

# Living on the Waters Edge

A tradition of caring since 1971

W.E. Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services



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## Myth-busters!

There is a habit among people, we tend to listen to others and absorb what we call conventional knowledge, despite not understanding how or why it happens. This happens more in the health, fitness, and wellness industry because it is a rather young industry. This month we will play myth-busters!

### **2% milk is healthier than whole milk: False**

After many years of research,

we have found that whole milk is healthier than 2%, 1%, and non-fat. Why? We actually don't know. Studies have found that those who drank whole milk were more likely to maintain their weight (not add weight) and had higher calcium concentration in their bone density. They also found that those who drank 2% or 1%



were more likely to gain weight. It is believed that whole milk (which has 4% fat) is more calorie dense, thus keeps whole milk drinkers fuller for a longer time.

### **The Elderly should stop exercising; they might hurt themselves : False**

Osteoporosis, the disease that weakens the density of bones, can be delayed with regular walking and continued on 4

By Wilson Trang

## Standing on One Foot

Standing on one foot for an extended period of time has been shown to improve an individual's balance and greatly reduce the risk of falling. Falls can be life-changing, often



resulting in broken bones and a loss of independence. When a person falls it is largely due to a poor sense of balance and weak muscles. That's why, in order to prevent falls, it's important to maintain your sense of balance and work the muscles that keep you standing up.

Balance refers to your body's ability to maintain equilibrium within the forces of gravity. Your sense of balance is the coordination of three factors: vision, proprioceptors on the bottoms of the feet that communicate position information to the brain, and the tiny hairs in the semicircular canals of the

inner ear that relay gravity and motion information to the brain. These senses begin to degrade in your 20's and continue to get worse with age.

Your sense of balance works in coordination with all the muscles of your lower body. Your muscles encircle your bones, working together to prevent your body from leaning too much in any one direction. Strong muscles result in the ability to stand upright without assistance. Weak muscles will result in a reliance on other people, walkers, or even a wheel chair.

Physical therapists and fitness experts have repeatedly proven that much of your sense of balance can be preserved continued on 8

By Arran Rogerson

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## EXERCISE YOUR MIND

### Brain Benders



Shauna was killed one Sunday morning. The police know who they are going to arrest from this bit of information:

- April was getting the mail
- Mark was doing laundry
- Reggie was cooking
- Alyssa was planting in the garden

Who killed Shauna, and how did the police know who to arrest?

A man and a woman live peacefully in a house together. But one day the woman shoots her husband. Then she hold him under water for five minutes. Finally, she hangs him, but ten minutes later they go out and enjoy a wonderful dinner. How can this be?



I have streets but no pavement,  
I have cities but no buildings,  
I have forests but no trees,  
I have rivers yet no water.

What am I?

### March Answers

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 customers are a man and his sister, together with their respective children, a boy and a girl.**

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? **10 kg - half the wine weighs 110 kg (230-120) therefore the remaining half of wine must also weigh 110 kg, That means the barrel must weigh the difference between the remaining weight and half the wine, 120-110=10.**

Dame Frenegonde tells her friends that her grandmother is only five years older than her mother, yet she is not lying. How can this be? **Dame Frenegonde is speaking of her father's mother when she speaks of her grandmother.**

How much earth is contained in a hole 1 yard deep, 1 foot wide, and 1 foot long? **None, it's a hole!**

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

# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

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### April Blooms

Spring is officially here. Every where you look you start to see beautiful spring blooms. Fruit trees are getting ready to produce their delicious fruit. We also get to enjoy longer and warmer days.

April gets its name from the Roman's Latin name Aprilis, a verb meaning "to open". It is the fourth month of the year in the Gregorian Calendar, but was the second month of the earliest Roman Calendar.

April also brings, April Fool's Day, sometimes called, All Fool's Day. It is always celebrated the first day of April. It is not a national holiday, but it's observed in many countries and throughout the Western world. Many people celebrate this day by playing practical

By Judith Vera-Gutierrez



jokes on each other.

Some national holidays celebrated in April are: Easter Sunday, Titanic Remembrance Day, Stress Awareness month, National Anxiety month, and Physical Wellness month.

It is also World Health Day, on April 7. Let's stay active by taking longer walks or joining an exercise class. Mental Health is important too, let's stay mentally active as well! Did you know that by reading a book it can improve memory and overcome stress.

