

# Living on the Waters Edge

Volume 3, Issue 9

February, 2007

Established in  
January, 1972.

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

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## “Homelike” is Not the Same as Home

By: Kryspin  
Turczynski

When researching nursing homes, clinics, and other such institutions, we often come across the claim that this or that place is “homelike”. In one sense, the term is rather vague. What does it mean to be homelike? Is it enough to simply install carpet in the hallways and paint the walls green? Surely, family-style meals and comfortable furniture in the common areas must constitute a homelike atmosphere. Yet for all the ambiguity surrounding the term, one thing is for sure:

“homelike” is not the same as home.

While a homelike setting may *look* like a home, it can never *be* a home because it lacks the most important element of home – it lacks a community. While the environment admittedly plays a role in the creation of a true home (layout, furniture, color, etc.), I would argue that relationship is at the core of every authentic home. When we are at home, we relate to others with care and respect, knowing that we will be treated the same way by them. Such a community puts peo-

ple before tasks, and allows each member to participate, to the greatest extent possible, in the making of decisions that will affect him or her. While no home or community is free from conflicts, at least they all provide a fundamental sense of belongingness, which is absolutely necessary for the well-being of a human person. This sense of belongingness and the collective spirit it produces is exactly what is missing in a traditional institution, no matter how “homelike” it might be.

## Knowledge is Power

By: Kathy Hanley

Our bodies are the things that we are most intimately involved with on a day to day basis; but for many people our bodies are also the

things that we are least informed about. We tend to know more about our cars, our finances, and our sports interests than we know about our own bodies. Yet there are few things that affect us more than our bodies. The old

saying goes, “If you don’t have your health, you don’t have anything.”

With this in mind, Wellness Lectures are given to the residents of Waters Edge Lodge and Elders Inn

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## Valentine's Day

**By: David Ruttan**

**Saint Valentine's Day** or **Valentine's Day** falls on February 14. It is the traditional day on which lovers express their love for each other; sending Valentine's cards and candy, often anonymously. It is very common to present flowers on Valentine's Day. The holiday is named after two men, both Christian martyrs named Valentine. The day became associated with romantic love in the High Middle Ages, when the tradition of courtly love flourished.

The Greeting Card Association estimates that approximately one billion valentines are sent each year worldwide, making the day the second largest card-sending holiday of the year behind Christmas.

Some of the wonderful memories of this day by our Residents are:

**Betty Keith:** Betty was presented with her Engagement Ring on Valentine's Day. Her fiancée had proposed earlier and picked the ring out all by himself! He spent the day talking Betty's father into letting him marry her --- he wanted to become a police officer and Betty's father thought that would be absolutely the worst thing in the world.

**Irene Bent:** Irene was a kin-

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## Knowledge is Power

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on a monthly basis. These lectures are given by our Physical Therapist, Kathy Hanley, with occasional other speakers coming in to give guest lectures. These lectures cover a wide variety of topics, some suggested by Kathy and others suggested by our residents. Most lectures deal with an area of the body. We discuss:

- the anatomy and physiology of that part or organ
- how that part integrates with and affects other parts of the body
- what types of problems or diseases can develop in that area
- what we can do to keep that part of the body active and healthy

Other lectures may deal with problems common to aging such as balance or memory problems; or with a particular pathology which can affect the entire body such as genetic problems or diabetes.

The purpose of the Wellness Lecture series is to empower our residents to become better caretakers of their own bodies and better healthcare consumers. Armed with knowledge about their bodies our residents can then

- practice preventative medicine, that is have a better appreciation of what they can do on a day to day basis to

maintain and promote their own health

- be more informed about medical terminology that they may encounter either in reading or in contact with healthcare providers
- better understand problems that are presently or previously in their own medical history
- be able to ask more educated questions about their healthcare when visiting their physician
- be able to make more educated decisions about their own healthcare.

