

Living on the Waters Edge

Volume 2, Issue 9

February, 2006

Established in January, 1972. Now Beginning our Thirty-Fifth Year of Providing Health Services to the Elders of the Alameda/Oakland Area.

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Mind Wellness

By: Darnelle Zimmerman

Having worked in long term care for over 30 years, I am excited about the recent scientific discovery that the brain has a lifelong ability to remodel itself. This phenomenon is being called Brain Plasticity. Alameda Elder Communities is beginning to offer programs to keep the brain healthy and fit. We have installed a computer loaded with games and the internet in the Café at Elders Inn, and we will be installing an internet café at the

Waters Edge Lodge within the month. We are recreating our activity program at the nursing home to focus on both physical and mental wellness.

Research shows that learning something new actually stimulates the brain. Activities that require distinctions between what you hear, feel, and see and use that information to achieve complex goals are the best. Learning to use the computer is certainly a complex goal with which many of us

have difficulty. Chris Lonsdale, and additional staff, will be offering both individual and group classes to familiarize residents with the computer. I know that everything seems difficult until you learn how to master it, but once you learned residents will be able to participate at a higher level in the mind wellness program. If any resident is interested in learning how to send and receive emails or play cards and other games on the computer, sign up as soon as possible at

Pride in Food Service Week

By: Christina Carter

Pride and Food Service week was established by the Dietary Managers Association to recognize the contributions that food service workers make in their workplaces. Food service workers' clients include the ill, elderly and youth.

Dietary personnel work in military institutions, hospitals, skilled nursing facilities, continuous care facilities and assisted living communities. Their jobs consist of ordering food, cooking meals, and possibly monitoring the nutritional status of

their clients. Please join us as we thank the dietary staff of Elders Inn, Waters Edge Nursing Home and Waters Edge Lodge for making a difference in the lives of our residents.



Mind Wellness

the front receptionist desk at Elders Inn. These classes will be offered on a first come, first serve basis.

I strongly recommend that everyone read an article from The Journal on Active Aging November/December 20005 called ***Change minds for the better***. This article gives us great hope for not only being able to slow down memory loss, but also for the possibility of reversing some loss. If anyone is interested, the Administrators at each facility have a copy of the article.

XX Olympic Winter Games

Can you believe that the Olympics are here again? This is the time when the world's best in biathlon, bobsleigh, Nordic combined, curling, freestyle skiing, ice hockey, speed skating, figure skating, ski-jumping, Alpine skiing, cross-country skiing, short track, skeleton, luge and snowboard compete in the winter sports. This year the majority of the Games are being held in Torino, Italy. The Games are scheduled February 10-26, 2006 and will be seen here in the United States on the NBC channels.

At these Olympics, **84 medals** will be given in **17 days** in

15 sports. If you would like additional information on the XX Olympic Winter Games in Torino, Italy please visit www.torino2006.org.

Did you know?

- The first Olympic Winter games were held in 1924 and named the White Olympics.
- Torino, which means little bull is also known as Turin.
- Torino is near France and Switzerland, it is surrounded by the Alps.
- The **FIAT** is manufactured out of Turin.
- The United States has more World Champions than ever before participating at these Olympic Games.

My Experience with Therapy at the Elders Inn: An Interview with Jean

By: Kathy Hanley

Jean Judson, a Waters Edge Lodge resident shares her therapy experience with other residents:

Q: Overall, how was your experience in therapy?

A: It was very good; I received both Physical and Occupational Therapy. I was very pleased with it. It was very nice to have transportation provided that I didn't have to pay for. I had therapy on both my shoulder and hip; it definitely helped. Overall, my impression of therapy is very, very favorable.

Q: Did the therapy help you?

A: I saw constant progress with my shoulder; my hip also

improved though not everything in my hip could be fixed totally. The therapists gave me exercises to do at home and I have continued to do them in addition to going to the exercise classes at the Lodge.

Q: How were the therapists?

A: They were excellent. The therapists never did anything that I didn't understand. I felt I was part of the team.

Q: What did you like most about the therapy you received?

A: I felt like the therapists were very straight with me. They always kept me informed as to what they were doing and why. I had a very good relationship with the

therapists.

Q: Was there anything that you didn't like?

A: No, I can't really say there was, although sometimes I had to wait for the van to take me back to the Lodge.

Q: Is there anything you'd like to add?

A: Therapy is a very good thing. It helps you and you get feedback on your condition. Those are very important things.

Q: Overall, on a scale of 1 to 10 (10 being the highest), how would you rate the therapy you received?

A: 9 or 10; I really don't have any adverse criticism of it at all.

