

Living on the Waters Edge

Volume 9, Issue 1

January, 2012

A tradition of caring since 1971.

Now in our Forty-First Year of Providing Health Services to the Elders of the Alameda/Oakland Area.

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Tips for Healthy Hips

By: Rosemarie Caigoy

One of the most common fears seniors have today is falling and breaking their hip—and who can blame them? I see many residents walk around with tense shoulders and short shuffled steps, walking on guard against a fall. This is clearly an injury that amplifies bad conditions but, like everything else, you can improve the odds.

Upon breaking a hip, the first thing to focus on is repairing it as soon as possible.

Having surgery within the first 72 hours of the break, you can greatly

increase your chances of bouncing back.

After surgery, ideally, would be 4 to 6 days of in-hospital physical therapy followed by 2 to 6 weeks of in house rehabilitation with training focused on walking without assistance. Rehab would then end with 3 to 4 weeks of outpatient physical therapy for general strengthening and refining your walking skills. Professionals state that it's "not the fall, but the response to the fall" that is real work after physical rehabilitation.

Loved ones and care takers often fail to

push those in recovery to get to back where they were before the fall, encouraging more rest and doing daily chores for them. But these good intentions yield detrimental results. Every elder deserves a customized program that fits his or her personality and situation; until then, here are some ways to prevent hip fractures:

1. Take a bone density test. They are quick, painless, and the results can help you become prepared for your personal hip (bone) health.

2. Exercise everyday.

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January—Janus

January is named for the Roman god Janus who kept watch at the gate of Heaven, and later become the god of doors and gates. He was very important to Romans because a house is only as strong as its doors.

His temple in Rome had its doors thrown open in times of war, and closed in times of peace; unfortunately, they were usually open!

Janus has two faces, one looking forward and one looking back

(since a door can let you in, or let you out).

January is the doorway of the year, when we look both forward and back, that is why it was named for him.



Remembering Those Who've Gone On

At the start of this new year, the Staff of Alameda Elder Communities would like to take a moment to remember all those who have been a part of our lives and have moved on in the last year. Residents and Staff, Family Members and Friends— regardless of how they came into our lives, their absence from our everyday is felt, and their presence is missed.

Following is an open letter to those we no longer get to see on a daily basis.

Since we cannot be there with you now, we wanted to write and tell you that we are there with you in spirit. We keep you in our thoughts and prayers everyday and wish that we could be there now. That we could hug you and hold you. But instead, we will hold each other and always hold you in our hearts.

All those who are your friends are both privileged and blessed. We appreciate your engaging wit, beautiful smile and loving and generous

nature. We cherish your friendship. You have indelibly touched the hearts and minds and lives of everyone who has ever had the pleasure of knowing you, by your courage, gentle grace, and a life well-lived.

A beautiful melody, once heard, is always remembered.

Thank you for your love and friendship.

World Tour: Central and South Asia

The first stop on our World Tour this year is Central and South Asia. Here we get to explore the countries of *India, Pakistan, Afghanistan, Bangladesh, Nepal, Tibet, Mongolia, and Kazakhstan.*

Central Asia extends from the Caspian Sea in the west to the border of western China in the east. It is bounded on the north by Russia and on the south by Iran, Afghanistan, and China.

South Asia extends from Iran and the Arabian Sea on

the west to the borders of southwest China and Burma on the east. The southern border consists of the Bay of Bengal and the Indian Ocean.

Please enjoy this month's activities and meals that help us explore and discover the delights of this region.

If you've been to this region, please let your Activities Team know, we are always interested in personal stories!



Fun Facts about the area:

- Bangladesh sits on the largest river delta in the world.
- Mongolia is roughly the size of Alaska.
- Kazakhstan is the largest landlocked country in the world and occupies more of Earth's surface than all of western Europe.
- Nepal's famous Mount Everest is apparently still growing.
- Sri Lanka means "resplendent isle".
- Pakistan is home to the world's second highest mountain, K2.

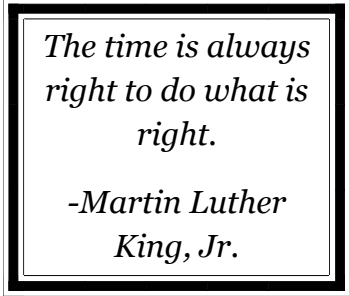
Thank You from All of Us!



The Staff of Alameda Elder Communities would like to thank all those Residents and Family Members who so kindly donated to the staff Holiday Fund. It is our pleasure to be a part of your lives and your generosity has touched us all. From all of us to all of you, our deepest and most heartfelt thanks.

Martin Luther King, Jr.