Upcoming topics in the Wellness Lecture series include the brain (a resident's request), eating and nutrition, and diabetes. Residents' input is always welcomed for future topics. The Wellness Lectures are held at the Circle of Elders meetings at both facilities. At Waters Edge Lodge, they occur on the second Wednesday of each month in the Living Room, at 12:30 pm. At Elders Inn, these lectures occur on the fourth Wednesday of each month in the Buena Vista Lounge at 11:00 am. Families and guests are invited to attend along with residents.

Remember: Knowledge is Power. Plan on attending the Wellness Lectures on a regular basis, so that you can become an educated and skilled caretaker of the wonderful gift that is your body.

## Is Your Fitness Program Working for You?

By: Laura Van Harn

After taking exercise classes for a year, how can you determine if you have gained any benefits? This is a very important question with the growing popularity of exercise classes within our homes. The best way to evaluate the effect of a fitness program is to begin with a personal fitness evaluation. The Senior Fitness Test (SFT), which many of the Lodge and Elders Inn residents have taken, is one of the best ways to do this. The SFT information can be used to design your exercise program and set realistic personal fitness goals. The SFT evaluates muscle strength, aerobic endurance, flexibility, and agility/dynamic balance. The initial evaluation sets a personal base for these fitness parameters and indicates your overall functional mobility. After 6-

12 months of participating in an exercise program, the SFT should be taken again to determine if you have made any significant improvement.

A fitness evaluation can also help to determine why you are having trouble with activities such as climbing stairs, shopping, getting in and out of a chair easily, removing over-the-head garments or getting up to answer the phone. For example, if you got a low score on the SFT chair stand, it would indicate that your lower body strength was below average and would help explain why activities such as getting out of a bathtub or lifting items from the floor have become difficult.

Muscle loss with aging is mainly due to a decrease in activity. With this loss, the onset of disability begins and is the primary cause of frailty

in adults ages 80-90. This aging process can be mitigated with a weekly exercise program containing activities, which can improve upper and lower body strength, flexibility, endurance and dynamic balance. All of the classes and personal training programs at the Waters Edge Lodge and Elders Inn are designed to help all of our residents to improve and/or maintain their overall fitness and functional abilities. If you have not taken the SFT, please talk to Peggy at the Waters Edge Lodge or Laura at the Elders Inn to schedule an appointment. The results will help us work together to set appropriate goals. Taking the test will also help us determine intensity levels that are just right for your personal fitness program and which classes would be best for you to take.

## Valentine's Day Memories

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dergarten teacher for many years and her memories include the fancy decorated box containing all of the children's valentines that sat on her desk. Her Grandson was born on Valentine's Day and last year he presented Irene with a pair of diamond earrings as a gift on HIS birthday.

**Barbara Upp:** Barbara also received her engagement ring on Valentine's Day. Her fiancée was in the floral business and he presented her with an orchid. Inside the box was not only a beautiful orchid but her engagement ring.

**Miriam Cramer:** Miriam will always remember Valentine's Day because it was the day that she moved into the Waters Edge Lodge--how beautiful it was and how wel-

come everybody made her feel.

**Evelyn Eierman:** Evelyn remembers always being on a diet and never received candy. She always got red roses instead!

**Mary Jane Ring:** Mary Jane's husband told their 4 year-old all about Valentine's Day and her son promptly went to their neighbor's house, picked a pretty flower and gave it to her!

### A Special Thank You

Our VERY unwelcome visitor has FINALLY left our beautiful Lodge! We all deserve the Flu Bug Medal of Honor for surviving the nastiest varmint in most recent memory. I think that we owe all the hard working employees of the Waters Edge Lodge a huge round of thanks for the incredible effort given during this very difficult time. All Staff pitched in helping whenever they could---passing medication, cleaning up, distributing food and drinks, doing laundry---everything necessary to keep all of the Residents as comfortable as possible. A experience like this really makes us aware of how fortunate we all are to be a part of the extended family of the Waters Edge Lodge and, speaking for the Staff, I would like to thank all of the Residents for their understanding and many compliments.

