

Living on the Waters Edge

Volume 3, Issue 9

March, 2007

Established in
January, 1972.

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

Inside this Issue:

General Interest:

Rehab and Fitness: A Two Year Progress Report 2

The Community Spirit (Continued) 3

Community News:

Waters Edge Lodge 4

Waters Edge Nursing Home 5

Elders Inn 6

Alameda Elder Services 7

The Community Spirit

By: Kryspin Turczynski
Activity Director , WENH

Last month, this column examined some of the differences between those places that are “homelike” versus those that are actual homes. The key ingredient to any home is community, a group of people with its own culture, customs, and collective spirit of care. Here at Alameda Elder Communities, we are not just long-term care facilities, but rather special places that are transformed by an inclusive spirit of community into homes for elders and their caretakers.

There is ample evidence that our communities are different from other care facilities. At Waters Edge Nursing Home on Blanding Avenue, visitors are not only greeted by a receptionist, but also by Chance, one of our four cats, and depending on the time of day, they may be serenaded by our finches and parakeets. Passing through the various hallways and common areas, which are usually bustling with energy, our visitors might come across young children, dogs, teenagers, musicians, exercise instructors,

relatives, doctors, nurses, therapists, chaplains, volunteers, movies, board games, art classes, bingo, horticultural therapy, and all the other people and activities that call this place home.

Though these are all outward signs of a living and vibrant home, the true source of community lies even deeper. It is a collective spirit that is nameless and yet palpable, expressing itself every time we say hello and smile to each other in the hallway. This spirit forges authentic hu-

(Continued on page 3)

Rehab and Fitness: A Two Year Progress Report

By: Kathy Hanley, PT
Alameda Elder Services

As of this month, I will have been associated with Alameda Elder Communities—of which Water’s Edge Lodge and Eld-

ers Inn are a part—for 2 years. At this time, I would like to share my observations on the changes that have occurred in this 2 year period.

When I first came in March of 2005, the Fitness Program con-

sisted of 1 trainer who split her time between Water’s Edge Lodge and Elders Inn. A small group of women had been identified to participate in a pilot fitness program, and this group of com-

(Continued on page 2)

Rehab and

(Continued from page 1)

mitted women traveled by van from Water's Edge Lodge to Elders Inn 3 days a week to work out on the Nautilus equipment there. Of this initial group, Betty Keith and Liz Boerman are still active participants in our fitness programs. At this time, there was also one fitness class given at Water's Edge Lodge in the activity room twice a week, of which perhaps 6 to 8 residents participated. At Elder's Inn, 2 exercise classes were given Monday through Friday. Shortly after my arrival, Peggy McCormick was hired to be the Fitness Trainer for Water's Edge Lodge. The room adjacent to the mailboxes was converted to an exercise room and new equipment was brought in, including a universal weight machine, exercise bars, and exercise bikes. With Peggy's enthusiasm, vision and skill, the Fitness Program at Water's Edge Lodge has grown beyond anyone's wildest expectations. At Water's Edge Lodge there are currently 5 exercise classes, involving 48 of our residents, being given Monday, Wednesday, and Fridays. On Tuesday and Thursdays, there are 3 balance classes, a morning stretch class and a circuit training class. Nearly 50% of the Water's Edge Lodge residents are now participating in the Fitness Program. At Elders Inn, the daily classes have

increased from 2 to 4, and our newest trainer there, Jackie Fay, has increased the popularity of these classes by incorporating music into the program. Approximately 15 months ago, exercise physiologist Laura Van Harn PhD was brought in to head the Fitness Program. With Laura has come another level of expertise that has helped grow the program to new levels. Laura has been very instrumental in adding personal training to our fitness offerings as well as the new circuit training class at Water's Edge Lodge.

