

Living on the Waters Edge

A tradition of caring since 1971

Waters Edge Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services

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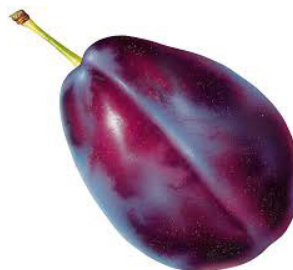
Plum Out!

According to numerous sources, we, as a nation, are in the tightest plum shortage for decades. In the last several years, California's crop has averaged over 133,000 tons of plums a year. This year the projected crop is going to be just about 60% of that, weighing in around 80,000 tons.

This means that we will be facing a prune shortage and, perhaps, some prune rationing. We will do our best to ensure that every resident who wants or needs prunes will be given some, but we may have to limit

how many prunes any single person can have in one day in order to ensure a fair distribution of these treasured treats.

Rest assured that we are doing everything we can to find suppliers who may still have some stock, and we will keep you updated with the status of our search. And never forget, if you see some at the store, you are welcome to purchase your own private supply to be stored in your room.

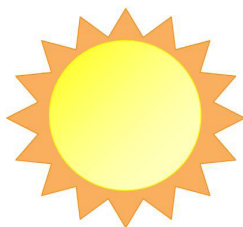


Interesting information about prunes:

- CA produces 99% of the prunes eaten in the US
- AND almost 50% of the prunes eaten in the rest of the world
- In 1905, when a labor shortage hit CA, a farmer "hired" 500 monkeys to pick the prunes. They were organized into teams, 50 monkeys per every human foreman, but the problem was - they ate all the fruit!

Sunlight is Good For You

Studies have shown that sitting in the sunshine can be good for you, promoting many positive health effects and even making



you feel happy. When sunlight touches the skin, the body converts some of the light into vitamin D. This

precious nutrient can also be obtained through foods, such as milk, but sunlight is historically the principal source.

Vitamin D has been shown to increase the length of your life, maintain strong bones, inhibit the growth of certain diseases, and fight depression. Sunlight has even been shown to slow down the progression of cancer. All of our bodies are designed to get a regular dose of sunlight.

By Arran Rogerson

It's good for us.

Sitting inside in the dark all day isn't healthy. In fact, too much darkness can make you feel unhappy and anxious. Many studies report decreased depression for individuals who spend time in the sun every day. Other research has shown that sunlight can help you sleep better. Sunlight literally makes you feel happy. Regular exposure to sunlight improves your mood and sense of contentment.

Of course, it's important to moderate your sun exposure. Too much sun can damage your skin and

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EXERCISE YOUR MIND

Brain Benders

In the tavern are a father and a mother, a son and a daughter, a brother and a sister, a male cousin and a female cousin, and an uncle and an aunt. Each orders a flagon of mulled wine. The landlord brings them a total of four drinks, yet each person gets one. How is this possible?

The provost is doing the castle accounts following a banquet attended by nearly half the kingdom. Before the feast, the barrel of wine weighed 230 kg. Afterwards, the same barrel was half-full and weighed only 120 kg. What does the empty barrel weigh?

Dame Frengonde tells her friends that her grandmother is only five years older than her mother, yet she is not lying. How can this be?

How much earth is contained in a hole 1 yard deep, 1 foot wide, and 1 foot long?

HITORI

In the puzzle to the right, shade in the squares so that:

- the same number does not appear in any row or column more than once;
- no two shaded squares are connected; and,
- the unshaded squares are connected to each other (it must be possible to move from one unshaded square to another either horizontally or vertically).

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

February's Answers

Amelia is writing an article for a golf magazine about some of the most memorable winning rounds ever played by a handful of women golfers. Match each golfer to her score as well as the year and location of her victory.

1. Pamela Peet scored 67 in 1920.
2. Maxine Mohn scored 62 in 1921.
3. Olivia Oden scored 61 in 1922.
4. Kristina Katz scored 64 in 1923.
5. Inez scored 60 in 1942.



Presidential Trivia

- What US President had the shortest life? JFK
- What US President threw out the most Opening Day baseballs? Franklin D. Roosevelt (11 times)
- Who was the 6th President of the United States? John Quincy Adams
- Who was the only President to serve two non-consecutive terms? Grover Cleveland
- Which president is the only president who was unanimously elected and ran unopposed for both terms? George Washington

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ALAMEDA ELDER COMMUNITIES

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St Patrick: Slave to Saint

By David Ruttan

For more than 1,000 years, the Irish have observed St. Patrick's Day as a religious holiday. Traditionally, on St. Patrick's Day, Irish families attend church in the morning and celebrate later—including eating a traditional meal of cabbage and Irish bacon. All this and he wasn't even Irish!

