

Living on the Waters Edge

Volume 4, Issue 8

February 2008

Established in
January, 1972.

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

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Enjoying the Significance of Yoga

By: Nicki Hiemenga

You may have heard the buzz around in regard to yoga and all its many benefits.

For over 5000 years, men and women of all ages as well as children from all cultures have practiced the art of Yoga, exercising the mind and body together to achieve high levels of flexibility, fitness, muscle tone and focus.

Yoga comes from the Sanskrit root "Yujir Yogey" meaning to yoke, to unite or to join. One of the most important perks of practicing yoga regularly is achieving harmony through the unification of our mind, body and soul. Many times we find

that we cannot perform daily activities because of the chaos going on in our minds.

The benefits of yoga are numerous. Yoga is all about feeling good; feel the blood surging through your veins, the energy pulsating through your nerves and the bliss coursing through your whole being. Best of all, Yoga is apt for all, regardless of age, color, caste, creed or religion; from the healthiest to the sickest and from the richest to the poorest.

Yoga benefits are a sense of remarkable calmness... a positive outlook on life which also benefits the physical health of the

body.

Stress impacts us physically and emotionally. Yoga helps to relieve us of our stress. The end result is a balanced body and soul.

The various poses performed within a yoga routine help increase flexibility. The poses trigger the different joints of the body that are typically not used in other exercise routines.

Yoga also increases the lubrication of joints, ligament and tendons. The well-researched yoga positions exercise the different tendons and ligaments of the body.

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If the Shoe Fits, Wear It

By: Kathy Hanley, PT

Our feet are the road warriors of our bodies. It has been estimated that by the age of 50, most individuals will have put

75,000 miles on their feet. The much underappreciated foot is actually a marvel of anatomical engineering. The foot contains 26 bones (1/4 of

the total bones in the body), 33 joints, over 100 muscles, tendons, ligaments and an extensive network of blood vessels and

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Enjoying the Significance of Yoga (Continued)

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For those just starting out doing yoga, you will find that your body may be rigid when performing the various poses. If you keep yoga as your workout routine, you will notice quite a remarkable increase in your flexibility in a short bit of time.

In addition to the joint, ligament and tendon benefits yoga brings, yoga also benefits the body's internal organs. Yoga may be the only workout type that massages and stimulates the body's internal organs.

All of these benefits have an ultimate one of keeping illness and disease at bay. Those performing yoga are in tune to their bodies and have a sense of forewarning at the first possible sign of illness or disease; obviously enabling the yoga practitioner to take pre-emptive corrective action.

Another benefit of yoga is complete body detoxification. As yoga gently stretches the muscles and joints and stimulates the various organs, yoga ensures the optimum blood supply throughout the body.

By achieving optimal blood supply, toxins are flushed out of your body and total nourishment is accomplished. The resulting side effect includes delayed ageing, increased energy and a remarkable zest for life.

Yoga is also an excellent way to tone your muscles. Muscles which have been flaccid and weak are stimulated repeatedly to shed excess fats and flaccidity.

In addition to these numerous physical benefits, yoga brings harmony to the mind, which results in quantum benefits.

People have experienced mind over matter again and again. This has enabled people to

achieve extraordinary physical feats. This indicates the extraordinary power behind the connection between the mind and body.

Yoga is a form of meditation. Just as meditation does, yoga brings unity to mind, body and spirit which can lead to an experience of eternal bliss.

The meditative practices through yoga help in achieving an emotional balance through detachment.

The overall results of these yoga benefits are a sense of remarkable calmness as well as a positive outlook on life, which also has tremendous benefits on the physical health of the body. It is no wonder thousands and thousands of people worldwide swear by the curative effects of Yoga.

