

Living on the Waters Edge

Volume 10, Issue 2

February 2013

A tradition of caring since 1971.

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



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Exercise and Memory

By Arran Rogerson

With age comes memory loss. It is unavoidable, but there are ways to prevent loss, and even improve our memory capabilities. Being physically fit, mobile, and independent are all huge benefits of exercise, but individuals often overlook the benefits exercise can have on the mind. Physical activity has a huge impact on our

cognitive ability and brain function. Because everything in the body is connected, exercising our cardiovascular system, increasing blood flow and oxygen intake, can have a profound effect on our mind. Exercising strengthens connections and increases the amount of nutrients and oxygen delivered to the brain while also producing chemicals that heal and protect brain cells from deterioration or attack. Exercise has been



proven to help maintain mental abilities in old age, and prevent or sometimes even cure, many diseases of the mind.

Studies have shown that individuals engaging in physical activity perform much better at problem solving and memory retrieval

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Basic Human Movement

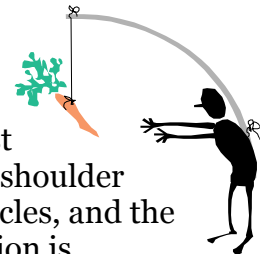
By Wilson Trang

If I had to wrap up “what we do in exercise class” in the fewest words possible, I would say “we pick things up, we put things down.” But really, we work on the 4 basic movements of the human body. The human body is designed to do four movements:



push, pull, lift, and carry. All human movement is a combination of at least two of these four motions. Even just reaching out to pick up a coffee cup involves the motions of push and pull.

The push motion is one of the most intuitive and common motions of the human body. The major muscles involved in the push motion are the



chest and shoulder muscles, and the motion is generally designed to create force moving forward (think opening a door outward or reaching for anything). The most basic exercises that involve the push motion are the bench press or throwing an object; that is why we often throw a ball

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Exercise Your Mind!

Triva

Cupid is whose son?

In which of Shakespeare's plays does he refer to Valentine's Day?

St. Valentine was put to death at the order of which Roman emperor?

What mobster tried to kill rival Bugs Moran on Valentine's Day 1929?

Poetry

THE OLD DAYS

By Bernard Welz, Resident

WHEN ONE COULD LUNCH
FOR A QUARTER
AT THE FIVE AND TEN CENTS STORE.
EAT THEIR FILL AND MORE.
RIDE A BUS FROM ALAMEDA
TO OAKLAND FOR A DIME.
MAIL A LETTER TO NEW YORK,
THREE CENTS.
SEE A MOVIE FOR
THIRTY FIVE CENTS,
POPCORN, ONE DIME.
HAIRCUTS FIFTY CENTS
FOR BOYS AND GENTS.
BAY BRIDGE TOLL,
HWENTY FIVE CENTS.
ALAMEDA DIME TAXI
TOOK YOU ANYWHERE IN ALAMEDA
ANYTIME FOR A DIME.

Brain Teaser

Every student in a second grade class sends a valentine to each of the other students in the class, for a total of 306 valentines. How many students are in the class?

What is the only word in the English language that if you capitalize the word it changes the meaning and pronunciation of the word?

How could the 22nd and 24th U.S. Presidents have the same parents, but not be brothers?

Last month's answers

In what year did the first New Year's Eve ball drop in Time Square happen? **1907**

What does Auld Lang Syne mean? **Times gone by**

How much does New York's Waterford crystal ball (the one dropped on New Year's) weigh? **1070 pounds**

In the ancient Roman calendar, when did the new year begin? **March**

What New Year tradition began in Greece around 600 BC? **Using a baby to represent the New year**

Everyone knows that both Christmas Day and New Year's Day always fall on the same day of the week. However, in 1939, the year of the

outbreak of WWII, Christmas fell on Monday and New Year's fell on Sunday. Why? **In any given year Christmas Day and New Year's Day fall on different days of the week. Christmas occurs 51 weeks later in the year than New Year's Day; Christmas 1939 was no different than any other year.**

Complete the grid so every row, column and 3x3 box contains every digit from 1 to 9

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

Why Balloons?

One thing a lot of Residents notice about our activities, fitness, and physical therapy routines is that they involve a lot of balloons. We have balloon volleyball at Waters Edge Lodge and Elders Inn, and we also have balloon badminton at the Elders Inn.

