

Age Song

Celebrating Life at Any Age

FEATURED COUPLE GEORGE AND LILY

George and Lily celebrated their 67th anniversary on February 22. They were married in a camp during the Japanese-American internment. Like other couples, they chose to marry at a young age, because they did not want to be separated.

All they could bring with them was a suitcase. Lily said, “We were young and had nothing to lose. On the other hand, our parents, including my father, who had served in the U.S. army in World War I, and many others, who had been students in college or working, lost everything.”

At age 19, after receiving less than \$25 to leave the internment camp, George was drafted into the army. After the war, he relocated to St Louis to be near his brother. Lily, who lost her mother, relocated her family to Salt Lake City, where her brother’s wife’s family lived. Eventually she joined her husband in St Louis, where he started a vegetable stand in the suburbs. A year later they returned to Lodi, where George’s family lived. He studied



On behalf of UC Berkeley’s MSW Gerontology Students - Class of 2013, I’d like to thank you for your graciousness in hosting our tour of AgeSong Bayside Park. We are truly grateful for the time you took out of your busy day to talk about the mission, vision and real life solutions your community offers. This was a great learning experience, and one which adds great value through experiential learning. Thank you!

Christabel Cheung, MSW Field Consultant/Lecturer
School of Social Welfare, University of California, Berkeley

photography on the GI bill and became a portrait photographer. Later he became head photographer at Lawrence Radiation Laboratory,

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where he took photos of the Nobel Laureates and of Ernest Orlando Lawrence, himself, the laboratory founder. George said, "What I liked best about the job was the people."

The young couple brought up three children - two sons, and one daughter. They were involved in their children's scouts and youth baseball. Lily said, "Since Japanese-American children tended to be shorter than other children, they rarely qualified to participate in competitive sports. Our son became a point guard because he was alert and a good observer [like his photographer father]. He eventually was chosen to be on the high school team. He is now a school counselor."

The couple's adult daughter is currently a full professor at UCLA, active in The Asian American Network for Cancer Awareness, Research and Training. Their third adult child is in sales for a technology company. All three adult children are married. "We have four grandchildren and a great grandchild," Lily said proudly.

George and Lily have an enduring relationship - they moved together through the Japanese internment and have maintained love and compassion for each other and their extended family for 67 years. At 87 and 88, that's a lot of love. ❀

**WHERE WE'VE BEEN,
WHAT WE'VE DONE**



On February 8, AgeSong at Bayside residents enjoyed a presentation about the Rosie the Riveter/World War II National Historical Park. The National Historical Park was established in Richmond, CA to tell the story of America's home front during WWII and its impact on American life today. When asked what they did during WWII, residents replied:

I raised our children. My husband worked in the Naval Ship Yard. Ida

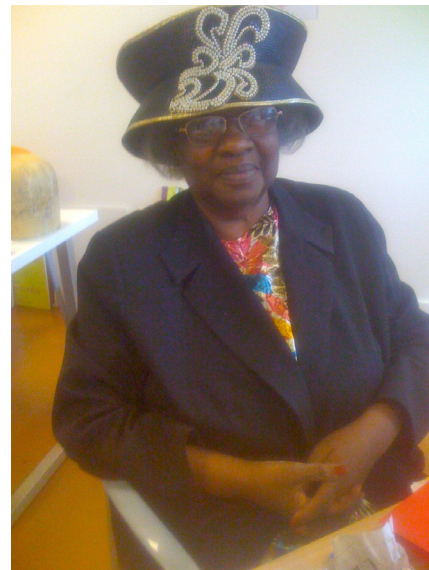
After being held in a Japanese internment camp, my husband was drafted into the army. Lily

I worked in mapping for the U.S. Geological Service, then brought up children and took up art. Phyllis

I told my father I would take care of his Good Humor Ice-Cream Truck when he was serving in the army. I was six years old. Harriet

Residents will visit the brand new Visitor Education Center for Rosie the Riveter/WWII Home Front National Historical Park in Richmond when it opens later this spring.

**Millinery:
The Lost Art of Hat Making**



On Fridays, Bertha Underwood, a milliner for 15 years, teaches the fine art of hat making. She brings an assortment of hats - all sizes and shapes - for participants to try on. She will work with each participant to design and fashion his or her own hat, as elaborate as desired, or as Mary said, "I want a simple headband." Hat making is every Friday in March at 3:45 pm in the Art Room.

**Impromptu Piano Performance
Dazzles Residents**



After the Men's Group Luncheon, Lee was so excited to discover the piano in AgeSong's dining room that he immediately sat down and played several original tunes, receiving enthusiastic rounds of applause from other diners.

When asked, "What's the secret to your happiness?" he replied, "I love composing songs for children." He continued:

I also loved to invent toys. When I was three years old, I spent a lot of time by myself and created my own world. If there was a silk scarf on the piano or a cut crystal bowl, I would put the bowl on my head, the scarf around my shoulders, and be an emperor. ❀

POET IN RESIDENCE

Bayside has several talented poets. Ida, who had been a teacher and elementary school counselor, shares one of her many poems.

Spiritual Cosmology

*Walking across hanging rope bridges
in Kakum National Forest of Ghana,
high among the treetops in the rain forest
I saw a sight of pure spiritual delight.
Looking as far as spiritual eye could see,
nothing but lush, green tree leaves
and pale blue sky meeting,
I knew, throughout eternity.
Then, a delicious shiver of ecstasy
went through me,
a spiritual unity of
mind, emotions, body, and soul,
cosmologically.*

Ida

HEARTS AND CRAFTS

Megan Humlie, Community Enrichment Coordinator, facilitated love letters to the world. Here is an example:

Bea's Love Letter to the World

- Patience
- Love
- Belief
- Honesty
- Help
- Togetherness
- Relationships
- Faith
- Regard
- Partnerships

It's Got the Measles

At a valentine-making project on the third floor, when the instructor said, "We're here to help you," Mariola declared, "And I'm here to help you!"



Looking at her neighbor's valentine rendition, filled with rosy dots, she noted, "It's got the measles."

Cuddling her monkey, she continued, "He and I are not feeling well."

The lady next to Mary, a former school teacher, was dozing off during the activity, until Mary said, "Go S..." and S started to color in her valentine. When a care partner said to Mariola, "You can finish it up later," Mariola replied, "This is later." The valentine-making activity was a springboard for delightful side conversations. ❀





NEXT RESIDENT COUNCIL MEETING: Thursday, March 15, 3:30 pm

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SWING INTO SPRING

AgeSong at Bayside Park is filled with activities from beginning to end of the month.

Access the Most Current Information on Medical Tax Deduction Considerations for Assisted Living

On Thursday, March 1, residents and their families/friends can access the most current information on medical tax deduction considerations for Assisted Living. Jim Moore, a senior housing and health care industry leader, flown in from Texas, will present a complementary talk, open to the public, from 5:30 pm to 7:00 pm.

Continuation of Paul Freeman's Video Documentation of World Rock Art.

On Wednesday, March 7, we learn about Har-Karkom, a mountain of the Negev Desert in southern Israel. This mountain is theorized as the biblical Mt Sinai where Moses received the Ten Commandments.

Bayside Park Celebrates Its Second Anniversary

At the end of the month, from 5:00 pm to 7:00 pm, Thursday, March 29, Bayside Park will celebrate its second anniversary by swinging into spring with the William Beatty Trio, plus dancing.

AgeSong at Bayside Park Rocks!

March Birthdays

Gayle G, March 1
Diana G, March 14
Terri S, March 14
Leon B, March 18
Clarella G, March 22
Gina Paula C, March 30
Marylese M, March 31