### Live Oak

What better place to find out all of the facts and news of our Home than our daily Community Meeting? Each weekday at 12:30, bring your questions and comments to David as he facilitates the Voice of the Community. Plan to stay on Thursdays as Patrick McCabe leads us in the Circle of Champions in the Living Room at 1:30. Be a Champion! Join Residents and Staff as we continue to learn about each others backgrounds and values as we grow as a community.

### Resident of the Month: Mary Jane Ring

Mary Jane Ring was carried by her Mother for 9 months in San Francisco, but was actually born in Santa Rosa in 1915. Her Grandmother was supposed to come to San Francisco to assist Mary Jane's birth, but her Uncle got ill and they ended up having the birth in Santa Rosa, but Mary Jane feels like she is a true San Franciscan after all!

Her Father was a bookkeeper and her Mother stayed home to care for Mary Jane. She moved to Oakland, then El Centro, back to Oakland and finally graduated high school in Pasadena. She went to

Heald Business School, becoming a secretary, and worked for the Civil Service in Oakland City Hall giving tests to other people until she retired to have her son.

After her son was older, she went to work for the University of California at Berkeley in Career Education where she worked with Dr. Salinger archiving graduate dossiers. She had a long and happy career at UCB and wants the Bears to finally go to the Rose Bowl!

Mary Jane couldn't stand the boredom of retirement and has traveled all through

### February Activities

Come welcome our favorite Canine Friends, Winnie and Teresa, on Friday, February 2 at the Circle of Elders. These two Labrador dogs never fail to captivate our Residents with their friendliness and joy and we thank their human friends Gary and Karen for sharing them with us.

We will continue to try a wonderful activity twice a month---Let's Go to the Movies! We will reserve the shuttle twice a month--Tuesdays to start with---and go to a bargain matinee movie at the Bayfair Shopping Mall in San Leandro. We are projecting the best time will be right after lunch and the movie will be chosen by popular demand. Let's see if we can fill the shuttle van with film critics---maybe, if it is popular, we can have a discussion group afterward!

On Valentine's Day---Wednesday, February 14th, we

will be having an outing to a VERY special place for all of us who love chocolate---that would be just about everybody! We are taking a tour of the Scharffenberger Chocolate Factory in Berkeley and learning all about our favorite dessert. Yes, of course it includes tasting many different kinds of sweet treats! It was a big hit last year and there is no better way to celebrate Saint Valentine than to enjoy some yummy chocolate. Sign up now at the Front Desk and don't be left out!

Thanks to the Flu Bug, many activities in January had to be postponed and at press time, hadn't been rescheduled. Rest assured, we are making every attempt to bring all of these fun activities to the Residents and we will keep you posted. Come to the Circle of Elders for up to the minute changes in the Calendar.

**World Tour: Africa**

Keeping in mind our World Tour culture of the month and the popularity of Valentine's Day around the world, we offer a short list of how to say "I love you" in various African languages:

- Nakupenda (Swahili)
- Ina sonki (Hausa)
- Me dor wo (Ghanaian)
- Ek is lief vir jou (Afrikaans)
- Ndimakukonda (Chichewa)
- Mono ke zola nge (Kikongo)
- Aheri (Luo)
- Niyakutanda (Ndebele)
- Ndinokuda (Shona)
- Da ma la nope (Wolof)
- Mena tanda wena (Zulu)

**In Service**

As part of our continuing education program, the staff of the Waters Edge Nursing Home will be conducting the following in-services during the month of February:

- Week 1: Infection Control
- Week 2: Bowel and Bladder
- Week 3: Effects of Aging
- Week 4: End of Life Care

**Resident of the Month: Herman Fairman**

Born in Brookhaven, Mississippi on June 24, 1924, Mr. Herman Fairman is the oldest of 3 boys. At the age of 19, he joined the U.S. Army, but not before getting married to his wife Beatrice. After completing basic training in Camp Breckenridge, Kentucky, Mr. Fairman was assigned to a quartermaster truck company, and drove trucks all over Europe during World War II. He traveled extensively with the Army, having been in England, France, Switzerland, Belgium, Germany, the Czech Republic and Poland. Mr. Fairman considers Paris, France to be "the greatest city in the world", because "you can see anything you want to." The worst night of his life was when his truck was stuck near the front line, and he was forced to dodge bullets all night.