St. Patrick, Apostle of Ireland, was born in England around the year 385. At 16, he was captured by Irish pirates, brought to Ireland, sold into slavery, and set to tending sheep. His master, Milchu, was a high Druid priest, a Pagan sect that had great religious influence over Ireland at the time.

St. Patrick came to view his enslavement as God's test of his faith. During his six years of captivity, he became deeply devoted to Christianity through constant prayer. He had a vision in which he saw the children of Ireland reaching out their

hands to him and Christianity.

Another dream, in the year 408, gave St. Patrick the idea of escaping his enslavement. He convinced some sailors to let him board their ship, but after three days of sailing, they abandoned the ship in France and wandered for 28 days before he was reunited with his family.

St. Patrick then returned to France where he entered the priesthood. In 431, he was named the Bishop of Ireland by Pope Celestine I, and left to fulfill his vision of converting Ireland to Christianity.

St. Patrick died in 461 in Saul, Ireland. Though he was never formally canonized as a pope, he is on the List of Saints, and was declared a Saint in Heaven. He is honored by the Catholic and Episcopal Churches.



Fun Facts:

- Forests cover over 50% of Sweden.
- In Sweden, the government sends you a completely filled out tax form and, if it looks good to you, just go on-line and click OK to pay your taxes.
- Residents of England consume more tea per capita than anybody else in the world.
- Oxford University in England once had rules that specifically forbade students from bringing bows and arrows to class.
- The official animal of Scotland is the Unicorn.
- Scotland is home to the oldest tree in Europe, a twisted yew which has grown for 3,000 years. According to local legend, Pontius Pilate was born in its shade and played there as a child.

World Tour: British Isles and Scandinavia

This month for our World Tour, we get to visit the British Isles and Scandinavia. Here we get to explore the countries of Ireland, Scotland, England, Wales, Norway, Sweden, Denmark and Finland.

This area is bordered by the Atlantic Ocean to the West, the Arctic Sea to the North, the country of Russia to the East, and the Atlantic and North Sea to the South.



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ALAMEDA ELDER COMMUNITIES

Congratulations and Thank You!

Our staff is full of hard working, caring people who make up the heart of what we do. We wouldn't be who we are without their continuous efforts and dedication. Every month we like to acknowledge those who will be celebrating their anniversaries. Thank You!

Two Years

Dalton Brown III, Elders
Samantha Davidson, Elders

David Ruttan, Lodge

Six Years

Mary Jean Ping

Ritchel Malinao, Elders

Paula Mancilla, Lodge
Jacqueline Rodil, Elders

Five Years

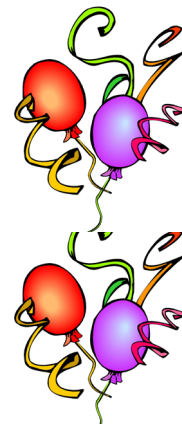
Maria Diaz, Elders

Seven Years

David Ballerini, Elders

Eleven Years

Maria Jane Collins, Elders



Stretch Those Hamstrings

By Wilson Trang

One of the problems caused by constantly sitting down is the shortening of the hamstrings. After years of research, it has been found that shortened or tight hamstrings can create a number of problems for the human body, regardless of age or background.

Short hamstrings are generally caused by one thing: constant sitting. While in the sitting position, the human body tends to curl the feet underneath us while leaning back. In this relaxing position, the distance from under the knee to the middle of the back becomes shorter – this distance is same as that of your hamstrings. After hours, weeks, and months constantly sitting in this position, the hamstrings eventually become tight, like a rubber band in a constant state.

The tightness of the hamstrings creates two events. One is the pulling in of the lower back. This creates an additional pressure on the small of the lower back, where the head of the hamstring

continued on 7

Lucky March

It is amazing how fast the winter season passed by. All the leaves have fallen off the trees and now they are getting ready to bloom again. You can hear the birds chirping, letting us know that spring is here. Spring begins on March 20th this year.

March's name comes from Roman Martivs, the Roman God of War. It was the first month of the earliest Roman calendar. Even today, some cultures and religions still celebrate their New Year in March.

You might of already noticed more daylight throughout your day. That's because March also brings us longer days and shorter nights as

well. Daylight saving time begins at 2:00am on Sunday, March 9. That means to spring forward your clocks by one hour.

