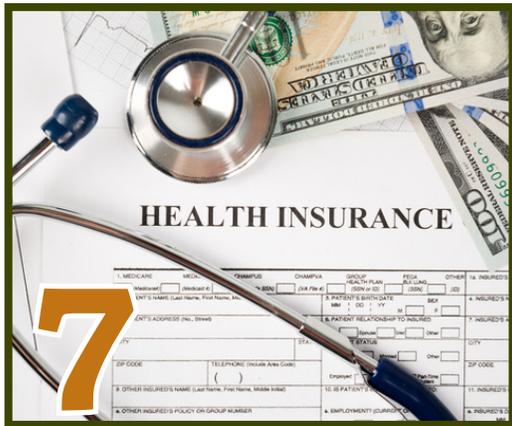


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Senior Magazine

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Letter from the Editors

The holidays are a special time, and often full of traditions. We all have our traditions, some of them are cultural, some religious, and some simply family based. Regardless of if we are cutting down our own Christmas tree, lighting the Menorah, or standing in lines while shopping with friends and family, traditions are customs and beliefs that we believe hold value and pass down from generation to generation. Some traditions are permanently etched in our personal histories and some pop up without warning over the years, and suddenly - there they are!

Traditions last because of the energy we put into making them happen year after year, and, while putting this issue together, I realized that with everything we have going in our lives, we should consider what traditions matter most. We should all spend our time and energy on the ones that bring us joy, and acknowledge that if the tradition is something we truly dread, it might be time to change or let that one go.

Holiday traditions we share should bring us closer to the people we care about most, and bring us joy. If there is something that does not do either of these, it is time to take a look to see why, and try to discover what can be changed. Traditions evolve over time, and, if they are not working then it is best to think of a way to make them better and more fulfilling. Perhaps it isn't the tradition, but the location or the time of day? If changing to a closer destination or a different time of day makes your tradition fulfilling again, make the change.

If it doesn't bring happiness, joy, and enrichment into our lives then we should try something new, and focus on the many other traditions that we truly enjoy.



Upstairs, Downstairs

By Wilson Trang

As human beings, we often seek the easiest and most efficient way of doing things. We find ways and techniques to make the difficult things in life easier; for example, we often choose to take the elevator instead of the stairs.

It takes a lot of work to use the stairs. Using the stairs requires a combination of coordination, strength, balance, and fitness to achieve the desired result. Coordination is required when walking up the stairs so that you do not misstep on the ledges, placing your foot where your eye wants your foot to land. Strength is required to lift the legs and use the arms in support of going upwards. Balance is required so that one does not fall forwards, sideways, or worse, backwards. Fitness is required to drive the knees and the body up each individual stair.

Using the stairs can also be great for weight loss. Walking up one flight of stairs burns about 9 calories. Multiply that by 365, and you are looking at almost 3,300 calories burned per year - akin to working off almost 23 cans of soda!

Before using the stairs, make sure you

have the ability and balance to walk up the full flight of stairs. For those with walking assisted devices like canes and walkers, the elevator is a safer option.

Stair climbing is perhaps one of the most beneficial exercises around; not only does it burn calories faster than other exercises, it builds muscles, strengthens bones, and improves cardio-vascular health at the same time. So the next time you are thinking about the elevators when you can use the stairs, use the stairs! They can be the “steps” you need to be healthier and fitter.



Join Elders Village every month at
Mastick Senior Center for

Elders Village Talks!

Budget Friendly Ways to Stay Active

February 19th @ 1:00 pm

Tips, tricks, and tools for staying active and independent without breaking the bank.

De-cluttering, Downsizing and Spring Cleaning

March 18th @ 1:00 pm

Don't just clean this Spring, learn how to de-clutter and downsize the mess!

Aging in Place: Services at Home

April 15th @ 1:00 pm

Find out what services can help keep you home and healthy, and which ones insurance may cover.

Best Steps to Healthy Feet

May 20th @ 1:00 pm

Your feet have kept you moving for years, now see what you can do to keep them moving.

National Senior Health and Fitness Fair

May 27th @ TBD

This annual event includes classes, access to services, and more for health-minded seniors.

D.I.Y. Home Safety Assessment

June 17th @ 1:00 pm

Home safety experts will provide tips and checklists you can use to keep your home safe for aging.