The Rehab program has grown over the past 2 years as well. 2 years ago, when residents of Water's Edge Lodge needed Physical or Occupational Therapy, they would have to travel by van to the Therapy Department at Elders Inn. Many residents found this a difficult thing to do. So in February 2006, a Rehab Room was added at Water's Edge Lodge so that our residents there now have the convenience of merely walking down the hallway to receive their therapy. 2 years ago, our therapy was provided by the therapists at Waters Edge Nursing Home who would come over to Elders Inn to provide any therapy needed by our residents. A year ago the therapy program had grown to the point where a Physical Therapist was hired to provide therapy 2

days a week at Water's Edge Lodge and Elders Inn. We have since grown to the point where we have a full time Physical Therapist 5 days per week. In addition to treating residents at our facilities, the Rehab Department is now seeing community-based patients as well. Over the past 2 years, new programs have been incorporated into the Rehab Department. These include Physical Therapy screens on all new residents, monthly Wellness Lectures, quarterly Cane and Walker Clinics, and monthly Pain Clinics held in association with nursing.

I would like to acknowledge all those who have contributed to the growth of the Rehab and Fitness Programs. These include not only the therapists and fitness personnel, but also the administration, nursing and activities departments who have lent their support. But most importantly I would like to thank the residents and their families who have helped us grow. I would like to thank the original pioneers of our fitness efforts, people like Betty Keith and Liz Boerman, who helped the program get on its feet. I congratulate all of our residents who have participated in our fitness programs. Many of these people had little or no experience with organized exercise and yet, in their Senior years, have had the courage to give

March Wellness Update

By: Laura VanHarn, PhD.
Alameda Elder Services

We are adding more exercise classes. To get more information about the new classes and schedule, read the bulletin board near the exercise room, ask Peggy for a flyer or look at the information on the screen at the reception desk.

In addition to dividing the classes according to the level of challenge, Peggy will be playing music in some of the classes. We all have more fun doing activities when music is playing. We are trying to choose selections of music, which are familiar to the community of people at the Lodge.

For new residents to be able to take any of our classes, we first must obtain a physician's clearance form. We send

these out as soon as we can after new residents have moved in. Each new resident must also take the Senior Fitness Test, which will help Peggy place each individual in the proper class. Individuals may only take classes, which Peggy has cleared them for participation to be in. You will find lists of the classes, names, times and schedules on the bulletin board near the exercise room.

The flu season is almost over and everyone seems to be back to his or her regular exercise routine. If you are still not feeling back to your old self consult with Peggy. She is also available for personal training sessions. Please talk to her about this option for you to begin your routine again and maintain your functional abilities.

The Community Spirit

(Continued from page 1)

man relationships, along with the realization that such relationships are more precious than our organizational roles and titles. It speaks to the center of our hearts, encouraging us to treat each individual with the same dignity and respect that we demand of others, and helping us to appreciate the unique and diverse gifts each person brings to the table.

I can sense this spirit of community every day at work. I

see it in the resident who sings for everyone in the Bay Room, sharing a song of joy that she composed herself. I see it in the nursing assistant who spontaneously starts dancing, eliciting a chorus of hearty laughs all around her. I see it in the widower who still comes by every so often to say hello to the staff that cared for his wife for many years. This spirit of which I speak is precisely what transforms our facilities into homes, and for that reason it is precious. Though it would

be easy to take this spirit for granted, we at Alameda Elder Communities realize that it needs to be cared for and nourished so that it can continue to take root and grow among us. It is with this intention that we have embarked on a transformative culture change program, in collaboration with the Live Oak Institute and its principles of elder-centered community. This program, called the Joyful Journey, will be discussed in detail in next month's newsletter.

Waters Edge Lodge on Harbor Bay

A Special Thank You

The trees must know something we don't---They are starting to bloom as Spring comes knocking at the door of the Waters Edge Lodge.

What better time of year to breathe in the fresh air and smile at the baby ducks in the lagoon? There is still a little frost in the air, but the time of renewal and wonder is here. The winter clothes are put in the back of the closet and the short pants come out---well maybe in a month or two!

This month, we sail away from Africa on the world tour and spend the month in the British Isles and Scandinavia. Our display will celebrate the cultures of this fascinating part of the world and as we always invite all Residents to share any pictures, mementos, curios or anything else they feel would be a welcome addition to our display.

Live Oak

The Activity Room is the place to be every Thursday from 1:30 until 2:00 as Patrick McCabe leads the Circle of Champions in a lively and informative exchange of ideas and culture change. Residents and Staff join together under Patrick's leadership to explore what our differences are and how we can better work together to make the Waters Edge Lodge one family. Please join us on this fantastic journey!