Some national days celebrated in March are: Irish-American Heritage Month, Optimism Month, Red Cross Month, and Spiritual Wellness Month, just to name a few.

Another holiday that we celebrate in March is St. Patrick's Day on March 17. This Irish holiday is



By Judith Vera-Gutierrez

celebrated by many throughout the Republic of Ireland, Britain, Canada, the United States, New Zealand, Argentina, and Australia. It is believed that if your don't wear the color green on St. Patrick's Day anyone could pinch you. So don't forget to wear green on this day!

Fun Facts about March:

- The birth stone is aquamarine and bloodstone.
- The flower is the daffodil.
- The zodiac sign is Pisces. It is said if you are a Pisces, you are full of creativity and have amazing intuition.

Living on the Waters Edge

NEWS FROM ELDERS INN

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Resident of the Month: Marion Sherman

Marion Sherman was born in March of 1924, in the sugar plantation town of Paia, on the Island of Maui in Hawaii. After her father passed, away Marion left Maui to stay with her grandmother in Honolulu.

Marion graduated Roosevelt High School in 1942 before going on to the American Institute of Banking, Honolulu Business College (where she learned shorthand and typing), and Golden State College, where she continued her education in banking. Marion met her future husband, naval officer Clarence Sherman, one night while she was out bowling. They married, then in 1949, moved to California, when he was transferred to the Alameda Naval Station.

Marion made her career in banking. She worked for the Bank of Hawaii after graduating high school until her

husband was transferred to the mainland. Once in California, she continued with banking, working at the Oakland Bank of Commerce for 20 years, then moving on to Union Bank for another 14. When Marion retired, she was an assistant Vice President of the bank, but that was by no means the extent of her career accomplishments. She was the first woman appointed as an officer to Oakland Bank of Commerce and the President of the National Association Bank-Women.

Retirement did not end Marion's adventures. One of the first things she did was take a three month vacation traveling all over Europe – the trip of a lifetime. When she returned from her world travels,

Marion began volunteering; she volunteered at Alameda Hospital for thirteen years and Altarena Playhouse for seventeen.

Some of Marion's favorite activities are: bowling (it is how she met her husband), Raiders football (she was the first person to buy season tickets to Raiders and the Secretary of Oakland Raiders Boosters from 1960-1982), gardening, and home renovations.



This only scratches the surface of the interesting woman Marion is, and, if you stop and talk with her, you will learn so much more. So please take the time and get to know our new resident, Marion Sherman.

Garden Neighborhood News!

March is the perfect month for a lovely, green Garden Neighborhood! With our World Tour traveling to Ireland and St. Patrick's Day on the 17th, we're ready to celebrate the luck of the Irish! We'll be learning about luck and superstitions, doing four leaf clover arts and crafts, as well as enjoying a St. Patty's Day Social.

News & Notes from Activities Team

This month expects to be just as exciting as last month, with many fun activities and socials coming up. Mardi Gras is on the fourth of March and it will be great to see all the colorful

decorations the residents will be making. St. Patrick's Day will have us seeing green and celebrating at our social with tasty Irish treats! Let the festivities continue!

Don't forget to come to the Resident Council!
It is always on the First Sunday of the Month.

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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Florence Harvey

Florence Harvey was born in San Francisco – a true Native Californian! Her parents were Italian immigrants, her father immigrated when he was 16 and her mother's family came to America shortly before that. They lived in North Beach, and Florence fondly remembers stomping on red grapes with her grandfather and uncles to make red wine. She recalls that her family's homemade wine was the best in town!

Florence is the eldest of 4 children; she has 2 sisters and 1 brother. She attended local schools and received her degree

and teaching credential from UC Berkeley (Go Bears!). She taught English and Italian at Portola Junior High and Mission High School in the City. Florence met her future husband, Mel, on a blind date at a fraternity dance. Mel was in Dental School and Florence says that what drew him to her was that he liked her teeth! They married in San Francisco and Florence supported the new family by teaching while Mel

finished his dental degree.

Mel became an Oral Surgeon went into practice with her brother-in-law in Walnut Creek while Florence was quite busy as a stay-at-home mother to their 4 boys. They eventually moved to Alameda because of their love for sailing and kept their beautiful sailboat here.

Florence is a new resident at Waters Edge Lodge and she enjoys her new home immensely. Next time you see her, please be sure to say hello!



Don't forget to come to the Resident Council!

It is on the First Saturday of the month

Eating Out

Please join us for our World Tour lunch outing!

On Friday, March 7th, we will "cross the pond" to San Leandro for lunch at The Englander Pub. The Englander Pub is always a marvelous outing for English, Irish, Scottish, and Welsh food and drink and this luncheon will be sure to fill our van!