TECH TOOLS

The VR Revolution

by Kryspin Turczynski, MA

As he settled into his seat, John's fidgeting revealed a hint of anxiety. At age 92, he was about to go on his first hot air balloon ride, despite his fear of heights. "I'm not sure this is a good idea," he said, but soon it was too late, as the balloon started lifting gently off the ground. John's grip on the sofa tightened considerably, but he couldn't stop gawking at the landscape below, a wide grin now adorning his excited face. After a quick tour of the British countryside, John took off his headset and found himself back home in Alameda. This was no fantasy or dream sequence - John had just experienced the magic of virtual reality.



Virtual reality (or "VR") refers to technology which hijacks the senses in order to trick us into thinking that we are interacting with a simulated (virtual) reality. A special computer-powered headset beams images directly into our retinas, and by calibrating the audiovisual input to our head movement, the headset can provide an immersive experience that blurs the boundaries between illusion and reality.

The number and variety of virtual environments is limited only by human imagination. Some environments are real places, shot with special 360° cameras, while others are completely virtual, rendered according to a programmer's software algorithms.

For anyone who has difficulty traveling physically, VR is a great way to explore the world without leaving the comfort of home. The VR revolution has the potential to transform the world by helping us to see through others' eyes, even if only for a few minutes. And you won't even lose your luggage in the process!

COMMUNITY SPOTLIGHT

Christ Episcopal Church's Thanksgiving Dinner

By Jim Franz

The Christ Episcopal Church (CEC) Community Thanksgiving Dinner started in the early 1980's, when Reverend Al Price prepared a Thanksgiving feast for forty servicemen stationed at Alameda's Naval Air Station. Servicemen from across the country, with no place to go for the holiday, became a family seated around tables in the church's Parish Hall. The dinner became a tradition, and the invitation was extended to the whole community in the late 80's.

Forty diners became a hundred, and then two hundred - and by 2008, nearly 1,000 members of our community were being treated to a sumptuous Thanksgiving Dinner. Some come out of need, not able to afford a holiday meal; some come so they don't have to eat alone; and many come for the great food, good company, and the holiday spirit.

As in the past, this year's menu will be turkey (65 total), ham, mashed potatoes, yams, stuffing, peas, homemade gravy, cranberry sauce, and dessert... all of it donated by parishioners and community members. Members of the congregation are joined by scores of volunteers from all over the East Bay who help prepare and serve the meals. The serving line opens at 11:00 am, and nobody is turned away.



While most of the meals are served in the Parish Hall, parishioners from Immanuel Lutheran Church work with Red Cross Youth to help package and deliver meals to Alameda's homebound served by Meals On Wheels and the Alameda Food Bank. Like all of CEC's events, this is a Green event, with compostable plates, silverware, napkins, and a "Green Team" sorting the trash brought to them by the busses.

Christ Church's dedication to the community is not just a one day a year thing. Every Tuesday morning, up to 150 households receive fresh fruits and vegetables, dairy products, breads, and desserts. This weekly Food Pantry is in partnership with the Alameda Food Bank. On Thanksgiving, the Food Pantry Crew is also on hand to provide a food package for diners to take home with them.

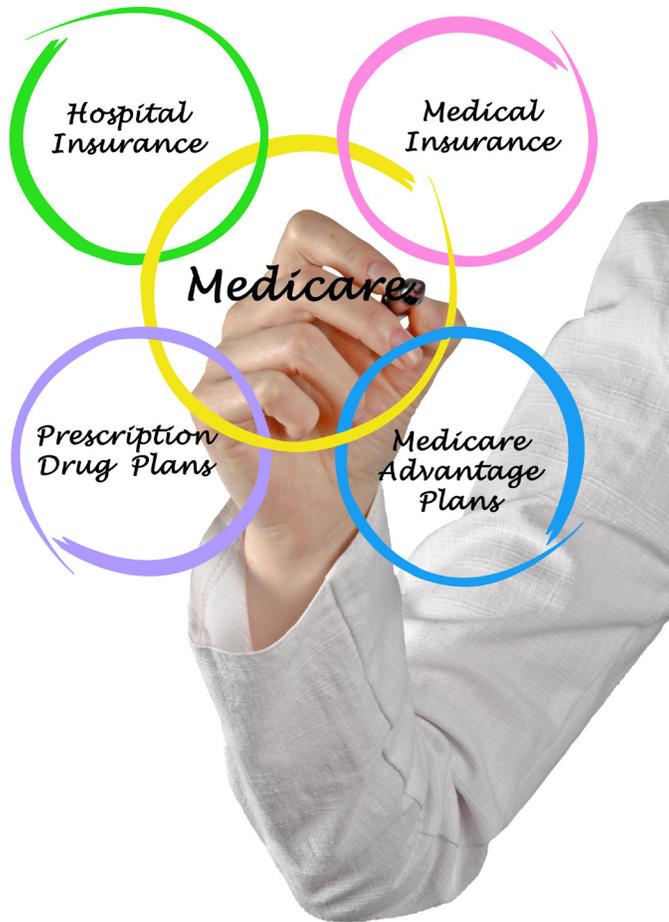
For more information, visit CEC's website at christchurchalameda.org