The primary reason for using balloons instead of balls in these activities is safety; balls tend to travel faster and hit harder. With a full-size volleyball, a

Resident could be knocked off his feet and injured. Instead, the balloons are light and do not create enough force to knock someone off their feet. The balloons are also softer, so they decrease the chance of hitting anyone and injuring them.

Because the balloons are slower and softer than a real ball, Residents with slower reactions are able to hit the ball. The balloon's slow

movement in the air allows Residents time to react according without the fear of hurting themselves or falling down. The balloons are also brightly colored so they are more visible than the regular volleyball or the badminton shuttlecock.

The balloon sports offer all the

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World Tour: East Asia

This month our World Tour takes us to East Asia. Some of the countries we will visit this month are *China, Japan, Korea, Taiwan, Vietnam, Thailand, and Cambodia*.

As this month's tour includes China, their borders are impossibly long and include more than 10 different countries on the west (including everywhere we visited last month!) and the Arabian Sea. To the north we have Mongolia, and the southern and eastern borders are entirely made of water: the Gulf of Thailand, the China Sea, and the Sea of Okhotsk.

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

Fun Facts about the area:

- China is considered the longest continuous



civilization, with some historians marking 6000BC as the dawn of Chinese civilization. It also has the world's longest continuously written language.

- Despite its size (slightly larger than the US in land

mass) all of China is in one time zone.

- Vietnam is shaped like the letter S, and at its narrowest point is only 30 miles wide.
- Thailand was called Siam until 1939.

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:

Chimere Randell, Lodge
Wilson Trang, Alameda Elder Services

Three Years:

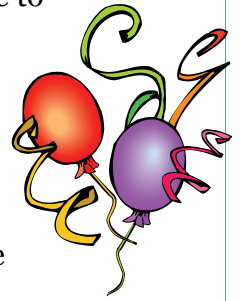
Tina Tran, Lodge
Tatiana Simpson, Lodge
Gary Dichoso, Lodge

Twelve Years:

Cindy Wilson,
Lodge

Nineteen Years!

Lilia Hodges, Lodge



Balloons

(Continued from page 3)

same benefits of regular sports. They increase reflexes, hand-eye coordination, concentration and increase health. They have all the same benefits of exercise, such as increase strength and flexibility, increase breathing ability, and increased dynamic balance. Balloon sports can be a great replacement for the

exercise classes we have throughout the day. I know that some Residents find the exercise classes boring and not exciting. The balloon sports can give the same benefits without being in the exercise classes.

So come down and join us for the balloon sports!

A Chili January

On January 26th, Alameda Elder Communities competed in the Kawanis Club of Alameda's Annual Chili Cook-off. Residents and Staff alike had fun at the tasting competitions as we perfected our recipes; and we would like to congratulate Cheryl Champ, our Community Relations Director, on winning our personal competition and representing us at the event.

Human Body

(Continued from page 1)



around in exercise class.

The pull motion is the complete opposite of the push motion. It involves all the muscles that are the opposite of the push muscles, also known as the "antagonist" muscles. The pull motion uses the muscles in the back and is designed to bring an object or force *toward* the body (think bringing your toothbrush toward your mouth or hands toward your chest to button a shirt). Pulling is one of the

most important movements as the human body gets older.

As the body ages and the bones become more frail, the lift and carry movements tend to be less practiced (though no less important). The carry movement uses the back muscles in conjunction with the posterior chain (the muscles behind the legs) to keep an object or force upright (think picking up your coffee cup or the newspaper). Did you know that the ability to stand up is considered a "carry" movement because the human body's center of gravity is technically behind you?

The most fragile movement, and the first to weaken as the body ages, is lifting. The lifting motion creates a force downward to move an object upward (think of picking up a plate). Because lifting often includes a need to get low and close to an object, it can be difficult for those with balance or back issues.

If the body can maintain the ability to make all of the movements, especially at optimum levels, you will be able to continue the activities you enjoy much longer; that is why the exercise classes at both the Lodge and the Inn include these movements.

Resident of the Month: Andrew Stone



When asked about his favorite memory from youth, Andrew Stone will respond, "riding on my dad's shoulders."

Andrew, known as Andy, cherished every day he spent with his dad when he was young. Being the son of the Commanding Officer of Presidio of San Francisco, & the brother of three officers, is something he takes pride in.