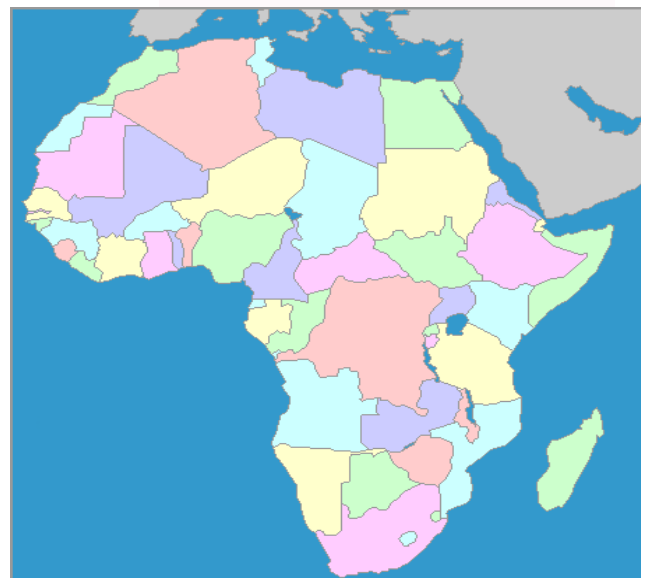
### Fun Facts:

- The Ethiopian Calendar has a 13th month consisting of only five to six days.
- Morocco is about the same size as the State of California.
- The Sahara Desert covers 80 percent of Algeria.
- Nigeria has the fourth highest number of doctors in the world.
- After coffee, Kenya's biggest income generator is tourism.
- Harare is the Capital city of Zimbabwe.
- South Africa has the cheapest electricity in the world.
- Even though Africa is 300% larger than Europe, it has 20% fewer miles of coastline (this is due to the many indentations of Europe's shoreline).

### World Tour: Africa

This month for our World Tour we get to visit the continent of Africa. This continent is home to 62 countries, including Egypt, Ethiopia, Morocco, Algeria, Nigeria, Kenya, Zimbabwe, and South Africa.

Africa straddles the equator and encompasses numerous climate areas; it is the only continent to stretch from the northern temperate to southern temperate zones. Separated from Europe by the Mediterranean Sea, Africa is joined to Asia at its northeast extremity by the Isthmus of Suez. Africa is the second-largest and second-most-populated continent (its population is the youngest in the world with a median age of 19). There are at least 1,250 languages spoken on the continent though some estimates have the language count as high as 3,000.



# Living on the Waters Edge

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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!

#### One Year

Robert Wiemer, Lodge

#### Four Years

Roseline Mlangi, Elders

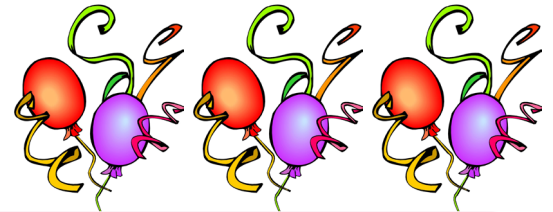
#### Seven Years

Concepcion Cortez, Lodge

Marianne Cruz, Elders

#### Twelve Years

Saba Ghermay, Lodge



### Myth-busters *continued from 1*

exercising. In fact, osteoporosis is not just limited to the elderly. A study found that long-distance cyclists had higher risk of osteoporosis than runners because of the lack of impact on their body. By exercising, the elderly can improve their balance and flexibility and reduce their risk of falling.

#### **I'm sick. I shouldn't exercise: False**

While it is true that people with a severe medical condition should check with a doctor before starting an exercise program, it has been found that typical illnesses can be mediated with exercise. How the body works when it is sick is contrary to what you expect. If the body catches a cold or flu, the body shuts down in order to stop the contagion. This is the reason why we feel so tired and sluggish when we have a cold. However, with the creation of modern medicine, we have developed chemicals that actually aid in the destruction of these 'bad' germs. With the body in lock down, the medicine has a harder time traveling through the blood system. The reason showers feel so good when we are sick is because the heat aids in increasing heart rate, which allows the medicine and white blood cells to travel through our bodies with greater ease. Exercise works in a very similar manner, increasing blood flow and helping 'fix' our bodies.

### Being Green at AEC

Energy conservation is a hot topic these days; people, families, and business alike are looking for ways to lower their impact on the environment by going "Green". Many people say they are going Green, but what does that really mean? Like any popular term, sometimes the word "Green" is used inaccurately to get the attention of consumers, undermining its meaning and importance. Generally, being or going Green means that a person

or organization is trying to look at better energy conservation methods in order to reduce their use of resources such as water, electricity, and waste production. It can be as simple as setting up a recycling program, turning off the lights when you leave the room, or



By Stephen Zimmerman  
adjusting plant watering times. Here at AEC we are doing our part to try and become more Green and reducing our impact on the environment. Every month we will have a reoccurring article in the newsletter that will highlight an area of conservation. We will discuss how we as a company are trying to implement Green practices, as well as provide simple tips that a residents and families can use in their daily lives to reduce their impact on the environment.

# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

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### A Note from the Dietary Department

One question we are frequently asked is “Why do some people get certain foods that others cannot be served?” The reason is medical. All Residents are prescribed a diet by their attending physician, and not all foods fall within everyone’s medically prescribed diet.

We have a contract with a dietitian to furnish us with recipes for the main entrée and dessert. However, our alternative entrées are in addition to

the main entrée, and are offered without diet controls. When you order the alternative entrée, our staff attempts to closely follow the physician orders, but it may not be appropriate for all dietary restrictions.