MEDICARE Open Enrollment

If you are already enrolled in Medicare you should know that every year, from October 15 - December 7, Medicare offers an open enrollment period for changing your insurance plans effective January 1 the following year. It is quite likely that your health insurance needs could have changed during the year, or your current insurance plan(s) may have sent you notice that they were making changes for the following plan year. It is a good idea to look at your insurance booklet (they should mail you a new one every time they make a substantial change to your plan) and see if the coverage level and cost still fit your needs and wallet.

What is open enrollment for?

As your health and financial needs change, you can use the open enrollment period to change to a Medicare plan that will work best for you each year. Different plans have different benefits and this is your chance to make changes. Remember, some plans have better prescription drug coverage, some list your doctor as “in network” (which makes a visit less expensive), and some have lower co-pays or share of cost when you do go in for a visit.



The ability to make changes doesn't help much if you don't understand what it all means, so here is a brief summary of the different parts of Medicare:

Medicare Part A helps cover hospital care:

- Critical care and rehabilitation
- Skilled nursing facilities
- Hospice care
- Some health care services and supplies if medically necessary

Medicare Part B helps with doctor visits and outpatient care:

- Doctors' services
- Other medically necessary health care providers' services
- Outpatient care
- Durable medical equipment

Medicare Part C (also called Medicare Advantage) combines the services of Part A and Part B, and sometimes Part D. This health plan option is provided by approved private insurance companies.

Medicare Part D helps with prescription drug coverage. This health plan option is provided by approved private insurance companies.

Medicare supplement insurance helps you reduce your out of pocket medical expenses

in Medicare Part A and Part B. This health plan option is provided by approved private insurance companies.

What can you change during open enrollment?

If you have Original Medicare (Parts A and B), you can:

- Add or drop Part D
- Change your Part D plan
- Trade them in for Part C

If you have Medicare Advantage (Part C), you can:

- Change to a new Medicare Advantage plan
- Drop it and go back to Original Medicare (Parts A & B)

This open enrollment period is the main way most participants make changes to their Medicare plans, but it is not the only chance you have to make changes. Other times to enroll and/or make changes:

- ❖ You can start enrolling 3 months before turning 65, and 3 months after your birth month.



- ❖ General enrollment falls between January and March of each year, but there may be financial penalties for enrolling late.
- ❖ Special enrollment periods occur after certain life events, like moving to an area where your existing coverage is not accepted.

Make sure you pay attention to any information you receive from Medicare and/or your supplemental insurance, so you can make the most informed decision possible. If you have additional questions you can always check the government's Medicare website at

www.medicare.gov

Join us for the **Aging Boldly in Community**

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See your future with greater clarity and intention, examine issues related to aging, and consider the benefits of living in a supportive community.

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- ★ Communication/group process
- ★ Healthcare and wellness
- ★ Lifestyle and finances
- ★ Identity and spirituality
- ★ Ecology and legacy

Contact us **TODAY** to sign up for the next session!

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info@eldersvillage.com



Get A Grip On Your Independence

By Alysa Stanford,
MS, EP-C, MES, CES

We all know exercising is an important part of aging gracefully - but which exercise is best?

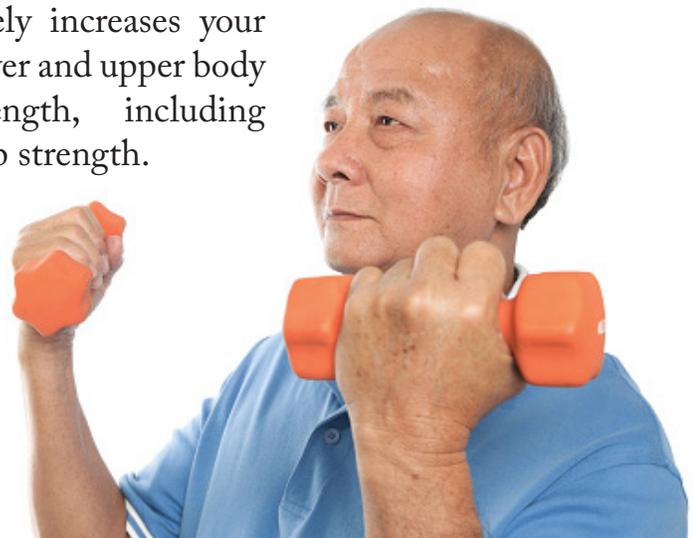
Everywhere you go people are talking about the importance of exercise - the news, magazines, there are even ads at the movie theater! With all this input it's easy to get overwhelmed with choices: Zumba Gold, Aqua Aerobics, Sit & Be Fit, Chair Yoga. What do you choose? Turns out, strength training is the exercise type with the biggest pay off.