Born in Washington, D.C., Andy learned to play golf in San Antonio, TX at the age of four, and lived in San Francisco, CA for three years until his dad was

assigned to Knoxville, TN. When Andy was 10 his dad passed away and the family returned to San Francisco. As the youngest, Andy was always his mom's companion when visiting his brothers in Ohio and Georgia, thus his passion for travel—which eventually resulted in trips to the Caribbean Islands, Austria, Hawaii, Alaska, among others.

Drafted to Army infantry, Andy fought in World War II and witnessed horrid events that he considers, the worst memories, ones he will never forget. In London, he met and married

his first wife with whom he had two kids, Cathy and Randy. He came back to the U.S. in 1946 and ended up as a banker; he dedicated 35 years to Wells Fargo. During that time he got divorced and remarried, had a daughter named Shannon, was widowed, and remarried for a third time. Now, he is constant companion to fellow Resident, Maggie Walker.

Andy is a very sociable person and easy to talk to; he doesn't run out of ideas and memories to share. Feel free to spark a conversation with our resident of the month, Andrew Stone.

Eating Out

In keeping with our World Tour, this month our restaurant outings will be featuring the foods of Eastern Asia.

First, on Thursday, February 7th, we will be visiting Dragon Rouge in Alameda. Then, on Thursday, February 21st, we will head to lunch at East Ocean Chinese. If you would like to come, please meet in the lobby at 11:30am.

Book Nook



Please join our book club group every Sunday at 1pm as we discuss the month's book selection.

This month's book is:

A Kiss Remembered
by Sandra Brown

Laissez Les Bons Temps Rouler!

On Tuesday, February 12th, at 6:30pm we will be enjoying our Mardi Gras Dance Party; please come and join the fun! There will be Mardi Gras beads and masks, live zydeco music provided by Les Amis, dancing, appetizers, and pictures to be had. Join the spirit of the season and celebrate a little bit like New Orleans!



News from the Activities Desk



A new, large-print **Scrabble** dictionary has been added to the Activity

Department. If anyone is interested in playing a game of Scrabble and would like to use the dictionary, it is located on the bookshelf in the living room.

Super Bowl Sunday is upon us, and our San Francisco 49ers have made it to the Big Game. If you're interested in football (or even

just the half-time show or commercials) please join us in the activity room on Sunday, February 3rd to enjoy the show!



Please remember to let the Activities Team know if there are any new activities you would like to see added to the calendar; we can't make any promises but we do like to try!

Resident of the Month: Irene Maslonkowski

Irene Maslonkowski was born on Brush Street in the West End of Alameda---a few short blocks from Elders Inn! She remembers the West End was mostly populated by Italian families and the men worked either outdoors in the fields or in the local pottery factory. Her father was a candy maker in San Francisco and had his own candy making business; unfortunately, he lost it during the Great Depression. During the War, he worked for Bethlehem Steel while her mother worked for a hat company.



Irene has a younger brother by seven years and she remembers being very excited by his arrival. After graduating from Alameda High School, she was going to start a job as a telephone operator, but had to delay her career because she had to have her tonsils removed! She eventually became a supervisor and trained many operators that moved to California from the East Coast, although she was much younger than most of them.

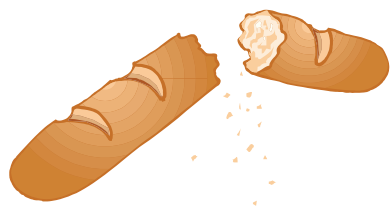
Irene met her husband on a blind date arranged by a local storekeeper who enjoyed

“fixing up” servicemen and local young ladies. They didn't marry right away because he was stationed overseas, but, after the war they married, bought a house from Irene's father, and eventually raised 5 children.

Irene and her husband loved to folk dance; she adores her 8 grandchildren and 2 great-grandchildren. Her advice to everyone is “Do as much as you can while you're in good health”. We are delighted to welcome Irene to the Elders Inn and congratulate her on being February's Resident of the Month.

Garden News!

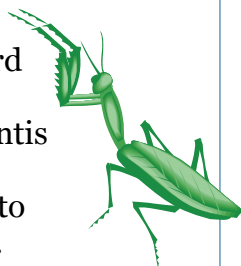
The cold, chilly days are here and we are keeping warm drinking lots of hot tea and making delicious homemade bread. Come by and break some bread with us!