If the Shoe Fits, Wear It (Continued)

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nerves. Our feet's primary responsibilities are for mobility and walking, but our feet also contribute substantially to our balance and prevention of falls. Although the foot's original ancient owners walked barefoot through savannahs and grasslands, today's foot owners walk the cement and hard floor environments of the modern

world; hence the need for shoes. We wear shoes for warmth, protection and support, but often because we put so little thought into what type of shoes we wear, our shoes are hindering rather than helping us.

A recent study published in the Journal of the American Podiatric Association found that only 25% of those surveyed wore appropriately sized footwear. Most were

wearing shoes that were too narrow and/or too short for their feet. Yet, poorly fitting shoes are one of the major contributors to foot problems in the elderly. As we age, the muscles of the foot begin to weaken and ligaments become lax. As a result, the feet grow wider and longer. So for most people, the required size of shoe gets larger as they age. Other effects of aging on

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If the Shoe Fits, Wear It (Continued)

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the foot are thinner skin (hence more easily injured or infected), less dense bones (hence less able to withstand the stresses put on during walking), thicker and more brittle nails (hence harder to cut) and arthritic joints. All these age-related conditions make it most important that older people put care, consideration and money into the shoes they put on their feet.

At Water's Edge Lodge and Elder's Inn I have seen the good, the bad, and the ugly in footwear on our Residents. I have seen the good: well fitting, supportive shoes which are comfortable to wear and aid in good walking. I have seen the bad: shoes so tight that swollen feet and ankles hang over the edge of the shoe; shoes with too high of heels; shoes that are obviously too small in both length and width; shoes with little or no built in support. And I have seen the ugly: Residents wearing sloppy, loose fitting, slip-on type slippers which offer absolutely no foot support and actually increase the risk of falling.

What are *you* wearing on *your* feet? If you are not in the "good" category, consider starting off the New Year on the right foot, with a new pair of shoes. For the most part, the phrase "you get what you pay for" applies to shoes. Most inexpensive shoes pro-

vide little or no support to the foot, are not made out of materials which breathe and stretch and are not designed to match the architecture of the foot. So consider investing a little more money in a good pair of shoes and watch those shoes pay dividends in comfort and ease of walking.

The following are some tips for shoe buying:

- Shop for shoes later in the day; feet tend to swell by the end of the day and you want a shoe size that accommodates this swelling
- If you have one foot larger than the other, buy shoes according to the larger foot
- Select a shoe that is shaped like your foot; avoid shoes with a pointed toe
- Make sure there is enough space (3/8" -1/2") between the end of the toe and the end of the shoe when you are standing up
- Make sure to walk around in the shoes before you decide to buy
- Buy a shoe made of leather; man made materials do not stretch or breathe and predisposing the foot to pressure areas and infections
- Buy a shoe which cups the heel securely; there should be no sliding up and down of the heel while walking; closed shoes offer much more support to the foot than open heeled or open toed shoes
- Lace up shoes are preferable because they are easier to get into and can accommo-

date swelling which can occur as the day progresses

- Never buy shoes that feel too tight with the assumption that they will stretch with wear
- Buy shoes that provide comfortable arch support
- Buy shoes with a non-slip sole
- Buy shoes with a flat heel

Consider buying two pairs of shoes so that you can alternate wearing them. This allows shoes worn one day to completely dry and air out before wearing them again.

One final note: Socks are an important complement to the shoes you wear. Cotton socks are strongly preferable to nylon or polyester because cotton absorbs moisture and moisture on the feet breeds infection and bacterial growth. Ideally socks will have extra padding on the bottom to help compensate for the foot's loss of its shock absorbing pads, a normal part of the aging process. Finally, wear socks that fit comfortably into the shoes. Medium thickness socks are the best: too thin of socks don't provide cushion and warmth to the foot and too thick of socks can make the shoes tight.

So step out with shoes that fit, support the foot, and are made of quality materials. Make it a little easier on the feet. You'll be glad you did. May you have many happy miles in 2008!