Studies suggest that muscle weakness may be a predictor of early death. Your strength level will determine your ability to get through normal daily activities and prevent falls. As your muscles fatigue they become less coordinated. Even if you have perfect balance you are more susceptible to falling after a long walk around your home, your neighborhood, the grocery store, or the doctor's office if you do not have a high degree of muscular fitness (strength).

How do you know if you're strong or falling behind your peers? A physical therapist or personal trainer can safely test your strength with exercises, weights, and devices such as a

dynamometer. (*A dynamometer is a metal handle that is squeezed at maximal effort to measure grip strength.*) In several studies, grip strength was shown to predict mobility limitations yet this test is not typically conducted during your annual exam with your doctor. If you cannot confidently grip light items around the house, many tasks become more difficult, and helping with the Thanksgiving meal could end up with turkey à la kitchen floor.

Strength training for seniors should keep grip strength in mind so that the exercises you perform in class carry over to ADLs outside of class. Be sure to pick a class, trainer, therapist, or company that specializes in seniors and safely increases your lower and upper body strength, including grip strength.



The Power of Positive Emotions

By Kryspin Turczynski, MA

By now, most of us have heard the standard template for good health a million times: eat right, exercise, get enough sleep, and go easy on the vices — yes, that includes wine and chocolate! Thanks to recent advances in neuroscience such as brain imaging, it might be time to add a new member to the pantheon of wellness do's: having a positive outlook.

Researchers have long been aware of the association between a positive mental outlook and better health, including longer life, healthier weight, lower blood pressure, lower risk of heart disease, and more. It has been much more difficult to figure out exactly why positive emotions and physical health are related the way they are, but recent studies using advanced brain imaging techniques provide some clues.

A team of researchers led by Dr. Richard J. Davidson, a neuroscientist at the University of Wisconsin-Madison, used brain imaging to discover that positive emotions activate “reward” pathways located in a part of the

brain called the **ventral striatum**. Prolonged activation of this ventral striatum has been linked to a number of positive health outcomes, including lower levels of stress hormones.

Negative emotions, on the other hand, activate a region of the brain called the **amygdala**, which is associated with the release of stress hormones during times of fear and anxiety (“fight or flight”). This is a perfectly appropriate response in certain situations, but unnecessarily prolonged exposure to such stressors can lead to a whole host of health problems including inflammation, compromised functioning of the immune system, insomnia, and more.

The key seems to be **resilience**, the ability to acknowledge negative emotions and work through them without getting stuck in the past. Do yourself a favor and focus on the positive in your life for the best chance at optimizing your health and wellness.

Attitude is a little thing that makes a big difference.

-Winston Churchill

Downsize Your Home

Up

By Rose Mark,

Co-author of Interior Design for Small Dwellings

In conversations with my peers, the topic of “too much stuff” often comes up. We just don’t know what to do with all our stuff! Downsizing is something we talk about often in this stage of our lives. Some of us are motivated by a need to move out of that too big house, others are getting things in order for when we pass on, and others simply want more space in their homes.

We’ve lived a long time. Years filled with joy, wonder, curiosity, sadness, and adventure. Along the way we’ve collected and stored a lot of memories: a dinner menu from that first date, train ticket stubs from travels, baby’s first tooth, favorite T-shirt, skirt worn when we danced the night away. There they are, packed away in our rooms and closets, sitting unused and unseen for years.

The thought of downsizing - it’s overwhelming, I just can’t imagine how I can do this. I wouldn’t know where to start. How will I know what to keep and what to get rid of? What am I going to do this with all this stuff?

Instead of thinking of this as a formidable task, how about looking at it from a different perspective? Like taking a stroll down memory lane one box at a time?

Instead of viewing it as one task, break it up into smaller increments.