Mr. Fairman returned home to the States in 1946, and

soon thereafter moved to St. Louis, Missouri, where all 4 of his children were born. He worked in an auto shop, until he moved to California in 1955, finding work at Highland Hospital. Mr. Fairman started by washing pots in the kitchen, and rose all the way up the ranks to eventually become the maintenance supervisor, a position he retained until his retirement in 1983. Mr. Fairman also had the privilege of seeing the Rev. Martin Luther King, Jr., in person – three times! Because his wife passed away in 1960, Mr. Fairman raised his children all by himself: Delores, Joanne, Janet, and his "baby boy" Jimmy. Interestingly enough, all 3 of his daughters became nurses! Mr. Fairman also has 9 grandchildren and 9 great-grandchildren, who visit him often and infuse Waters Edge Nursing Home with youthful vitality.

**February Activities**

February promises to be another exciting month for the Waters Edge Nursing Home community. Love will be in the air as we celebrate Valentine's Day on February 14. To prepare ourselves for that amorous day, we have invited professional violinist, James Steven, to come and play a medley of the most famous classical romance songs! All are welcome for this special event, which will take place in the Bay Room on Friday, Feb-

ruary 9<sup>th</sup>, at 2:00 pm.

February is also Mardi Gras time, and since we can't all go to New Orleans, we will create our own (family-friendly) version of Bourbon Street right here to Waters Edge in Alameda! The festivities will kick off at 1:00 pm on Tuesday, February 20 in the Bay Room, with music, dessert, and an abundance of beads.

Finally, our World Tour in

February we will be focusing on Africa, in addition to celebrating Black History Month. The Dietary Department, as always, will be preparing special theme meals, and the Activity Department will be showing movies that highlight the cultural heritage of Africans and African-Americans. We hope to bring in some African dancers or musicians to come perform live for us – for updates please call and ask for the Activity Department.

## World Tour: Africa

We are now leaving India and going to our next country to visit, Africa. Africa is where according to paleoanthropologists, human life began. Africa is the world's second largest continent. Africa is named after the Afri, a group of people who lived in the northern part of the country. Africa may also derive its name from the Latin word "Aprica" which means "sunny" or the Greek word "aphrike" which means "without cold". No one knows for sure the true origin of the name Africa.

Africa consists of 53 independent and sovereign countries. The largest is Sudan and the smallest in Seychelles. The climate varies from tropical to sub arctic. The northern half is very dry and desert. The central and southern areas contain rainforests. Africa contains over one thousand languages; however, there are four major language families: Afro-Asiatic, Nilo-Saharan, Niger-Congo and the

Khoisan. Africans also speak English, French, Arabic, Portuguese, Afrikaans and Malagasy.

There are many popular cities to visit. In South Africa, travel to Cape Town, Johannesburg or Pretoria. In Cape Town, tourist attractions include Table Mountain, Camps Bay Beach, Victoria and Alfred Waterfront and the Two Ocean Aquarium. In the historical country of Egypt, visit Cairo, Alexandria, or Luxor. In Cairo, visit the Pyramids, the mysterious Sphinx, the Egyptian Museum and the Pyramids Sound and Light Show. In spicy Morocco, travel to Casablanca, Agadir or Marrakech.

Join Elders Inn as we travel to Africa and perhaps we will see the lone survivor of the Seven Wonders of the World, the Pyramids at Giza!

## Resident of the Month: Ruth Nield

Ruth Nield was born in Alameda on May 7. She lived in Alameda for a while before moving to Hawaii and going to school. Once her education was complete, she returned to Alameda for her sister's wedding and remained. In November of 2006, Ruth moved into Elders Inn. Ruth enjoys painting with watercolors and drawing with pastels. Her

family nearby and visits her regularly. Her room is decorated with pictures of her dogs, paintings and statues. She recently began a physical therapy program here at the Elders Inn, which she enjoys. She thinks the staff are nice. Ruth never married; but her extended family includes a sister and nieces.