Martin Luther King, Jr. was assassinated on April 4, 1968; eight days later US Representative John Conyers (D-MI) introduced legislation for a federal holiday to honor the civil rights leader. Fifteen years later, on October 19, 1983, Congress passed legislation declaring the third Monday of every January be observed as a Federal Holiday honoring King (starting in 1986).



Feeling Inspired?

You may have noticed that our monthly newsletter has undergone a slight revision; we hope you enjoy the new format. That means there is plenty of room for more contributors. If you would like to add something to the newsletter, please speak with your Activities Director (Hannah, David Ruttan, or Tianti). We are always looking for people willing to participate!

Attention All Residents!

We are looking for feedback from our residents regarding what types of activities they would like to see offered. We will continue with our popular exercise classes and daily musical offerings, but what other activities would you like to attend?

We are specifically looking to offer more interactive games such as cards or scrabble and intellectual opportunities such as discussion groups or music appreciation. Tell us what YOU want!

Congratulations!

The following staff members celebrate their anniversaries this month, and we would like to thank them for their continuing service and dedication. We couldn't do it without them!

One Year:
Jennifer Morris, WENH
Maurice Lewis, WENH
Nestor Cancino, WENH
Nanette Balaoing, WENH

Two Years:
Alexis Elope, WENH

Three Years:
Maria Vivero, Elders Inn

What Would A Cure Mean To Me?

By: Bernard Welz, Resident at Waters Edge Nursing Home.

A cure is remedy, to put right, to repair. When we are ill, we have a doctor and a nurse to attend to us.

A doctor is well learned in medical science. A nurse is a kind and compassionate person.

Her sympathy goes with the cure. Since nurses are at times associated with God and angels, maybe the cure rests in God's hands.



Four Years:
Elaine Reeve, WENH
Sivantha Leng, WENH
Daisy Fernandez, Lodge

Six Years:
Janet Shin, WENH
Esperanza Candelario, Lodge

Eight Years:
Orlando Yparraguirre, WENH

Nine Years:
Rosie Mendiola, Lodge
Nona Mejia, WENH

Ten Years or More:
Edna Magno, Elders Inn 11 years!

Milon Cenlindro, Elders Inn 11 years!

Meet Hannah!



Hannah is the new Activities Director here at the Lodge.

Hailing from the Midwest, she has come a considerable distance to be rid of the cold. (Although she did enjoy the snow covered mountains of Michigan and is very much looking forward to her first trip to Tahoe this coming winter.) While out enjoying the warmer weather California usually offers, Hannah spends time hiking at Lake Chabot, folding origami, and reading a wide variety of books. She also hopes to learn to crochet this coming year – it's her New Year's Resolution.

New Activities Coming to the Lodge!

The Lodge is very excited to announce that a number of new activities have been added to the calendar this coming month. We will be going to the Alameda Theater on the first and third Thursday's to see classic movies on the big screen. We will also be working on a quilt, a recipe exchange, and a wide variety of games. Any and all suggestions for outings and activities will be reviewed, and your feedback is always much appreciated.

Brain Bender

Sudoku! The objective is to fill this 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9.

Ask Hannah for the solution, or find it in next month's newsletter!

		6		7	3			
	1	8			9		5	
5							6	4
9	2			8				
			7	6	3			
				9			7	5
6	3							8
	9		3			5	2	
		2	4			6		

Resident of the Month: Robert Chen

Born in the Year of the Goat on August 1st, Robert Chen is the oldest of his four brothers and only sister. Setting off from Beijing, his family moved around to various parts of China in congruence with his father's job. It was not until 1938, and Robert's acceptance to Carleton University, that life would bring him to the United States. He studied for a short while in Minnesota until he reported for service to the Chinese Detachment, United States Air Force. For more than three years he was a Chinese interpreter at Luke Air Force Base in Phoenix, Arizona.

Once his military obligation

was complete, he went on to attain his Master's degree in Business Administration from Harvard University. It was here he met Delia, whom he later married and had three children with (May, Wilma, and Michael). After he finished his work on his degree, which took him only a year and a half to accomplish, Robert and his family settled in western Massachusetts. There he worked, and eventually retired, from Shownut Bank, which went on to become Bank of America.

After the death of his wife in 2007, Robert's daughter Wilma gave him the opportunity to move to

California, and be closer to her. Upon arriving at the Waters Edge Lodge in January 2008 he quickly began to wish he had come even sooner. He truly loves living in our community, where he has met some great friends and "the staff here really are very nice".

Robert attends nearly every performance by a variety of entertainers. He's never shy about singing along, dancing with the ladies, or requesting some of his favorite songs. He is also an avid Wii bowler, and keyboard player. It has been a joy having him as part of our community for four years, and we are pleased to honor him as our Resident of the Month for January 2012.