Resident of the Month: Charles Johnston

Charles was born on February 1, 1915 in Tiburon, California. As a child, he lived in Minnesota, Missouri, Louisiana, Mississippi and Texas! He started school at the age of 7 in Biloxi, Mississippi, moved to Galveston, Texas at the age of 10 and when he was 13, moved to Berkeley, California. At 17, he left home and hitchhiked back to Galveston and then a year later moved to Fairhope, Alabama where he finished high school. He returned to California at the age of 20 and worked for Safeway Stores over 9 years. During the war, Charles worked for

Kaiser Shipyard #3 and when the war ended, he worked for the California Electric Company before retiring in 1980.

Charles and his beautiful wife Lucille were married for almost 69 years and they have 2 children, 7 grandchildren and 12 great grandchildren. He loves to play cribbage and beats the pants off of fellow Resident Fred Lucian on a regular basis as well as occasionally winning our golf putting contest. Charles also enjoys expressing himself through the art of poetry.

March Activities

The nice weather is here and let's get out and enjoy it! We have 2 Resident Shopping Trips planned this month---one on Tuesday the 6th at 1:30 to a store that is determined by our Residents and a special trip to the Farmers Market on the 20th at 9:30 to see all of the farm direct fruits, vegetables and flowers. Sign up early as this trip will surely be a sellout!

Who's going to win the Oscars? So many fine actors and actresses competing for the coveted prize! Come and see for yourself! Join us as Waters Edge Lodge goes to the movies! Monday, March 12 and Tuesday March 27 we are planning to go and see a movie that we all think would be enjoyable. The time is ten-

tatively set for 1:30, but may change if a movie starts earlier or later. Come to the Circle of Elders every weekday and hear about the latest schedules and news of the day.

We are so happy that our Bridge Class is doing so well! We have at least two tables set every Tuesday from 2 until 4 in the Living Room as beginners and advanced Bridge players alike enjoy a good game of bridge and wonderful company. Please come and join the fun! Even if you have never played, our players would be happy to teach you and to pair you with players at the same level or if you know how to play but are a little rusty come hone your skills!

Waters Edge Nursing Home

World Tour: British Isles

This month, the World Tour takes us to the remote lands of Scandinavia and the British Isles, and their ancient Celtic and Viking cultures. In addition to our mind-blowing Saturday films and scrumptious ethnic theme meals, we have a couple of special treats this month to commemorate the land of shamrocks and leprechauns. On Friday, March 16, at 3:30 PM, we'll celebrate St. Patrick's Day with a Happy Hour in Room 308. Come join us that afternoon for some wine, cheese, and good Irish cheer! On Friday, March 23, at 1:00 PM, we're bringing back James Steven Farnsworth, the violinist who knocked the socks off our feet with his amazing Romantic Classics performance in February. This time around, James Steven will prepare a Celtic program for us, complete with costume and a funny hat. Don't miss it!

Joyful Journey

This month we are kicking off the Joyful Journey, a culture change process we are implementing in collaboration with the Live Oak Institute. In a nutshell, the Joyful Journey is about fostering community, empowering residents and staff to take greater ownership of their home/workplace, and enriching the lives of all those involved. As part of the process, the Community Meeting will now be called the Circle of Elders, to be held at 9:15 every morning. There will also be weekly meetings of the Learning Circle, which is the main vehicle for dialogue among staff, though it is open to residents as well. This is an exciting undertaking for all of us. To learn more about the Joyful Journey and how you can help, contact the Activity Director, Kryspin, or just ask anyone you see wearing a bright yellow "I'm on the Joyful Journey" button!