## Exercise Linked to Decline in Dementia

By: Peggy McCormick

A study was completed last year that showed how regular exercise can reduce the risk of dementia and Alzheimer's disease by as much as 40%. A Seattle team studied 1740 people aged 65 and above for 6 years. They studied exercise participation, frequency, grip strength, walking speed and physical function and evaluated participants every 2 years. In the end, 158 people had developed dementia and 107 had Alzheimer's. The participants who exercised a minimum of 3 times per week were 38% less likely to develop dementia.

Science cannot yet explain just why this is so. But a good guess is that exercise causes a reduction in vascular disease and the build-up of plaque, deposits in the brain which cause Alzheimer's. Therefore people who exercise do not show clinical signs of dementia as often as those who do not exercise. Also, it must be pointed out that generally people who exercise are more socially active, which enhances cognitive ability.

It is a known fact that exercise stimulates neurotransmitters in the brain, such as serotonin, dopamine and nor epinephrine. Exercise also triggers the production of endorphins. All of these things are associated with elevated mood. Those of

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## Congratulations!

Alameda Elder Communities would like to thank the following staff members for their continuing service and dedication. We couldn't do it without them! The following staff members are celebrating their Anniversary during the month of February:

### 1 Year

Natalie Washington, WENH

### 2 Years

Maria Zambrano WENH

Maricel Paulos WENH  
Mernie Marcia WENH  
Njambi Nelson WENH

### 3 Years

Maira Borlongan Cedula WENH

### 5 Years

Maria Useda WE Lodge

### 6 Years

Cindy Wilson WE Lodge

### 10 Years or More

Lilia Hodges, WE Lodge, 13 years

### 15 Years or More

Savina Moore, WENH, 16 years

## Exercise Linked to Decline in Dementia

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you who exercise know how good it makes you feel afterwards and that the feelings can last throughout the day. So it is already obvious to those who exercise that moving the body is good for mental and emotional health as well.

The amount of exercise you get is more important than the intensity. It is much more beneficial to participate in a regular routine and be consistent at it, as opposed to jumping into c class or walking once a week. It is recommended for seniors that a program consisting of 3-5 days per week of regular exercise will have the most benefits, both physical and mental, even for the frail elderly.

So if your excuse is that you don't need to be fit, you don't want muscles or you're just plain lazy, think about the benefits to your brain of participating in regular exercise. We all feel good after exercise, even when we don't want to do it. There's just no reason not to do it!

## Fun Facts

**Pauciloquent** - using as few words as possible when speaking.

The first item sold on eBay was Pierre Omidyar's broken laser pointer. It sold for \$14.

## Iron Person of the Month: Axel Ottens

By: Jacquelyn Fay

I asked Axel for the background of his name since it is quite unusual. He told me it is Scandinavian. He was only 16 when he graduated from High School and 20 when he graduated from college. He was steadily holding a job, even in high school. He attended the University of Florida for two years and ended up at San Jose State, graduating in 1951.

After college he joined the Navy and shipped to Newport, Rhode Island, for intense officer training as an ensign. He remained in the Navy for seven years, and then in the Naval Reserves until the early 90's. Through his Navy career, he met his future employer, American Can Company, and then through American Can Company, Texaco found Axel's skills to their liking and lured him away to work for them.

He remained with Texaco until he retired. He worked in lower class administration, and then Axel worked his up to international manager where he would call on companies all over the world and set up connections with local Texaco branches. He retired from Texaco in the early 90's (the same time as he quit the Naval Reserve).

After his retirement he traveled, settling down in the Westport, Connecticut area. About 15 years ago he made his way to Alameda permanently. Axel was married twice and two great sons. Although it appears that Axel has been a corporate person for most of his life, the secret side to him is his enjoyment of wood sculpting. He said he has hundreds of sculptures; so many that they are in his storage unit. He was also a photographer. He began taking pictures in his youth, of his friends, his family, and

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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 which provide 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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