World Tour: Africa

It's February again and what a perfect time to take a break from the gloomy skies of Alameda and whisk ourselves off to the exotic continent of Africa! What a majestic land. From the Great Pyramids and Sphinx of Egypt to the jungles full of lions, hippos, elephants and countless other fantastic creatures, Africa is an ancient land full of wonder. The Waters Edge Lodge display wall will exhibit examples of African art and photos from all four corners of this beautiful region of the world.



New Activities at the Waters Edge Lodge

- In January, we previewed a golf putting contest, which proved to be very popular. We are now going to be offering it on a regular basis. Who knows, maybe there is an Arnold Palmer hiding out at the Lodge.
- As of press time, we are planning a special food event to honor the ethnic diversity of this month's tribute to Africa. The residents will feast on the delicious cuisine of Ethiopia as we take an outing to titillate the taste buds with this fabulous lunch.
- Speaking of fabulous food, we will honor St. Valentine a day early on February 13th,

by journeying to the Scharffen Berger Chocolate Factory in Berkeley. We will learn about how chocolate is made, tour the factory, and sample this mouth watering gourmet chocolate. Don't miss out. Sign up at the front desk.

Thoughts for February

- Strength does not come from physical capacity. It comes from an indomitable will. —Mohatma Gandhi
- True happiness involves the full use of one's power and talents. —Douglas Pagels
- When you reach the end of your rope, tie a knot and hold on.—Thomas Jefferson

Alice Sandefur

Alice was born in the mountains of Colorado, in the small town of Breckenridge—she is a real mountain girl, who skied until she was 70!

Alice attended Colorado State Teachers College and Healds business college. She worked at Kaiser Shipyards and has lived in Colorado, Missouri, Pennsylvania, and California.

She enjoys gardening, hiking, canning food, sewing, cooking, and knitting. Currently, she enjoys talking politics including complaining about President Bush. She is a dogmatic Democrat.

She has two children, LeeAnn and Greg, one grandson, and a new great granddaughter.

Happy Birthday

- Residents:
- Ethel O'Hagen- 2/1
 - Bettie Clark-2/2
 - Joan Call- 2/10
 - Emily Hirst-2/13
 - Leland Berriman-2/21
 - Betty Mackrodt-2/22
 - Elizabeth Bromberg-2/22
 - Elizabeth Kreitz-2/23
 - Vivian Koutz-2/27

- Staff:
- Jessica Cortez- 2/3
 - Leah Belimac- 2/3
 - Lilia Hodges-2/9
 - Connie Quinto- 2/10
 - Bobbie Brown-2/12
 - Bernadette Hunsaker- 2/14
 - Barbara Covington- 2/25
 - Gabriella Cortz-2/28

Live Oak Events

If the time is 12:30 pm, the place to be is the Living room at the Waters Edge Lodge. A hearty welcome, joyous singing, and "What's Happening" starts off every hour as David leads the daily discussion at the Circle of Elders. No topic is too controversial or provocative for this rousing exchange of ideas, community, and news of local, national,

and international interest. Recent topics ranged from an educational quiz about Benjamin Franklin to celebrate his 300th birthday, to the pros and cons of the death penalty to the silly weird news of the day, and David's notorious terrible jokes. Don't miss out. Bring all your comments and questions to the Circle.

Resident of the Month: Donald Soares

Donald Soares was born in July, 1914 in San Francisco, California. He grew up in Alameda with his two younger sisters. One of his favorite childhood activities was playing baseball.

Donald grew up in the Depression Era. He worked hard delivering newspapers and doing yard work. In 1932, he graduated from St. Mary's High School, and continued to University of San Francisco where he earned a BS in Chemistry.

In 1937, Donald joined the American Chemical Society, which is an organization of modern invention, and a popular group for people in the field of Science. As an oc-

cupation, Donald worked for the Pabco Paint Company. He also worked on a Chemical Pipeline during World War II.

In 1953, Donald married Mildred Wilson. He was thirty-nine years old. Donald and Mildred were married for 32 years until she died in 1985.

Donald and Mildred raised two step-children. His step-son passed away in 1988. His step-daughter Carrie is an RN who teaches nursing in Southern CA.

Donald's hobbies include hunting, skiing, fishing and reading the newspaper. We are pleased to honor Donald Soares as our February Resident of the Month.

From the Dietary Dept.

In honor of our tour of Africa, we will be featuring some African dishes during the month. On February 7th, we will have an African Theme meal, and on February 21st, we will serve a traditional African Dessert with Lunch. On the 14th, we will have a delicious Valentine's Day Lunch-

The WE Team

The WE team meets every Wednesday at 2:00 pm in Room 308. With the help of Debby Barkan and Patrick McCabe, we will be selecting new leaders and expanding our Circle of Champions. Please Join us!

World Tour: Africa

Africa is the world's second largest and most populous continent with 52 different countries. It covers about 5.9% of the earth's total surface, and about 20.3% of the total land area. Africa is responsible for more than 12% of the world's human population.

