

THE BOOSTER NEWS

NEWS FOR AND ABOUT ALBANY SENIORS

Albany Senior Center

846 Masonic Ave

Albany CA 94706

524-9122

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Gong Hai Fat Chey!

The President's Message: Love Languages

February is Valentine's month. We see red and pink hearts reminding us to show love. But how do we actually express love to one another? Dr. Gary Chapman studied love languages and he came up with five languages.

The first one is showing love through giving – “I bought this especially for you”. The second love language is acts of service – “I did that just for you”. The third “I hug you because I to show love is by together – “I like being least is words of affirmation, I could not have Dr. Chapman language is important in



method is physical touch— love you”. The fourth way spending quality time to-with you”. And last but not mation – “You are so won-done it without you”. said that choosing the right order to be understood.

FOAS has received a lot of love via the different love languages. We have received generous gifts, monetary and otherwise. We have also received words of affirmation-notes that people sent that were positive and constructive.

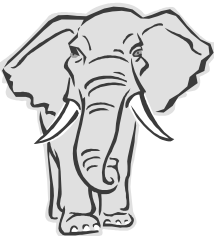
People also showed love and support by baking cookies, volunteering and participating in the fundraising events. FOAS received love not only in February but all through the year.

On behalf of the FOAS Board, I'd like to thank you for loving and supporting FOAS via your giving and volunteering. No matter how small, it is still a love language.

Happy Valentine's Day!

Julia Lee, President, FOAS

Can there be White Elephants in the Year of the Tiger? You bet. They are coming to the Senior Center April 17, 2010.



With more storage space available in the house next door, the Senior Center is open to collect items for the Spring's White Elephant Sale organized by FOAS. This year's WES occurs on April 17th. You are welcome to start donating items for this 'biggest fundraiser' event at the Senior Center. Note— items we will NOT take are: large furniture, electronics and clothing. Any questions, please call the Center at 524-9122.





Laughter Yoga – A New Class of Its Own

By Zion Lee

More than a few people have been curious about a new class called “Laughter Yoga” being offered at the Senior Center this winter. They know about Yoga; they know about the Gentle Yoga class, and they’ve heard of laughing Buddha – but laughing Yoga? Is this a joke? What kind of a class is this? What’s involved? What benefits do you get from attending this class. The bulletin board says “..laughing lowers your blood pressure, improves your mood, strengthens your immune system and enhances your well-being.”

I’ve heard of laughing clubs in India, where people meet daily in a gymnasium, and do nothing but laugh for 30 minutes out loud, and then go their separate ways. They go away happy, finding themselves in a good mood for the rest of the day. How do they get the laughter for such a long duration. So I asked the course instructor



Part of the Class that laughs, from left, James Rinaldi, Kathy Churchill, Instructor Susan Louie, Sally Sanger & Robin Fraatz.

She explains: “We often use storytelling, giggling, or chuckling. bring cartoons, books, or articles. Actually, you don’t need a when somebody starts laughing, it everyone joins in. Laughter is

Does it really work as advertised? How do they get the laughter for such a long duration. So I asked the course instructor

telling to start the class smiling. Sometimes, we tell jokes, or about the benefits of laughter to laugh. In class, has a “domino effect”, and contagious.”

I was working the front desk one morning while Laughter Yoga was in session. There were 6 or 7 participants in the small classroom. Soon after the door was closed, waves of laughter filtered through the door. It began with a few isolated, muffled laughs, but they soon built up to a crescendo. I could not hear the conversation which was the reason for these outbursts, but the laughs seemed genuine and spontaneous. There were visitors at the front desk. They inquired about the origin of such “unrestrained behavior”. I explained this was a class, and the subject was laughing. “ Really!”, “Sure sounds like they’re having fun!” were the comments.

I must admit that, working at the front desk, I have not yet caught the laughing “bug”. When I hear the laughter, I try to hold myself to modest smiling, especially when someone is around. (After all, I am supposed to be working.) But, if one day I break into uncontrollable laughter, for no obvious reasons, you’ll understand why.

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THE BOOSTER NEWS

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February Birthdays



Nancy	Bissell	Susan	Matteson
Consuelo	Botello	Marnelle	Montecino
Dora Dean	Bradley	Sandra	Morales
Elaine	Chan	Filomeno	Ordonez
Donna	Cummings	James	Oto
Kasin	Edith	Phillis	Partridge
Olga	Frame	Phyllis	Posey
Linda	Giddings	Gudrun	Reinath
Jack	Gilbert	Hattie-Mobley	Relerford
Albert	Hackett	Robin	Riesberg
Christine	Henri	Judith	Rogers
Nancy	Hillyard	Walter	Rowson
Josephine	Jarvis	Barbara	Schmall
Adelle	Lemon	Kea	Scofield
Art	Leon	Yaode	Shen
Ruth	Levitan	Anya	Silverman
Trinidad	Mamaril	Katherine	Williams



Great things await the February Birthday Dinner Party scheduled for February 11, at 4:00 pm. The day's event features a "triple-crown" celebration for February birthdays, Chinese New Year of the Tiger and Valentine's Day. Colorful lions, tigers and the dragon from the Albany Chinese after-school program will be on hand to perform dances and songs. There will be games & prizes. Don't miss this festive event! The performance starts at 4:20pm. Everyone is welcome.