Waters Edge Lodge on Harbor Bay

Thank you to our Kitchen Staff

Three times a day, all of the Residents of the Waters Edge Lodge come down from their apartments and assemble in our beautiful Dining Room to enjoy each others company and a delicious meal. Have any of you considered that with approximately 100 Residents eating three meals per day and an average of 30 days a month that equates to an astonishing 9000 meals per month! How about 108,000 meals per year! That's only counting the main entree, so given the fact that there are three alternatives every lunch and dinner---well, I'm afraid that I can't count that high!

Let's give a big hand to Barbara Covington and her hard

working kitchen staff for doing a remarkable job three times a day, seven days a week, three hundred sixty-five days a year!

In an effort to make their jobs easier, please order all meals in advance with your server. Orders for lunch are taken at Breakfast, and orders for Dinner are taken at Lunch. If you are not present at these meals, but would still like to order in advance, please call the front desk at 748-4300.

As a sidenote, if any Resident ever wonders what goes on in our Kitchen, please see ask either Barbara or David for a tour ---just not during mealtimes, please!

New Activities

There is truly something for everybody in the way of activities at the Waters Edge Lodge! We have expanded our variety of activities in the past few months to include such varied interests as Flower Arranging, Wii Tennis and more regular trips to the Alameda Free Library for our Residents. Every third Tuesday of the month, our Activity Room is turned into a floral paradise! We have been blessed with beautiful flowers from our neighbor Safeway and a gracious volunteer comes to assist our Residents with turning a plain vase into a masterpiece of splashing colors.

World Tour: Africa

I don't know about you, but in this cold weather, I sure could use a little heat! I know! Let's head on over to Africa for the month! Our World Tour takes us to the continent of Africa this month and Dave Ballerini has created an informative and beautiful display. What an interesting place---fantastic animals, unique cultures and delightful people make Africa one incomparable area of our world. We'll be taking our Residents out for something special for delicious food this month---sampling the unique tastes of Eritrea. This has been a very popular trip in the past so sign up early and don't be left out!

Live Oak

Live Oak is all about empowerment of Elders and we are proud to say that it is alive and well at the Waters Edge Lodge. The Circle of Elders continues to grow and it isn't unusual to count 30 participating Elders in our beautiful Living Room weekdays from 12:30 until 1:30 having their say. David Ruttan leads the group on Mondays and Fridays while Dave Ballerini regales everyone on Tuesdays, Wednesdays and Thursdays. Our Residents have empowered themselves to lead Activities on their own by setting up, leading and breaking down the golf putting tournament on Mondays and Saturdays. We couldn't be more pleased with the participation!

Celebrate Love

In addition to the delicious lunch outings we have planned for this month, we will be continuing in the grand tradition of celebrating St. Valentine's Day by taking our Residents on a tour of a chocolate factory in Berkeley. The Scharffenberger Chocolate Company makes EXTREMELY decadent sweets and gives a fascinating behind the scenes glimpse at what it takes to make mouth-watering chocolate. We will be taking this tour on Monday, February 11. Please sign up at the front desk. Space is limited. ---Remember---the best place to go for information is the daily Circle of Elders.

World Tour: Africa

In addition to our wonderful regular program of activities, entertainment and education, February features a couple of special events. First, we will celebrate African-American History Month, as well as a tour of Africa as part of our monthly World Tour, through food, cinema, music, trivia, biographies and more. We will acknowledge Valentine's Day with a special luncheon on Thursday, February 14 at noon. Guests are warmly welcomed. We respectfully request that guests reserve their meals by contacting the Receptionist either in person at the Front Desk or by phone at 510-522-1084.