Africa has an exotic ring to many people, and it offers so much with its wildlife and breathtaking nature. Much more than the image of famine and war we see in international media, Africa is a continent very rich in diversity of culture, traditions, languages, history, and ideas.

Please join us for our World Tour trip, Destination: Africa.

February Movies

- 2/4: Out of Africa
- 2/11: I dreamed of Africa
- 2/18: Africa: The Serengeti
- 2/25: Africa Screams

Happy Birthday To:

Helen Portillo; Fay Schaefer; Marie Lewis; Nancy Hincks; William Stier; Minnie Taplin; Georgette Brunn; Jan Riedesser.

Happy 111th Birthday

Margaret Clarke, who is the oldest woman in Alameda County, turned 111 years old on January 29. Born in Cambridge, MA, Margaret worked as a librarian, and continues to love reading.

February Activities

- 2/2: Groundhog Day- We'll talk about the history and the theories behind this interesting day.
- 2/5: Superbowl XL Weekend: we'll be watching the football game and talking about the teams and their history.
- 2/14: Valentine's Day, we will be having a party at 2:30 pm with food, a movie, game and rats. We will also have a discussion about the history of Valentine's Day.
- 2/20: President's day, we will be playing games and having US President Trivia.

New Activities at the Elders Inn

The activities department has been working hard to try to add new and more engaging activities to our program. One of our main focuses will be on mind wellness and memory enhancement. Chris Lonsdale has joined our team. He will be working on our new Mind Wellness Program, and he will be available to help residents use our new computer.

New Activities

Life Stories: Residents have the opportunity to share their life stories; for interested residents we will be documenting their stories so they can pass them on to their families.

You be the Story Teller: This

activity starts with a photo or painting and the residents work together to create a story about the picture. Join Nancy in this fun new Activity.

Wellness Program: Please sign up for a chance to be assessed by Laura VanHarn, our new Director of Wellness. She will be creating an individualized program for each resident.

Brain Teasers: Residents will have the opportunity to complete “pencil” puzzles. We will be doing these activities to help exercise our minds. We will start with easy puzzles and work our way up.

Super Bowl Party

On February 5, we will be having a Super Bowl Party for our residents and their family members in the Buena Vista Lounge, and in the Garden Neighborhood. Refreshments will be served. It should be a lot of fun. Please come and join us!

The Really Big Show

The residents of the Garden Neighborhood at the Elders Inn are planning a festival to showcase their talents on February 19, at 2:00 pm in the Neighborhood. This festival will include music and entertainment, and will be put on by the residents of the Neighborhood, with the help of Rene, Harriet Fields, and Sandra Collins. Please join us.

Resident of the Month: Mary Alice Doff

Mary Alice Doff was born on November 21 in Chicago. Her father worked as the President of the National Better Business Bureau.

Mary went to school at Skidmore in upstate New York. She then worked at Monifuror Hospital in New York, where she was a dietitian. After transferring to New Haven Hospital, Mary met her husband who was a doctor.

The pair enjoyed traveling. She recalls trips to Japan, London and Bangkok. Her husband enjoyed driving on the wrong side of the street.

Mary and her husband had

three children. Brandi, who is the oldest, lives in Oregon on 5 acres. Leah was the middle child. She passed away when she was in her 40’s. Jonathan is the youngest. He lives nearby, and works for a magazine company. Jonathan drives Mary to church on Sundays, takes her out to restaurants, and visits her when he can.

When Mary Alice lived in Florida, she and her friends had an art Gallery, where they displayed their art.

Mary enjoys art classes, music, and books on tape. She also enjoys living here and talking with other residents.

Internet Café

There are some exciting new things happening at the Elders Inn. The first is our new Internet Café, located in the Lobby. This is great technology that we are lucky enough to be able to share with our residents. Chris Lonsdale is available to assist residents with new e-mail accounts so residents can keep in touch with their families. We are also adding some new mind exercises and games for the entertainment of our residents. If any resident is interested in using the computer, or signing up for an e-mail account, please let Chris or Daine know.

What is Physical Therapy?

By: Kathy Hanley

Physical Therapists are health care professionals who diagnose and treat people of all ages who have medical problems or other health-related conditions that limit their ability to move and perform functional activities in their daily lives, such as walking, getting up to standing, and balancing. Through the use of modalities such as ultrasound, electrical stimulation and light therapy, in conjunction with therapeutic exercise, Physical Therapists can also help to alleviate pain from muscles and joints. Physical Therapists also help prevent conditions associated with loss of mobility through fitness and wellness programs that promote healthy and active lifestyles. An order from a physician for Physical Therapy is required to begin therapy.