Note: The FOAS cash Bingo has been postponed, awaiting a license from the City.

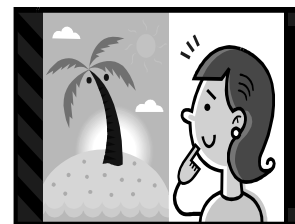


Words of Dreams - A poem by Kathleen Murphy

The joy of words in the moment,
to appreciate my pictures I have done
A love to begin a wondrous thought,
as to speak of each possible one.

As progress of art is a gesture, right before my eyes.
Its prolific look that brings to captivate what lies.
Much happiness of life each day,
of that in words to nurture its reply.
To look forward into a dream to hold,
beyond its imaginative soul of I.

Words to tell, in so many ways,
of sadness and smiles, of gathering praise.
To find a vivid scene, that comes alive from in your heart.
As the precious world of wonder, ignites from when you start.
Perhaps a masterpiece looms inside,
Many ways to construct its glorious pride.



The 2010 Pancake Breakfast started early for FOAS volunteers on a chilly February morning. At 8 am, Pat Tousant, Rose Meneses, Kathleen Murphy and Zion Lee began setting the tables and prepared coffee in the dining room. Soon after that, Albany Firefighters filed in along with their donated pancake mixes and equipment. Perhaps sensing the aroma of the pancake and sausages, customer were already gathering at the door before the opening hour of 9 am. We are thankful to have many other volunteers like Julia Lee and Wilma Wong (working as hostesses), Maya Mizuhara and Anne Richardson (as cashiers), Tamara Trujillo, Jerry Chin, and Margie Tozer (as servers), Elaine Chen, Margie Carr, Barbara Van Pelt and Maya Mizyhora (as clean up crew). Margie, Barbara and Julia also served on the Raffle committee. Among the firemen who helped with the cooking were: Jay Jorgenson, Otis Dennehy, Brett Schlueter, Ulysses Cotroneo, James Sanders and Mike Cesmat. The event drew an attendance of 110, which was considerably more than last year's 79. So, our volunteers were very busy, and their hard work was genuinely reflected in the satisfaction and appreciative smiles of our customers. Finally, we should also thank our customers who came out for this event, and purchased raffle tickets. The day's gross was slightly over \$1000. Congratulations are due the 2 winners on this day's drawing: Kathleen Murphy who won the Pancake basket, and Vilma Burnham who won 2 tickets to the show "Fiddler on the Roof". Incidentally, we still have two additional valuable gift baskets to be raffled off during the Valentine/Chinese New Year party on February 11, so be sure to visit the front desk and get your tickets for a chance to win these prizes.

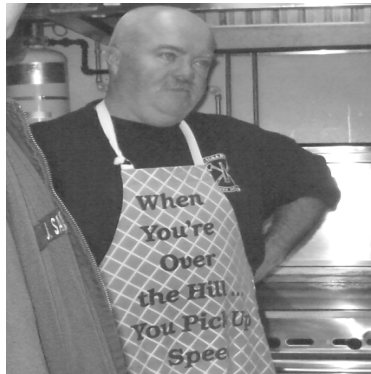
By Zion Lee



Rose Meneses (left) and Pat Tousant set the stage for day's activity.



Albany Firefighters are veterans of the annual FOAS event.



Inspiration of the day: "When you're over the hill, you pick up speed."



Customers line up at the door.



Volunteers during a break. Back row: Jerry Chin, Pat Tousant, Kathleen Murphy, Tamara Trujillo. Front left, Julia Lee, and Fran Roberts.



Our volunteer cashiers: Left, Ann Richardson and Maya Mizuhara.



The pancake breakfast is a family affair.



It's a reunion of old friends and acquaintances.



It's also an occasion where you can chat with the Mayor of Albany.