Here’s how to do it:

First, limit yourself to 1-2 shelves or boxes at a time. Give yourself a couple of hours to go through each grouping and take a walk down Memory Lane.

Next, have 3 empty large boxes. Each box labeled with one of these words: **Keep**, **Donate**, and **Discard**.

Designate **Keep** for things that you use every week, month, or year.

The **Donate** box is for things that haven’t been used in over a year; these things can be given to friends and family, sold at consignment shops, or given to charity.

The **Discard** box is for items that are broken or unusable.

Then, as you go through each area, take the time to consider each item - let it bring back your memories and enjoy them. If any items bring back bad memories, let the item go. This is your life now and you don’t have to be weighed down with negative memories from the past. All memories are within you and have shaped your life. At this time of your life, why not make more space for happiness and let past sadness take a back seat?

In the course of going through these boxes you might find something that you had forgotten and now have use for.

e, Resize Your Life



Rose Mark in her chartreuse dress

Rose further explains that this process can have some pleasant side effects. For example:

I found a dress in my favorite color - chartreuse. I hadn't worn it because it had a stain on the hem. I trimmed off the hem and had a new dress, which gave me great pleasure and many compliments.

When I moved into Phoenix Commons, a cohousing community for folks 55 and over, I was pleasantly surprised to be gifted (at a price so low it felt like a gift) a practically new multipurpose Italian dining room table and an incredible leather lounge; an item I had always wanted but could never afford.

There will be things you don't use but remember fondly. See if you can give them to someone who might appreciate them. Inform your friends and family of what you want to give away.

These give-aways benefit you and connect you further to the community around you. Family and friends have the opportunity to learn the story of when and where these items came from and you have the pleasure of seeing your loved objects being used and appreciated by others while you are alive.

It's time to open up more space in our life so we can embark upon new adventures and actualize those creative dreams we've always nurtured but never had enough time for.

Rose's
recently published book
Interior Design for Small Dwellings
is available online and in bookstores



Ready for the Big One?

Emergency Prep First Steps



Stay Informed

For Alameda residents, the best way to receive updated emergency information is through the Alameda County Alert (AC Alert) system. Sign up online at www.acalert.org

Emergency information will also be available on the radio by tuning to station **1280AM**.

Prepare Emergency Kits

Prepare emergency supply kits with enough supplies to last you at least three days. Keep one at home and a portable one in each vehicle.

A kit should include the following essentials:

- ◆Water
- ◆Food
- ◆First Aid Kit
- ◆Battery-Oper. Radio
- ◆Flashlight
- ◆Extra Batteries
- ◆Basic Tools
- ◆Whistle
- ◆Moist Towelettes
- ◆Duct Tape
- ◆Toiletries
- ◆Extra Clothing
- ◆Garbage Bags
- ◆Matches & Flare

Create a Disaster Plan

Know how to respond to different types of disasters, based on your location (shelter in place for earthquakes and nuclear/biological events, possibly evacuate for tsunamis, etc.)

Create a checklist, practice procedures with family, and have a plan for your pets too!

Sign up for CERT Training

CERT training prepares you to be a local leader and resource in disaster situations. Learn how to structure and coordinate emergency actions, both with neighbors and civil authorities.

Alameda CERT is offered four times per year and is free to all residents of Alameda. For more information call: **(510) 337-2129**

For more information, visit California's Emergency Preparedness Office (EPO) at:

www.cdph.ca.gov/Programs/EPO

Thanksgiving Dinner

By Nancy Wong, RD

When we think of Thanksgiving we envision a festive, fun occasion with plenty of food, family, and friends. This holiday has become a tradition of gathering and celebration with a feast around the dinner table. Most of us plan our menu days, possibly weeks, in advance. The menu can be a culinary experience of unconventional specials and surprises, or it can include all the time-honored favorites for everyone to enjoy. The centerpiece of the Thanksgiving meal is a plump, golden, deliciously roasted turkey. Most often it is enjoyed with a side of cranberry sauce, to add sweetness to the tender, savory meat. Some classic favorites of the Thanksgiving meal include green bean casserole and a side of baked candied yams. And, of course, the meal would not be complete without the beloved pumpkin pie for dessert. What we don't

usually think about is the nutritional value of this holiday meal. This traditional meal has many nutritional benefits; however, it is also notorious for its rich ingredients, heavily sweetened desserts, and extra hearty portions. Let's take a closer look.