During the first visit the therapist administers evaluative tests to determine each individual's specific problems and needs. The therapist then designs a treatment program specifically tailored for that individual. Physical Therapy treatment techniques promote the ability to move, reduce pain, restore function and prevent disability. Physical Therapists must graduate from an accredited Physical Therapy program, successfully complete a series of internships, and pass a national licensure examination. The minimal educational requirement for Physical Therapy is a Master's Degree, although many programs now award the Doctor of Physical Therapy (DPT) degree.

Physical Therapy is available to Elders Inn and Water's Edge Lodge residents, as well as to the general public, at

The Elders Inn on Webster Street in Alameda. Free van transportation for all residents of the Waters Edge Lodge is provided.

Soon there will be a Physical Therapy office at Water's Edge Lodge on the second floor. Kathy Hanley, PT offers a free drop-in consultation clinic for Waters Edge Lodge residents and their families each Tuesday morning 9:00-10:00AM in the cafe to answer questions and consult with residents regarding Physical Therapy related problems. Kathy is available on Tuesday, Wednesday and Thursday afternoons from 3:00 pm to 5:00 pm at the Elders Inn for questions and consultations. Drop by and see her sometime.

Iron Woman of the Month: Miriam Cramer

Miriam Cramer, our February Iron Woman of the Month moved from Florida into our home on Valentine's Day, two years ago. For thirty years she has been seriously involved in continuing education for women, starting at Miami University. Miriam says that she has never stopped learning. And since becoming a resident at the Waters Edge Lodge, that includes fitness, health, and balance techniques.

The biggest benefit Miriam has seen since becoming an active exercise and balance enthusiast is that she is not afraid of falling and feels she is walking better than ever. Her confidence has improved and she states that she now has hope that she will stay fit and active as long as possible, using the classes we offer and the tools we teach our participants in our Fall Prevention Class.

When Miriam isn't attending

classes, chatting with her friends or enjoying the outdoors, she can be found teaching Peggy, the Wellness Coordinator how to dance during Happy Hour. Miriam is a very gifted dancer and it is a joy to watch her glide across the floor, with a struggling staff member in tow.

Thank you Miriam for inspiring others, for your infectious laugh, and for being a great example to others in the fitness program.

Congratulations:

Alameda Elders Communities would like to congratulate the following staff members for their years of service. The following staff members are celebrating their anniversary during the month of January:

One Year:

Maria Zambrano, WENH
Maricel Paulos, WENH
Mernie Marcia, WENH
Njambi Nelson, WENH

Two Years:

Maira Borlongan, WENH
Guy Villaflor, WENH

Three Years:

Maria Useda, WE Lodge

Four Years:

Cindy Wilson, WE Lodge

Ten Years or more:

Lilia Hodges, WE Lodge 12 years

Fifteen Years or More:

Savina Moore, WENH 15 years

Twenty Years or More:

Rodney Williams, WENH 25 years



Welcome to Christina Carter

Christina Carter is our newly hired addition to the Alameda Elder Communities family. She has worked in the health-care industry since she was eighteen years old which began with a stint in the United States Air Force as a dietary therapy specialist. Once honorably discharged from the military, she worked at San Francisco General Hospital as a diet technician, then as a food service supervisor. While working full-time, Christina earned an AA degree in Family and Consumer Studies with a concentration in Dietary Management and a BS degree in Business Management. She then found employment as a Nutritional Service Director at Pine Ridge Care Center. During this time, Christina was a preceptor for Merritt College's Diet Technician and Dietary Managers students. She is glad to report that all her students passed the nationwide credentialing

examination to become certified. As an added bonus, Christina earned credentials as a food safety instructor by the National Restaurant Association and by the Dietary Managers Association. She then decided to pursue her dream of becoming an administrator and earned her certification in 2003. Since that time, Christina has worked in several assisted living communities and in 2005 became certified as an Advanced Care Planning Facilitator. She is much honored to become a team member at Alameda Elder Communities!



Welcome Chris Lonsdale

I have been working with Alameda Elder Communities for a little over a year now and have mainly worked as a shuttle driver for the Waters Edge Lodge. I recently graduated from the University of California, Santa Cruz with a degree in Film and Digital Media. I have just returned from a trip to Central America and have started a new wellness program at the Elders Inn and Waters Edge Lodge. I will be working with residents on improving memory through new activities that are designed to create new neural connections in the brain and improve different cognitive abilities. The activities will be in small classes and I am going to be working with residents one-on-one to teach them how to use computers. Residents will be able to get an e-mail account for personal correspondence and participate in online activities designed to exercise the brain.

Alameda Elder Communities

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*A continuum of Caring, since
1972*

*Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services*

Alameda Elders 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 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 102 suites providing seniors with a warm and familiar homelike setting, the Waters Edge Lodge allows residents maintain and independent and active lifestyle. Alameda Elder Services and the Elders Gym 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.



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