Walkie-Talkie — Walk, Talk and Be Healthy

By Pat Tousant



Studying history at Rose Hill Cemetery

“the wheels on the bus go round and round’ ...” Actually the wheels on the bus got a little rest this month as we were rained out of two of our hiking trips. However, we did get to the Black Diamond Mines in Antioch the first Tuesday in January. We split up into two groups after arriving there—one group went on a docent-led tour of the Mines, while the other group (those who had already toured the Mines on a previous trip) hiked up to the old cemetery and looked around and then continued up to the ridge before coming back down to meet the Mine group for lunch. Both groups had interesting things to share and before we knew it

we were on the bus coming back to the Center.----Just this last Tuesday, Inspiration Point in Tilden Park was to be our destination but the weather Gods took charge and the rains came just as we were assembling at the Center. Zion’s decision to go to the Nature Center (indoor) in Tilden for a visit, hope that the rain would cease and then hike somewhere in that area, was a good one. We were able to do a wonderfully refreshing, although muddy, hike around Jewel Lake. We observed ducks, rushing streams, an overflowing lake, dams, and spillways in action. It looked a lot different than our summer trip because of all the rain. We were all so glad to be out hiking again. ---Our trips are very popular so if you would like to join us please sign up the first couple days of the month for the next month’s trips. Our trips for February are full but you may put your name on the wait-list. The March schedule is out on the first day of February (see page 7), so check them out and sign up at the front desk.



On misty mountain ridge, from left, Mary, Julia, Josephine & Barbara.

Community Meeting with UC Berkeley & University Village, Albany staff

Wednesday, February 3 4:20-5pm

Learn more about UC Berkeley’s proposal to build a new grocery store and senior housing complex on San Pablo Avenue adjacent to University Village, Albany.

This meeting will include a presentation and Q&A on the project and other news from University Village. Multipurpose Room.



“Be Sweet to Your Heart”

Tips for Heart Healthy Eating

Tuesday, February 23 3:30-4pm



This Valentine’s month, celebrate your heart and discover what you can do to keep it in good shape and reduce your risk of heart disease. Nutrition presentation includes cooking demo and food sampling in Multipurpose Room.

Presenter: Natalie Krelle-Zepponi, RD, Nutritionist with City of Berkeley’s Aging Services Division

**In Memoriam —
Irene Krones 1931-2010**

Irene Krones passed away on January 11, 2010 surrounded by her loving husband, children and grandchildren. A memorial was held at St. John’s Presbyterian Church on January 23, 2010. It was a well attended service with many of her family telling stories about how she was loved and how much they missed her. After the memorial service, refreshments were served and people talked to Bob Krones her husband and the family. The Friends of Albany Seniors were represented by Zion Lee, Julia Lee and Josie Lemon, her former bridge teacher. This is what the family wrote in her obituary: “She passed on in the same manner that she lived -- in dignity and grace, and definitely on her own terms.”

Who was Irene? She was one of us, a volunteer at ASC and was one of the Board Members of Friends of Albany Seniors. She held positions such as President, secretary and treasurer in 2007. Until recent years her active participation in such FOAS functions as the Pancake Breakfast, July 4th Polish Dog Sale, and the White Elephant Sale was a given.

She was elegant and friendly, and an avid bridge player. She was a quiet person, but carried a smile that was disarming. Her surviving husband Bob Krones also served as a former FOAS Booster News editor and photographer for many years.

We will miss her presence at Albany Senior Center but her spirit of volunteerism lives on. They are the examples that we must follow.

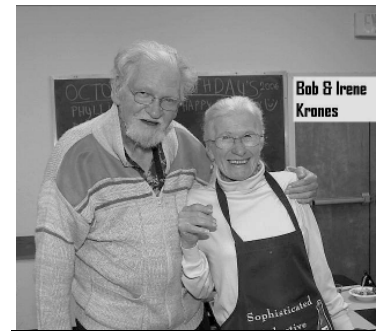
By Julia Lee



Irene as cashier
at a WES



Irene and Bob on an Australia
Cruise



Irene and Bob at 2007
FOAS Pasta Dinner

Helen “Mildred” Bradfield 1922—2010



Mildred Bradfield passed away on January 19, 2010 in the Bothin Burn Center at St. Francis Memorial Hospital, San Francisco. She was 87.

Mildred had participated in numerous activities at the Senior Center for many years, and often at dinner served at the center, with friend Bud Taylor. She was a generous and caring person who traveled widely, including trips to Communist USSR and apartheid South Africa. She was also a fun-loving person,

bringing to the Center laughing dolls and other interesting items. Her last appearance at the center, under disguise, was at a Halloween costume party in 2009. We will miss her smiles.






Mildred (left) with Bud
Taylor, Halloween 2009.