In Service

- Week 1: Harassment
- Week 2: Preventing & Managing Falls
- Week 3: Improving Dietary Intake
- Week 4: Preventing Pressure Ulcers

February Activities

Some new activity programs have recently been launched at Waters Edge Nursing Home. On the second and fourth Mondays of the month, a group of children from Alameda, representing a couple of local home schooling networks, are coming in for an hour in the morning to participate in some intergenerational activities with the residents. In February, they performed nursery rhymes for

the residents and handed out Valentine cards! Another new program is Bible Story Reading, which is to take place on the second and fourth Wednesdays of the month. Sonny Blake of Alameda will lead residents in the reading of classic Biblical stories, culminating in discussions of various ethical issues. Last but certainly not least, the Youth Group of Community Bible Church in Alameda will

be visiting once a month, infusing our home with their youthful energy and vigor as they play games or work on projects with residents. And a friendly reminder: friends and family members are always welcome to join any of our activities! Please consult the Activity Calendar for precise dates and times, and call the Activity Department for changes in the schedule.

Resident of the Month: Nancy Baughman

Nancy Baughman was born May 14 in Shanghai, China. He brother was also born in China and retains dual citizenship. The family lived in China for approximately seven years. When the war broke out Nancy, her mother and brother were able to leave China and return to the United States. Sadly, her father was held back by the Chinese officials and was unable to leave.

Nancy grew up in Alameda, where she attended Alameda High School. She participated in many extracurricular activities. She was a drummer in the marching band and was also a cheerleader. She enjoyed playing tennis, basketball and going to football games.

She was a member of the “Daughters of the American Revolution”. To be a member of this organization, a woman has to be 18 years or older and must be a descendent of a patriot of the American Revolution. She was also a worthy matron in the Eastern Star in Alameda. Her father was worthy patron. She is now a worthy past matron.

She was married for over twenty years and worked for the Bank of America. She has four children and five grandchildren. She and her husband enjoyed playing cards with other couples. Nancy enjoyed having parties as her mother did when Nancy was growing up. Her favorite color is blue and she was able to visit China about five years ago.

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 March:

2 Years

Anthony Love, WE Lodge
Kathryn Hanley, AES
Xiamone Ren, WENH

3 Years

Sabrina Britton, WE Lodge

4 Years

Jane Collins, Elders Inn
Dexter Dichoso, WENH

5 Years

Zoya Spivak, WENH

7 Years

Cayan Garcia, WE Lodge

8 Years

Lillian Wafula, WENH
Gertrude Calibuso, WENH

Thank You!

Welcome Nancy Roy!

Waters Edge Nursing Home welcomes its new Social Services Coordinator, Nancy Roy. Nancy lived in Alameda for many years raising her children. She worked at Alameda Hospital for approximately four years while attending college in preparation for a nursing career. She attempted to enter Merritt Nursing School in Oakland only to find that health issues would not permit her to pursue the career she wanted. She went on to work at the Alameda Naval Air Station and her stay at the base continued until preparation for closing was underway, and she left in 1993. She continued her federal service career with the U. S. Department of Education in the Litigation Branch as a paralegal until retiring in December 2005. In March 2006, she started working in a skilled nursing facility in Oakland, and now with her new position at Waters Edge, she has gone full circle back to the city of Alameda with close connections to Alameda Hospital. Nancy is a hardworking and warm professional who is very easy to work with, and it is a pleasure to welcome her into the AEC family.

Fun Facts

Iron Person of the Month: Axel Ottens

By: Peggy McCormick

Agnes Neuroth, 84 has been a committed and inspiring fitness buff for over a year now. Agnes faithfully attends every exercise class and also receives private instruction from our fitness instructor. Anybody who first joins the fitness program gets a sincere welcome from her and she makes everyone feel right at home.

Agnes has met a lot of people through the program and for her, that is the best part of it. She says she is not one to sit in her room doing nothing and would rather be physically active because it makes her feel good and gives her more energy. She also enjoys walking, challenging herself and encouraging others to reach their goals. When she's not working out hard in the

exercise room, you can usually find her playing bridge, talking to friends in the café or going for a walk along the lagoon. She also enjoys going out to dinner with friends.

When she was a young girl, Agnes enjoyed copying anything her brothers did. She played football, was a pitcher for a softball team and played volleyball. That experience and drive is very evident now, as she enjoys pushing herself and trying a variety of exercise techniques.

The biggest contribution Agnes makes as our Iron Person Of The Month is her infectious smile, upbeat attitude and easy laugh. She is an asset to our fitness program with her positivity. She is a wonderful resident and friend to all. Congratulations Agnes, our Iron Woman for March!

For placement and care questions:

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

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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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