Roasted turkey is a good source of protein for healthy muscles, which is important for the senior population. It is also a good source of **riboflavin** (vitamin B12), which is essential for energy metabolism and **selenium**, an antioxidant in the body. However, turkey can be high in cholesterol and sodium, two nutrients that seniors should be concerned about. A sensible portion without skin and light on the gravy is the key to getting all the benefits while avoiding excess fat and sodium intake.



Cranberries are a good source of **vitamin C**, which is an antioxidant that helps with collagen formation, and **manganese**, a mineral that helps with metabolism and bone health. Cranberry sauce, whether canned or homemade, is high in sugar, so small portions are the best way to avoid high sugar intake.

The next favorite is the green bean casserole, which can be prepared in many ways with many different ingredients, so nutrients can vary from dish to dish. Green beans are a good source of vitamin C and **folate** (folic acid), which aids in new cell formation and helps to prevent certain types of anemia. **Calcium** can be added to the list when cheese and/or cream soup are used as ingredients in this dish; calcium is a mineral that plays a role in maintaining strong bones and teeth. This dish can quickly become a high fat, high salt dish with ingredients like butter, cheese, and cream soup. But using healthier ingredients such as

low-fat cheese and low salt cream soup and having sensible portions can help to reduce fat and salt intake.

Another favorite is our candied yams dish, which is a good source of vitamin C, manganese, and potassium. **Potassium** is an electrolyte that helps to maintain fluid balance in the body and assists in muscle contractions. Potassium is important for the elderly because it can help to lower blood pressure. As with cranberry sauce, candied yams are very high in sugar, so small portions will help to reduce sugar intake.

Last but not least is our pumpkin pie, a good source of **fiber**, which builds bulk in stool to help with passage. Pumpkins are also a good source of: **vitamin A**, which helps with vision and maintaining the health of skin and tissues inside the body; **vitamin E**, which is an antioxidant that helps protect the body from diseases; and **phosphorus**, which helps to build strong bones and teeth, and assists in energy metabolism. But, once again, it's the sugar in this dish that causes concern, so small portions are the key.

As we can see, sugar, salt and fat are the major problems in most meals, with many foods containing added sugar, excess salt, and rich ingredients such as butter, cream, and eggs in preparation; we end up consuming large amounts that end up being converted to stored fat in our bodies. For people who are diabetic, watching their sugar intake is even more important, and many of these dishes can be made with low sugar.

This Thanksgiving, pay attention to the ingredients and make smart choices that can help you keep this holiday meal healthy for you and your family. And remember to **watch your portion sizes!**

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Flu Season: You Can Survive!

By Ida Keller

According to the Center for Disease Control and Prevention (CDC), the flu “is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death.” Now, that may sound scary, but it doesn’t have to be.

Here are a few tips to prepare and prevent the catching and/or spreading of the flu.

- One of the best ways to prevent the flu is to make sure you get your flu vaccine every year!

- Avoid close contact with those who are sick, and limit your contact with others if you are sick.
- Cover your nose and mouth with a tissue when sneezing or coughing; avoid touching eyes, nose, and mouth with your hands.
- Wash your hands often with warm water and soap, and keep surfaces sanitized.
- Stay hydrated, get plenty of rest, and make sure to be consistent with your vitamins, fruits, and vegetables.

These are just a few tips to help get us through the upcoming cooler seasons. Here’s to our health!

6 Things About Winter Dehydration



1

Wearing too many layers can increase dehydration. Multiple layers add extra weight and warmth, which make you sweat more. It's important to stay bundled up in the cold, but it's also important to remember to drink more water to keep your body hydrated.

2

You lose water by breathing in colder air. Respiratory fluid loss is most common in colder climates. If you can see your breath in the air, that's water vapor you're breathing out, so remember to drink more fluids to replace the evaporated water.

3

Sweat evaporates more quickly in cold air. Sweat evaporates more quickly in the cold, which makes you sweat more. You should consider drinking more water during the winter if you intend on doing anything strenuous that could make you dehydrate.

4

Cold weather makes you less thirsty. Feeling thirst is your body's indication of needing more fluids. Cold alters your body's perception of hydration, and therefore can lead to drinking less when you need those fluids.

5

Your body's blood volume decreases in the cold. Because blood moves to the body's core when it's cold, the brain doesn't register the change in overall blood volume in your extremities. Decreased blood volume is usually an indicator of dehydration.

6

Exercising in the winter can cause just as much dehydration as exercising in the summer. The outside temperature may make it seem like dehydration isn't a problem, but it's still just as important to keep hydrated.