We will leave the Lodge at 11:30am; check with the front desk for the sign-up sheet and sample menus if you are curious about the food choices.

News and Notes from Activities

We hope you all are enjoying the updates and changes to the monthly activity calendar as we work on offering a wider variety of activities and events. There will be more changes coming over the next couple of months as we slowly transition into some new things. If you have any questions or concerns please feel free to talk to Merryn Oliveira, the new Administrator.

In the meantime, here are some of the more interesting special events coming up this month:

March 2nd: Watch the Oscars live on the big-screen TV!

March 9th: Daylight Savings Time begins - time to spring forward!

March 11th: Beer & Peanuts Social

March 14th: National Pi (like the number 3.141592...) Day!

March 17th: Happy St. Patrick's Day! Don't forget to wear green.

March 21st: It's the first day of Spring and we'll be having a social!

REMEMBER?

Set Your
Clocks
Ahead!



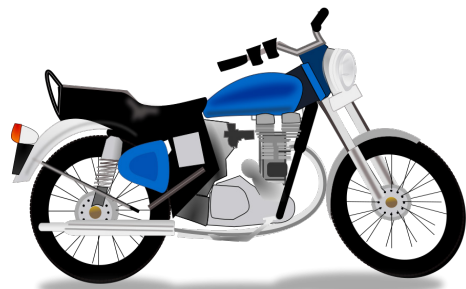
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NEWS FROM ALAMEDA ELDER SERVICES 7

Iron Man of the Month: Frank Phillips

This month's Iron Man is Frank Phillips owing to his great enthusiasm and attendance in exercise class. Frank has been living at the Lodge for several years now, but only recently decided to join us for morning exercise. He's made quite an impact.

Originally from beautiful San Leandro, California, Frank started working on motorcycles and



cars from a very young age. He developed his craft over time, eventually providing professional customizations and selling his work all over the world. Frank enjoys good food and watching the Raiders and the 49ers play. He's very

friendly and a pleasure to talk to.

When it's time for exercise class, not

only is Frank fired up and ready to go, but he's challenging himself and inspiring others to do the same. During a recent exercise session, Frank decided to step up and make the leap from four-pound weights to five-pound weights. Even though Frank is new and many of the exercises are unfamiliar, he shows up to class with an open mind, ready to learn, and with a big smile on his face. He's doing a great job and that's why he is this month's Iron Man. Way to go, Frank!

Sunlight *continued from 1*

sunburn should always be avoided. It's also a good idea to wear sunglasses to protect your eyes.

In summary, when the weather is good and the sun is out, take advantage of it and go outside. We live in such a beautiful area! So go sit on a patio for fifteen minutes or go for a walk. Try to make it part of your daily schedule - it will make you feel better.

Hamstrings *continued from 4*

meets the top of the hip. This pull creates a hyper-exaggeration of the arch that is normally in the lower back. The second thing it does is create a shorter walking gait. This shorter walking gait can create more pressure on your knees and feet, causing pain in the arches.

One way to relieve the tightness of the hamstrings is stretching. By being vigilant with stretching, the hamstrings eventually start relaxing and two things happen: pain disappears from your back and posture almost immediately improves. It has been documented that relaxed hamstrings can also do wonders for overall mobility. Relaxed hamstrings can move quicker and make faster responses to the signals from your brain, allowing you to get to the places you need to go more quickly.

One of the quickest ways to relax your hamstrings is to just stand up as tall as you can. By standing up, you are relieving some of the pressure on your hamstrings. Standing up straight and tall also breaks up the patterning of your muscles, allowing them to relax instead of staying in a tight position day-in and day-out. (Another great way to loosen the hamstrings is to go to one of the many exercise classes in your building!)

Walking Club

The Walking Club at the Lodge meets every Monday, Wednesday, and Friday at 3PM. **As of February 20th they have walked 23 miles!**

That is just about the distance between Copenhagen, Denmark and Malmo, Sweden (as the crow flies).



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 neighborhood for the safety and comfort of Residents affected by Alzheimer's and dementia; a neighborhood offering standard assisted living; and a neighborhood that offers a higher level of care than typical assisted living.

Waters Edge Lodge is an assisted living facility located in a unique and peaceful setting

on the lagoons of Harbor Bay. Offering 101 apartments that provide seniors with a warm and familiar 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.



Caring for Alameda Seniors Since 1971
801 Island Drive
Alameda, CA 94502

Alameda Elder Communities 