Resident Rights

It takes a lot of organization to provide superior care to over 100 residents. Staffing schedules, diets, medications, activities, housekeeping... these are just a few elements to consider in the operation of a nursing home. But no matter how complex our logistics, we can never forget the most important element: the human one. Behind all the schedules and the policies are real people with real histories, feelings and concerns. Simply put, every single one of our Residents deserves a special kind of dignity, and with that dignity comes specific rights safeguarded by the State. These rights include, but are not limited to: food alternatives, pri-

vacy, entertaining guests, a say in one's daily schedule and many more. Comprehensive information concerning Residents' rights have been distributed to every Resident this past month. If you have any questions about your rights or the rights of a loved one, please contact the management of Waters Edge Nursing Home, so together we can ensure that our community is one of cooperation, respect and dignity!

Black History Month

Americans have recognized Black History annually since 1926, first as "Negro History Week" and later as "Black History Month." Although Blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books. We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. The scholar, with a PhD. from Harvard, was disturbed to find in his studies that history books largely ignored the black American population, decided to take on the challenge of writing black Americans into the nation's history. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Resident of the Month: Lee Weatherby

Our Resident of the month for February 2008 is Lee Weatherby. Mr. Weatherby was born in Durant, Mississippi in 1929, and grew up with 8 siblings. At the age of 17, he left home to go to Louisiana, where he lived for a few years before moving to California. Mr. Weatherby celebrated a big milestone on his way to the Golden State: he turned 21 years old! When he finally arrived, Mr. Weatherby first lived and worked in Palo Alto. After 10 years, he moved to Redwood City, and then to Brookside Rest Home in San Mateo, where he lived until he came to Waters Edge. Mr. Weatherby has two siblings

remaining, a brother in Washington State and another brother in Merced, California. Mr. Weatherby's favorite pastime was his work as a religious missionary, as well as a Bible study correspondence by mail, in which he participated for as long as his health allowed. Mr. Weatherby has recently been elected Vice-President of the Resident Council, and is eager to work together with the Residents and Staff to make Waters Edge the best home it can be. In gratitude for his many contributions to our community, we would like to honor Lee Weatherby as our Resident of the Month!

St. Valentine's Day

By: David Ruttan

Every February we celebrate by giving flowers, candy and cards to those we love. We do this in honor of Saint Valentine. Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Claudius II decided that single men made better soldiers than those that were married. With this thought in mind he outlawed marriage for young men in hopes of building a stronger military base. Supposedly, Valentine decided this decree just wasn't fair and chose to marry young couples secretly. When Claudius II found out about Valentine's actions he had him put to death.

Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.

Perhaps we'll never know the true identity and story behind the man named St. Valentine, but this much is true February has been the month to celebrate love dating back to the Middle Ages. In fact, Valentines Day ranks second only to Christmas in number of greeting cards sent.

Resident of the Month: Henrietta Woon

Henrietta Woon was born on July 21 in Oakland, California. As an adult, she worked overseas for the government transporting cargo. She has one step-son and two step-granddaughters. She has a niece and nephew that visit frequently. Currently, her husband resides in a board and care facility. Before she moved to Elders Inn, she and her husband lived near the golf course in Alameda and would play golf on the weekends. In fact, Henrietta is an avid golfer, having won many tournaments. She proudly displays a few of her trophies in her apartment. Her brother, who is a doctor in New York, also plays golf. Her

hobbies include listening to music, gardening, watercolor and oil painting. She especially likes Happy Hour at Elders Inn. Last July, she celebrated her 90th birthday and has wonderful memories and lots of pictures to remember it. She does the best that she can and says "You never know what life has in store for you". Henrietta tells us that the sSaff and other Residents of the Elders Inn are wonderful, and that she is enjoying her stay.

On the February Calendar

February 02 – Groundhog Day – On this special day we will be showing the movie *Groundhog Day*, starring Bill Murray at 1:00pm.

February 06 – Ash Wednesday – Ash Wednesday is the first day of the Season of Lent. To honor the season of lent, Sister Cathy Sullivan from Saint Barnabas will be here at 10:00am .

February 12 – Lincoln's Birthday – Abraham Lincoln, the 16th President of the United States of America, was born on February 12, 1809. At 6:00 pm, we will be showing the movie *Lincoln* directed by Vikram Jayanti.