TOOLS FOR MAINTAINING A POSITIVE OUTLOOK



Meditate. Research shows that meditation and other forms of self-reflection can rewire brain circuitry to make you more open to making positive changes in your life.

Don't dwell on the past. Recognize that excessive rumination on the past does you no good. Learn what you can from the past but focus your energies on the present moment.



Spend time with loved ones. Loneliness can be as deadly as a daily pack of cigarettes. Surround yourself with supportive people who care about your emotional wellbeing.

Develop healthy habits. Nutritious food, regular exercise and adequate sleep all contribute to a more positive outlook. Work on one habit at a time for slow but steady progress.



Go outside for perspective. Nature can recalibrate our thought patterns by reminding us that we are all interconnected parts of a grand cosmic mystery, and each one of us has a unique role to play.



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at Harbor Bay

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Book Review



Review by Jerry Thompson, Bookseller

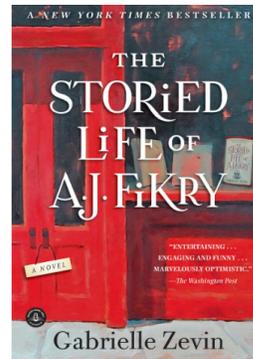
A faded sign hangs above the porch of the Victorian Cottage that is home to Island Books. It bears the adage: “No Man is an island: Every Book is a world.”

At least once a day I meet a customer who asks, “so where are all the bookstores.” I assure them that they are in fact standing at the counter of one of the many bookshops in town and how lucky they are to have found us when they did.

Discovering a new bookstore can be like meeting a new friend or lover. There are moments when you just can't get enough of each other. Intimately exploring each other's impulses, hungry for the embrace of that perfect moment together, between the pages.

If you're looking for a bookshop look no further. Gabrielle Zevin's novel, *The Storied Life of A.J. Fikry*, welcomes you to Island Books, a failing independent bookstore on Alice Island off the coast of Massachusetts. Depressed for the past two years following the death of his wife, Fikry is lonesome, angry and a bit of a literary snob. He doesn't just stock any old book in Island Books; only those titles that satisfy his old-fashioned tastes are allowed.

He is a man set in his ways to say the least. Ms Zevin is no stranger to the wonders of bookshop magic. Exquisite and delightful portraits of this bookshop's inner world is served on every page. Just when you think your life is over, just when you begin to settle, or when all hope is lost... something happens. And it happens to Mr. Fikry



The Storied Life of A.J. Fikry

Written by
Gabrielle Zevin

Published in 2014
by Algonquin Books

when he discovers something (someone) in his shop one night that changes his life forever.

Reading this novel up to this point was like watching the Wizard of Oz just before it turns to color. I literally forgot I was reading a story, living the life inside the story instead.

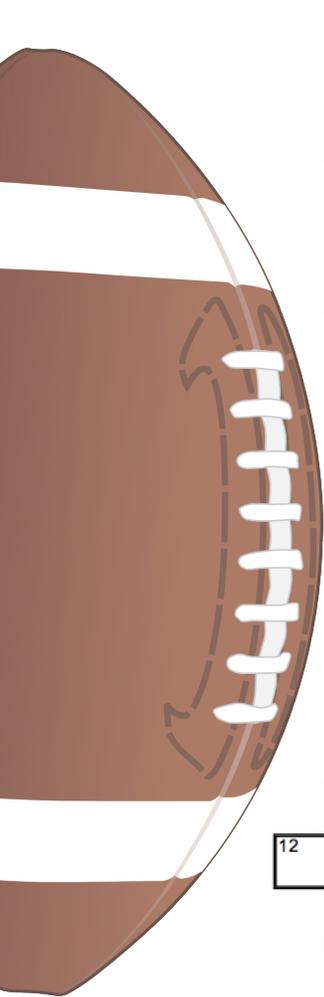
This novel is a bookshop lover's valentine, a dreamer's handbook, and a good winter read for those who refuse to give up on discovering magic on the pages of a great book.

Life is uncertain,
eat dessert first!

Tucker's

ICE CREAM

1349 Park Street
☎ 510-522-4960



Thanksgiving Crossword Puzzle

Answers on page 21



ACROSS

- 1 Which part of the Turkey is a good luck ritual on Thanksgiving Day?
- 5 Location of the Macy's Day Parade
- 6 Percentage of Americans who put stuffing inside the turkey
- 8 Which founding father wanted the Turkey to be the national bird?
- 12 Which state consumes the most turkey?
- 14 The Pilgrims' ship
- 15 Average weight (in lbs) of a Thanksgiving turkey?