Mantis

By David McCord

The praying mantis doesn't pray: He simply likes to pose that way. The sect which he's an insect in Leads with the left and not the chin.



Bugs!



Insects are everywhere! In fact, there are more insects than any other type of animal on earth. This is true no matter how you measure their numbers – in terms of individuals or species. One scientist calculated that for every person on earth, there are about 200 million insects. More than 75% of all the named animal species are insects and there are millions of insect species yet to be discovered, named and classified!

Since February is a cold month, we better not venture outside to check on our many -legged friends. Why don't we bring them to us? On

Tuesday, February 5th, we are going to do just that! We have arranged for the world-famous Insect Discovery Lab to come to the Buena Vista Dining Room at 1:00pm and bring some friends with them!

The Insect Discovery Lab is a hands-on outreach program that enhances the scientific and environmental education of people of all ages. They visit classrooms, libraries, community events, birthday parties, and other private events all over the Bay Area all year round. Our Residents will have the opportunity to interact with live animals including the giant African millipede, Australian walking stick, Madagascar hissing cockroach, and many more.

Standing for Strength: The benefits of standing

By Arran Rogerson



Residents often ask me what they can do to stay active and healthy outside of exercise class and my answer is always

very simple: stand up. This answer surprises most people. How is standing up being active and healthy? You might see me standing at my desk and wonder: Why is Arran always standing?

It would appear that while standing the human body is still and motionless, seemingly doing nothing, but this is inaccurate. The truth is that the body must work very hard to hold itself up in a standing position. Very many muscles must contract simultaneously to achieve the balance that is required to simply stay on your feet and not fall over. These muscles are in your legs, feet,

back, stomach, and even your arms. So when you're standing your body is working and you're actually getting exercise.

An easy way to go about it is simply avoid sitting. It's easy to spend almost your entire day in a chair. But the truth is that sitting down is bad for you. The human body was never designed to sit in a chair for hours and hours and the time spent sitting could be having a serious impact on your health. While standing works your core muscles, your legs, and elevates your heart rate, sitting



allows those areas of your body to shut off. When shut off for too long, those

musculoskeletal systems cease to function properly and deteriorate quickly. The risks of too much sitting are present for all people, but the deterioration involved with sitting is especially potent in old age.

Studies have found that people who sit for ten or more hours a day are 40% more likely to have serious health problems than those who stand and 200% more likely to develop obesity. So if you're looking to improve your health and well-being, simply make the choice to stand up. Take a walk down the halls instead of sitting in your room. It might sound crazy, but you could even stand up while watching TV. Feeling exhausted from standing up all day? Good. It means you're getting a workout.

Exercise and Memory

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tasks than subjects engaging in no physical activity. Exercise has been shown to be effective in preventing Parkinson's and Alzheimer's, reducing their negative symptoms and delaying the onset of cognitive loss.

Can't recall important details? Thoughts seem cloudy? Having trouble remembering what this article is about? You'd be amazed at how taking walks

regularly can seem to clear and refresh your mind. They don't call it "jogging your memory" for nothing!



Coming Soon...

Ever get the feeling, "Why should I go to exercise class, we do the same thing all the time?" Well keep your eyes locked on the fitness classes in your building! A new year means new routines, time to mix things up a little bit and modify workouts that might be feeling a little stale.



What is Alameda Elder Communities?

Alameda Elder Communities is a group of family owned senior services devoted to serving the needs of elders in Alameda and the East Bay. Our mission is to enable elders in our local community to age in place and achieve the greatest possible level of self-sufficiency.

Elders Inn on Webster is a 52 unit assisted living facility offering every Resident the opportunity to live as independently as possible. With three “neighborhoods,” Elders Inn offers a range of services including a delayed

egress area for the safety and comfort of Residents affected by Alzheimer's and dementia.

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 atmosphere, the Lodge allows Residents to maintain an independent and active lifestyle.

Alameda Elder Services Rehabilitation Agency (AES) is a wellness and fitness center that has been specially designed for elders.

This Medicare approved Outpatient Rehab agency specializes in Physical, Speech, and Occupational Therapy for the older adult. As a fitness center, AES provides affordable wellness and strengthening programs tailored to the needs of seniors.

Alameda Senior Magazine is the newest member of Alameda Elder Communities. This quarterly magazine focuses on senior specific issues and resources available in Alameda and the surrounding area.



Alameda Elder Communities
Caring for Alameda Seniors since 1971
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