February 14 – Valentines Day – We will celebrate Valentine's day by serving refreshments and heart cookies. Claudio will entertain on the piano at 1:30pm.

February 18 – Presidents Day – As we celebrate this day, please come and join us for a Tea Social and for a discussion on US Presidents.

February 22 – Washington's Birthday – As we celebrate George Washington's birthday, we will be serving Apple Pie and Apple Cider, while Claudio entertains on piano at 3:00 pm at Happy Hour in the Garden Neighborhood.

Iron Woman of the Month: Sarah Hartsook

By: Lindsay Jones

This month I have chosen to highlight a Resident who takes pleasure in the improvement of her mental and physical well-being, also known as “exercise.” Five days out of the week, I call Sarah on the phone to remind her about class. Sometimes she comes down to class, but then realizes she’s forgotten her hearing aid! But it’s OK, because she is very good at mimicking my movements, with no verbal instructions necessary.

I make an extra effort for this Resident because it is clear to me, and to anyone that knows her, that she genuinely appreciates and benefits from exercise, and for that I am thankful. And she returns the same thankfulness each time she enters the room with her special “thank you” bow.

When first asked about what things motivate her to be so enveloped and dedicated to exercise class, Sarah fondly replies “It’s because of the Instructor.” I smile, silently admonishing her statement, and humbly ask again. Her reply is animated, the way it always is, and you could comprehend what she meant even if she never uttered a word. You have to wonder if she’s a charades champion. She emphatically waves her arms, bouncing up in her seat, musically announcing “It makes

me feel better! *You know*, physically and mentally *better!*” I feel it’s almost as if she just lamented “DUUHH!!!!”

Then I ask her what other kinds of activities she enjoys, and she says “Eating ice cream!” And out pops the spirit of a little girl, so delightful and full of spunk, and yet within this 93-year old body, there is also a presence of silence, of calm meditation. And she does enjoy a little bit of daydreaming and taking pleasure in simple things, which keeps her balanced much like the yin and yang symbol that is called the “Tai Chi” in China. Strangely enough, she has practiced this ancient Chinese martial art for over 20 years. She describes Tai Chi as a physical exercise that has a unique mindful focus and purpose, noting the meditation aspect to help her stay grounded mentally and physically, claiming it has improved her balance and stability.

Tai Chi is not the only physically challenging activity that she has avidly pursued; she started perfecting her ballet skills at the ripe age of three! She went to study dance at the Peabody Institute in Baltimore when she was “very young.” When she was on her way to perform on an international tour for enlisted soldiers, she met what was to be her husband. After marrying, she hung up her traveling

dance slippers so they could live Annapolis, Maryland.

Marriage couldn’t deter this little busy bee! She kept on buzzing, taking up swimming, tennis and a hunger for art. She loved swimming so much; she later became a swimming instructor for children ages 0 to 6 years old! She enjoyed playing tennis regularly until she moved to Waters Edge Lodge in 2007, where she can now enjoy a virtual match of tennis on our Wii video game system in the activity room. I caught a glimpse of her back-hand last week, and boy, she has got mean swing! Her passion for art is apparent in her personality and in her room. Sarah’s eclectic collection includes sculptures, paintings and sketches. Choose a medium, and you’ll probably find something there in her room. She prefers drawing human sketches and has offered incessantly to do a sketch of me.

One characteristic that Sarah has maintained is an insatiable hunger for learning. She is never too full of knowledge. It is through her adventurous spirit that she has found many ways to keep active throughout her entire life. She believes her active ways have helped her maintain her independence. Here are some tips from Sarah: “Be kind and gentle; Be on a good diet; And “EXERCISE!”

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: aecadmissions@gmail.com

Website: www.alamedaelder.com

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

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*A Continuum of Caring,
Since 1972
Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services
Rehab Agency*

*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 Rehab 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 Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*



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