

Allen Temple Gardens

VOLUME 1, ISSUE 5

MAY 2008

Words from the Administrator

Dear Residents,

The month of May has been designated as Older American's Month. To celebrate this occasion Allen Temple Gardens will host its 1st Senior Health & Resource Fair. Vendors from all over the Bay Area with resources that are designed just for you. Some of the vendors that will be attending are the

following:

- Bay Area Vita Link
- Alliance Complete Care
- Legal Assistance for Seniors
- Over 60 Health Center
- Vitas Innovative Hos-

pice Care

- East Bay Para Transit
- Many Many More

This event was planned especially for the Residents at Allen Temple Gardens. We sincerely hope that you will take advantage of this opportunity. Please bring your friends!

Kendra Roberts
Administrator



INSIDE THIS ISSUE:

Resident Reminders	2
Cinco De Mayo	2
May Birthdays	2
Resident Council	3
Older Americans Month	3

American Stroke Month

May is American Stroke Month. The [American Stroke Association](#), a division of the American Heart Association, wants you to take this time to learn your stroke risk factors and recognize the warning signs of stroke. Know the [warning signs](#) of stroke. With stroke, time lost is brain lost. If you or someone you love experience any of the following signs, call 9-1-1 immedi-

ately.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
- Sudden confusion, trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination; or Sudden, severe headache

with no known cause.



RESIDENT REMINDERS

Cart for Resident Use

Residents now have access to a pull cart to handle groceries and other items that you may need to bring from the first floor to your unit. The cart will be stored in the Community Room. Please be reminded that shopping carts from grocery stores are no longer

allowed on site.

Office Closed

The office will be closed on **Monday, May 26th** in observance of Memorial Day.

Pest Control

Pest Control will be out on Friday May 9th and the following units will

be sprayed: 306, 307, 308, 309, 310

In Case of an Emergency

If there is an emergency over the weekend or in the evenings please call the office at 510-383-9190. The office now has an answering service that will receive emergency calls.



"Motivation is everything. You can do the work of two people, but you can't be two people. Instead, you have to inspire the next guy down the line and get him to inspire his people."

Leo Rosten

CINCO DE MAYO-MAY 5th

The holiday of Cinco De Mayo, *The 5th Of May*, commemorates the victory of the Mexican militia over the French army at The Battle Of Puebla in 1862. It is primarily a regional holiday celebrated in the Mexican state [capital city of Puebla](#) and throughout the state of Puebla, with some limited

recognition in other parts of Mexico, and especially in U.S. cities with a significant Mexican population. It is not, as many people think, [Mexico's Independence Day](#), which is actually September 16.

The battle at Puebla in 1862 happened at a violent and chaotic time in

Mexico's history. Mexico had finally gained [independence](#) from Spain in 1821 after a difficult and bloody struggle, and a number of internal political takeovers and wars, including the Mexican-American War (1846-1848) and the Mexican Civil War of 1858, had ruined the national economy.

MAY BIRTHDAYS

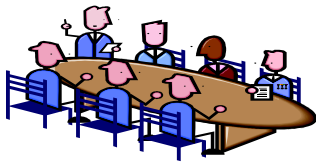
Tell your neighbors Happy Birthday when you see them!

Luella Carter 5/26

Join us for the Allen Temple Gardens quarterly birthday party where we will celebrate April, May, and June birthdays on **June 6, 2008 at 2:00 pm!**



From the Resident Council President



Thank you to all the residents that participated in the Luncheon and Fashion Show. It was successful. All of the funds have not been turned in yet. It was a lot of hard work, but it paid off. We are having a Health Fair on May 7, 2008. This will be an opportunity for

Come out and help us plan events for our community! residents and their friends to meet individuals from different service agencies

that provide resources for seniors. Be sure to invite your friends and family to this event. This is our first Health Fair, please come out and support.

Keep our residents, Mr. Crear, Ms. Brashear, Ms. Ellis and Ms. Lee Kile in your prayers.

Our next Resident Council meeting is scheduled for May 21, 2008 at 2:00 pm. We want to make some plans for the summer. Hope to see you there!

Sincerely,
Virginia

“Motivation is what gets you started. Habit is what keeps you going.”

Jim Ryun

OLDER AMERICAN’S MONTH 2008

“Working Together for Strong, Healthy, Communities”



WORKING TOGETHER FOR
STRONG, HEALTHY
AND SUPPORTIVE COMMUNITIES
Older Americans Month 2008

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and trans-

ferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation’s history. An expanding older adult population also spotlights our responsibility to ensure the well-being of our older citizens. As a Nation, we are working diligently to address older adults’ unique health and long-term care challenges.

May is Older Americans Month, a great time to bring attention to the issues that affect older adults. This year’s theme is “Working Together for Strong, Healthy, and Supportive Communities,” which speaks to the opportunities we have to create better care and reinforce healthier societies for all

ages. Working together, our communities can improve older adults’ overall quality of life by helping them:

- Make behavioral changes in their lifestyles that can reduce risk of disease, disability, and injury.
- Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities.
- Have more options to avoid placement in nursing homes and remain at home as long as possible.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area, promote community, state and national efforts to serve older adults, and find ways to enrich the lives of the older adults who touch your life.



Allen Temple Gardens

10121 International Blvd.
Oakland, CA 94603
Your Address Line 4
Phone: 510-383-9190
Fax: 510-383-9195
E-mail: atg-administrator@abhow.com

Allen Temple Gardens Team

Ancel Romero, Sr. V.P. Affordable Housing

Susan Tolentino, Regional Supervisor

Kendra Roberts, Administrator

Yvette Ochoa, Occupancy Clerk

Orlando Cedillos, Maintenance

Save the Dates!!!

May Events

Every Tuesday—BINGO @ 4:00 pm

Every Thursday —Bible Study @ 1:00 pm

Every Friday—Movie Night @ 6:00 pm

Upcoming Events

Senior Health & Resource Fair—May 7th

Quarterly Birthday Party—June 6th



Editorial Policy

Allen Temple Gardens does not discriminate on the basis of handicapped status in the admission or access to, or treatment or employment in, its federally assisted programs and activities. The person named below has been designated to coordinate compliance with the non-discrimination requirements contained in the Department of Housing and Urban Development's regulations implementing Section 504 (24 CFR Part * dated June 2, 1988).

Travis Hanna, 6120 Stoneridge Mall Road,
Third Floor
Pleasanton, California 94588
(925) 924-7116
TDD: (800)545-1833 x478