Resident of the Month: Nancy Crosby

Nancy Crosby was born in Oak Park, Illinois. She spent her childhood in Elmwood Park and her high school years in Grays Lake. She went to college in Beloit, Wisconsin where she studied liberal arts and went on to work as a stewardess for United Airlines. She met her future husband while training for the position in Cheyenne, Wyoming.

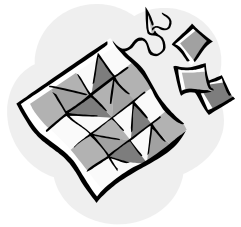
Nancy and her husband were married in Grays Lake in 1955 and lived in Dayton, Ohio. In 1959, they moved to Rancho Cordova, California where they had two sons. Then, in 1967, the family moved to Cupertino, California where she had a daughter, divorced, remarried,

and began working at the local community college. She lived in Cupertino for 40 years, until the pull of her granddaughter, Jordan, brought her to Alameda in 2008.

Nancy has always had an adventurous spirit. She has travelled throughout the United States and abroad, including England, France, Spain, and China.

Quilting has been her life's passion. During the course of her 30-year hobby, she amassed a huge fabric collection ("stash"), produced many beautiful quilts, and met her dearest friends. Her

love of quilting and community service came together this year when she sold her



"stash" and raised \$10,000 for the Alameda Food Bank. She refers to herself as a founding member of the Pay It Forward Club and encourages us all to do just that!

Nancy has lived at Waters Edge since May 2011. She is grateful for the kind attention provided by the staff. She welcomes new faces, so please stop by to visit sometime.

January Activities



January 1st Bingo Bonanza
with Red Cross Youth

January 1, 8, 15, 22, and 29:
Live Harmonica with
Gerry G

January 2, 9, 16, and 23:
Live Guitar with Jimi
James

January 3: Spirit Care
Ministry

January 3, 10, 17, 24, and 31:
Incan Flute with Jaime

January 4, 11, 18, and 25:
Live Piano with Miles

January 5, 12, 14, 19, 26 & 28:
Live Music with John

January 6, 13, 20, and 27:
Live Saxophone with Dave

January 16: Martin Luther
King, Jr. Day

January 17: Flower
Arranging

January 30: Live Jazz with
Anne

Two Angels

By: Bernard Welz, Resident

When God made angels He had stuff left over and He made nurses. They are of human form with beauty, kindness and compassion, and do good deeds without seeking rewards.

Not too long ago it started with Aillene, who one night brought me two cups of ice cold apple juice to keep me from dehydrating during the night. I wake up and find them on the table by my bed. When Aillene was off work it was Rosita who brought the apple juice—Aillene and Rosita are made of the stuff of angels.

Resident of the Month: Fortunata Arucan

Fortunata Arucan was born in the Philippines, in the city of Ilocos Sur. Her father was a career politician and a teacher but her mother had the best job---she was a winemaker and sold her delicious wine to the neighboring villages!

Fortunata attended local schools and was trained to be a physician. When she came to the United States as a young woman, she was told by the government that in order for her to have a physician's license in America, she would have to go back to school for a couple more years. At that point, she

decided to work behind the scenes as a lab technician. She was a phlebotomist and worked in laboratories mainly at Highland Hospital in Oakland. One of her least favorite jobs was having to go into the Psych ward to draw blood from the dangerous patients! She was so good and professional that she was known as the "Sharp Shooter", and many patients specifically requested that their blood be drawn by her!

Fortunata met her husband when she was introduced to him by her Grandfather. He finished out his career in the

Air Force and retired shortly after their son Bill was born. Bill's dad was probably the first "Mr. Mom" who enjoyed staying home and raising Bill while Fortunata worked. Bill attended school at St. Joseph's in Alameda and UC Berkeley (GO BEARS!). Bill and his wife Lynn have been married for 16 years and are the proud parents of a 9 year old dog named Bruiser.

We are delighted to welcome Fortunata Arucan to the Elders Inn and look forward to enjoying her smile which never fails to light up the room.

New Beginnings

January offers us the opportunity for a new beginning and a very good excuse to wave goodbye to bad habits collected in the past year. Humans are notorious for mental "housekeeping" in January as they swear to lose weight, eat better, exercise and change behavior patterns. But as we all know, few of these grand plans continue past February!

Let's put our heads together and make one resolution at Elders Inn for 2012. Let's all try to be more active and attempt to join with our neighbors and friends in social activities. We will feel better and keep our minds active longer, but we need your help.

Musical Entertainment

Elders Inn is delighted to announce that we have asked another musician to join our outstanding roster of entertainers. Beginning in January, Danny Allen will perform in the Buena Vista Lounge every Saturday at 4:00 PM---right after Art Class. With the addition of Danny on Guitar, Elders Inn is proud to announce that we now have professional musicians 7 days a week to regale and entertain our lucky residents!