WALK TALK AND THE BOOSTER NEWS

February

Walking Trips Schedule

Date and Time	Location & Description	Difficulty (1-5) & Accessibility	Notes
Tuesday Feb 9 8:45am-1:00pm (re-scheduled trip)	Berkeley Marina Nature Center & Cesar Chavez Park, Berkeley. Learn about the natural history and ecological impact of this area park in a 2-3 mile walk, guided by a park ranger. Great panoramic view of the East Bay, North Bay and S.F. in a tranquil setting.	1 	Easy walk on paved road or dirt path. Some moderate slopes. Windy. Wear warm clothing. Bring water & bag lunch
Tuesday Feb 16 8:30am-2:00pm	Martin Luther King Jr. Regional Shoreline, San Leandro. Easy 2 mile walk on paved trails along shoreline and marshland. Great sites for watching pelicans, hawks, ducks, swifts, swallows, egrets, and tiny shorebirds in the marsh, bay, and sky.	1 	Paved sidewalk-style trails and one shore boardwalk segment. Bring water, and bag lunch.
Tuesday Feb 23 9:30am-3:00pm	Twin Peaks, San Francisco. Navigate the two hills of Twin Peaks in an uphill hike to one of San Francisco's best-loved viewpoints. Spectacular views and interesting street sights along the way. Visit a Farmers Market before returning to Albany.	4 	A 4 mile hike (round-trip) from the Castro on paved roads and stairways to The Peaks. Windy. Bring water & bag lunch/or buy lunch at nearby restaurant.

March

Tuesday March 9 8:30am-2:00pm	Coyote Hills, Fremont—Ohlone Archeological Site. A Naturalist-guided tour of a village site the Tuibun Ohlone used 2000+ years ago. Artifacts & re-created structures on excavated site show the early Ohlone way of life.	2 	1 1/2 mi walk on dirt trails and board walk. Bring water, snacks, and a picnic lunch.
Tuesday March 16 8:30am-2:00pm	Black Diamond Mine, Antioch –Rose Hill Cemetery. A docent-led hike to Rose Hill Cemetery to learn about the life & death of a nineteenth-century coal mining community.	2 	2 1/2 hour program. About 1/2 mi. uphill hike to cemetery. Dirt trail can be muddy. Bring water, snacks, and a picnic lunch.
Tuesday March 30 8:30am-2:00pm	Sonoma Valley— 2.5 mi. walk on winery route and along historic buildings, with a final stop at the Plaza where you can lunch, shop, and sample wine and cheese.	2 	1 1/2 hour walk on paved roads and trails. Bring water, snacks, and a picnic lunch or buy lunch at the Plaza.



Upcoming Events



**Monday, February 1st
11:30am-1:00pm**

FOAS (Friends of Albany Seniors) Board Meeting: All are welcome. Help us continue to financially support and serve our Senior Center.

**Monday, February 1st
1-4pm**

HICAP
Health insurance counseling appointments are available with Anne Bednarccyk, a volunteer counselor with HICAP. For an appointment, please call 839-0393.

**Wednesday, February 3rd
4:20-5:00pm**

Presentation on UC Berkeley proposal to build a new grocery store and senior housing complex on San Pablo Avenue adjacent to University Village. Multi-purpose Room.

**1st and 3rd Friday's
9:30-10:30am**

Mercy Brown Bag Program. **Fee: \$10 yearly donation**
Distributes nutritional grocery bags of food to seniors on fixed income Twice a month.

**Tuesday, February 2nd
Friday, February 19th
2-4pm**

Chair Massage provided by Michael Grunwald
10 minute chair massage appointments are available for the low cost of \$8. Call the Senior Center to make an appointment.

**Tuesday, February 9th
1-3pm**

Over 60 Health and Foot Clinic
A nurse provides foot care, blood pressure checks, medication review, and more. Drop in only. No appointment necessary.

**Thursday, February 11th
4-5pm**

Birthday Dinner
Entertainment: Dragon & Lion dance & performance by Chinese students, plus Valentine's Day games & prizes.

**Tuesday, February 23rd
3:30-4pm**

Be Sweet to Your Heart Presentation
Tips for Heart Healthy Eating

**Thursday's February 11th
2-4pm February 25th**

FREE Notary Service
Bring your picture I.D.
Call the Senior Center for an appointment.

**Thursday's
2-3pm**

Gardening for Pleasure
Tony Wolcott, Master Arborist for the City of Albany, will share tips and useful information to make your gardening experience pleasurable and successful.

**Thursday's
9am-12pm**

AARP Tax Assistance
AARP trained volunteers will provide free tax preparation assistance.
Call the Senior Center at 524-9122 to make an appointment.

**Wednesday's
12:30-1:30pm**

Jewelry Making & Repair
Learn how to make jewelry or bring broken jewelry for repair. Donation to Senior Center accepted for services.

Monday, February 15 Closed for Presidents Day.