DOWN

- 2 Day after Thanksgiving
- 3 New World starch
- 4 Which president objected to Thanksgiving's religious aspects?
- 7 Which soup company created the green bean casserole?
- 9 A large group of turkeys
- 10 The first Thanksgiving lasted three ____.
- 11 What percentage of Americans eat turkey on Thanksgiving Day?
- 13 Which animals were the first ones to be domesticated in America?

Championship Chili

An award-winning recipe
from Cheryl Champ

INGREDIENTS

- 2 teaspoons vegetable oil
- 1 cup diced onion
- 1 cup diced green bell pepper
- 2 garlic cloves, minced
- 10 ounces ground turkey
- 1 tablespoon all-purpose flour
- 2 cups canned crushed or diced tomatoes
- 4 ounces rinsed & drained canned kidney, pinto, or black beans (reserve 1/4 cup liquid)
- 2 tablespoons chili powder
- 1 packet instant chicken broth and seasoning mix
- 1 1/2 ounces shredded cheddar cheese

DIRECTIONS

Heat oil over medium high heat in a 4 quart saucepan. Add onion, pepper, and garlic. Cook, stirring frequently, until onion is translucent, 2 to 3 minutes. Add turkey and cook, stirring frequently until browned, about 5 to 7 minutes. Sprinkle with flour; stir quickly to combine. Stir in remaining ingredients except cheese; reduce heat to low, cover, and simmer, stirring occasionally, until thickened and flavors blend, about 40 to 45 minutes.

Makes 4 servings, about 1 1/4 cups each. To serve, spoon chili into 4 individual bowls, sprinkle each serving with an equal amount of cheese.

(You can substitute 2 cups tomato puree for the canned tomatoes. This recipe can easily be doubled or tripled for larger quantities.)

Answers to Crossword Puzzle

9 Flock
10 Days
11 Ninety one
13 Turkeys

2 Black Friday
3 Corn
4 Thomas Jefferson
7 Campbells

DOWN

12 California
14 Mayflower
15 Fifteen

1 Wishbone
5 New York City
6 Fitty
8 Benjamin Franklin

ACROSS





Senior Service Directory

Brought to you by **AEC Living**
510.748.9700

Emergency Services

Alameda Police (non-emergency) 510-337-8340
Alameda Fire Department
(non-emergency) 510-337-2100
Senior Safety Program 510-337-2133

Food and Nutrition

Alameda Food Bank 510-523-5850
Alameda Meals on Wheels 510-865-6131
Brown Bag Program 510-534-8540

Health

Alameda Hospital 510-522-3700
Health Insurance Counselling and Advocacy
Program (HICAP) 510-839-0393
HICAP Appointments at Mastick 510-747-7506
Kaiser Alameda Medical Offices 510-752-1000
Kaiser Flu Hotline 800-573-5811
Senior Injury Prevention Program 510-577-3535
VITAS Hospice 844-340-0320

General Information

AARP 888-687-2277
Adult Protective Services 510-577-3500
Alameda County Agency on Aging 510-577-1900
Alameda In-Home Support Services 510-577-1800
Alameda Friendly Visitors 510-748-0342
Alzheimer's Association 800-272-3900
Bay Area Community Services 510-613-0330
BACS Care Management 510-272-4797
Elders Village 510-254-3090
Family Caregiver Alliance 800-445-8106
Information and Referral Assistance 211
Lavender Seniors of the East Bay 510-736-5428

Lawyers in the Library (Alameda - first Wednesday
of each month) 510-747-7713
Mastick Senior Center 510-747-7500
Lead Poisoning Prevention Program 510-747-6897
Senior Center Without Walls 510-444-5974
Social Security Administration 800-772-1213
Veterans Services 510-577-3546
US Postmaster 800-275-8777

Local Utilities

Alameda County Industries 510-483-1400
Alameda Municipal Power 510-748-3900
AT&T 800-310-2355
Comcast 800-945-2288
East Bay MUD 866-403-2683
PG&E (Emergency Assistance) 800-743-5000

Monitoring

Lifeline 510-869-8992

Transportation

AC Transit 510-891-4700
City of Alameda Paratransit 510-747-7506
East Bay Paratransit 510-287-5000
Transportation Information 511

Support Groups for Caregivers

Alzheimer's Association 800-272-3900
American Cancer Society 800-227-2345
American Diabetes Society 800-342-2383
American Heart Association 800-242-8721
American Lung Association 800-548-8252
Parkinson's Disease Info. & Referral 866-250-2414



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