Whether they play piano, guitar, accordion, violin, banjo, or Peruvian drums and flute, our musical performers display incredible talent from all over the world. Please refer to our monthly calendar

for times and locations, but check our television monitors for last minute changes. Also, please remember that if an event is scheduled for the smaller Buena Vista Lounge and it becomes crowded, we can always move the entertainer a few steps down the hall to the Buena Vista Dining Room so that more residents can enjoy the music. Don't hesitate to speak up!



Iron Woman of the Month: Clementina Olviera

The hardest part of starting an exercise program is staying consistent. Sure, we go through these surges of energy that makes us want to get off our butt and live a more healthy lifestyle that includes exercise; but as the spirits wear off, we are tempted to stop. Despite how easy it is to just give in and quit, there is one resident who is set in her exercising ways. Clementina Olviera is a resident who has incorporated exercise into her routine so that she can make sure she has time for it every day. Let us welcome Clementina Olviera as our Iron Woman of the month.

Clementina was born in Casanare Columbia, a region that has beautiful landscapes and a huge variety of plants and animals. Her family lived on a ranch that had herds of cows, horses, and sheep. She was the 4th of 7 children and she helped raise her siblings, even the older ones! Casanorenos are known as excellent hunters, builders, and fishermen, three traits that

Clementina honed while growing up. She enjoyed swimming and fishing in the nearby rivers as well as riding horses. When Clementina was 29, the idea of moving to the United States came to her in a dream and she chose Alameda, California as her destination. This was a hard transition for Clementina as she did not know the language yet and did not have a job lined up. The daughter of one of her close friends in Costa Rica was in Oakland and helped her find an apartment and a job. Once here, Clementina started taking English classes and there she caught the eye of a gentlemen from Spain, whom she soon married. Shortly thereafter the couple had a baby boy they named Andres.

Clementina started to really love her new community! Along with managing the house, and meeting with her sewing circle, Clementina loved to cook and bake, and she kept a beautiful garden with assorted fruit trees. Clementina and her husband

did some light traveling, mainly to Spain and Columbia to visit family, but a few states in the US as well, Oregon and Hawaii were her favorites. Today Clementina often talks about her three grandchildren: Andy, Eric, and the newest addition, Natalia.

Listening to Clementina's story, I was moved at how hard working and ambitious she has been throughout her life. It is easy to see how she developed the focus and strength to accomplish whatever she puts her mind to. It is clear to me that her excellent work-out habits are an extension of her life habits.

There are mornings when you wake up and your body feels stiff and heavy, but exercise and moving your body around can help. Just ask Clementina, she stays dedicated to coming to morning and afternoon class, even when she has back pain. She is open minded to different kinds of exercise and never seems to give up, even when I'm hard on her.

Tips for Healthy Hips...

(Continued from page 1)

It is a known fact that bones heal better when they are used, exercising helps your bones prepare to heal faster. Weight bearing stimulates the bone to heal, but know your limits. Start off slowly and gradually increase the weight you bear.

3. Pay close attention to your diet. This means the intake of sufficient protein to help build muscles, calcium for bone strength, and vitamin D to help absorb your calcium. Make sure you have vitamin D supplements for months with limited sun light.

4. Socialize! Staying home is not the answer, stay engaged

with your community! The support will make you want to come out more and take better care of your body.

5. Keep at it. If you are going through the experience of breaking a hip, the physical rehabilitation process can be lengthy but let your wisdom and experience shine and try to keep a positive attitude.

For placement and care questions:

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For free copies of Alameda Elder Communities monthly newsletters, please visit our website at:
www.alamedaelder.com



A Tradition of Caring since 1971

Waters Edge Nursing Home

Waters Edge Lodge-011440777

Elders Inn-015600526

Alameda Elder Services

Alameda Senior Magazine

Alameda Elder Communities believes that long term care facilities should be active and friendly places, where the Residents receive the best possible care while enjoying companionship in our family of facilities. The **Waters Edge Nursing Home** is a 120 bed Medicare certified Skilled Nursing Facility, offering outstanding rehab and custodial care to all Residents. The **Elders Inn on Webster** is a licensed 52 unit assisted living facility offering every Resident the opportunity to live as independently as possible. The **Elders Inn** also offers a special care "neighborhood" for the safety and comfort of Residents affected by Alzheimer's and dementia. The **Waters Edge Lodge** is an assisted living facility located in a unique and peaceful setting on the Lagoon at Harbor Bay. Offering 101 suites which provide seniors with a warm and familiar homelike setting, the **Waters Edge Lodge** allows Residents to maintain an independent and active lifestyle. **Alameda Elder Services Rehabilitation Agency** provides a wellness and fitness center that has been specially designed for elders aged 70 years and older. This facility is both a Medicare approved Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.



Alameda Elder Communities

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