Those individuals who are on a prescribed restrictive diet, and need to follow the prescribed diet exclusively, should not order the alternative entrée.

We can arrange to have a licensed dietitian meet individually with you. Our contracted rate for the dietitian is \$65.00 per hour.

If you have any questions about your diet and would like to talk with our staff, please call your Administrator to set up an appointment.

Both the Lodge and the Inn offer the following diets for main entrées: diabetic, no added salt, cardiac, 2 grams sodium, mechanical soft, finger foods, and regular.

### Food & Drug Interactions

What you eat and drink can affect the way your medicines work. Typically, the phrase “food-drug interaction” means a change in how a medication works caused by food, caffeine, or alcohol. A food-drug interaction can:

- Prevent a medicine from working the way it should
- Cause a side effect from a medicine to get worse or better
- Cause a new side effect

A medicine can also change the way your body uses food. Any of these changes can be harmful, which is why some diet restrictions are set by your physician.

### Food-Drug Interaction Trivia:

- It matters if your stomach is full or empty when you take a medicine. Some medicines can work faster, slower, better, or worse when you take them on a full or empty stomach.
- ACE Inhibitors are used to lower blood pressure or treat heart failure. BUT they can increase the amount of potassium in your body and too much potassium can be harmful and cause an irregular heartbeat or heart palpitations. If you are on an ACE Inhibitor you should avoid eating large amounts of foods high in potassium (bananas, oranges, leafy greens) because they increase your body’s potassium levels.
- Anticoagulants (“blood thinners”) are used to lower the chance of blood clots forming or growing larger. BUT Vitamin K can make the medicine less effective. Cranberry juice or cranberry products can change the effect of some anticoagulants.

# Living on the Waters Edge

## NEWS FROM ELDERS INN

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### Resident of the Month: Rose Wake

Rose Wake was born in 1925 in the lumber and fishing town of Hoquiam, Washington. Rose was one of five children, and grew up in the depression. Rose loved playing piano, dancing, singing, and going to the movies. She also loved to read about the movie stars in Photoplay Magazine. Her favorite stars were Rex Harrison, Marilyn Monroe, Rita Hayworth, and Cary Grant.

Ruth met her handsome husband, Gordon, at college. They knew each other for just a couple of months before he

went away to war. As soon as Gordon came back from the war, Rose took the train to Alameda to meet him, and they got married. They had two children, a boy and a girl. Rose worked at Lum school, in Alameda, as a secretary for twenty years. Rose's favorite past time remains singing. For many years she sang baritone with Sweet Adeline, a Barbershop Quartet.

When Rose's

"couple" friends got together, she was the favorite dance partner to choose. She loved dancing to a Samba, Foxtrot, or Waltz. Rose loved to travel all over the world and made lots of friends in her travels. Some of her favorites stops are Europe, Alaska, and New Zealand.

Rose is a great addition to Elders Inn, please give a big smile and hello to this special lady.



### News & Notes from Activities

Spring is such a beautiful season. The sun is shining, birds are chirping, and the flowers are in bloom! This month we will be doing lots of bright and colorful spring themed artwork to decorate Elders Inn and celebrate the season.

We've also made some adjustments to our exercise program. We now have Serenity Sundays, on which our exercise

classes focus on meditation and relaxation. We have Thai Chi Tuesdays, a great way to help feel centered and balanced.

We will also be celebrating National Walking Day on the 2nd and National Dance Day on the 29th.

Exercise should never be dull, so let's let the good times roll, and have lots of fun working out this month!

### Walking Club

At Elders Inn, we are now keeping track of the distance we walk during walking club and each month we will keep you posted of the progress we are making right here.

The weather is definitely in favor of us getting out and "just doing it" so stay tuned for our latest count and see how far we've gone.



### Garden Neighborhood News!

Easter Sunday is on April 20th, so in preparation for the holiday, and to add lots of brilliant colors to the Garden Neighborhood, we have some fun Arts & Crafts this month. Coloring Easter Eggs is a great way for the residents to express their creativity and get us all in the mood for Easter!

Don't forget to come to the Resident Council!

It is always on the First Sunday of the Month.

# Living on the Waters Edge

## NEWS FROM WATERS EDGE LODGE

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### Resident of the Month: Florence Bowen

Florence Bowen, and her twin sister Eleanor, were born in Beaumont, California. Their mother, who lived in Yuma, Arizona, had traveled to California to visit her sister-in-law, and unexpectedly went into labor. Florence's family stayed in Yuma, Arizona. She attended school there and hung out with her friends from church.

After attending the Pasadena Jr. College, she went to UC Berkeley, and graduated in 1939 with degrees in Social Studies and Biology. When she was in college, she lived in an

apartment with other girls in Berkeley for three years. She went back to Yuma to teach for only a year due to contract invalidation (she decided to marry). She moved back to Southern California and became the secretary for her husband.

Florence's favorite place to live is the haven her husband built in the Santa Cruz Mountains,



overlooking the Monterey Bay, where they lived for several years. Florence raised 3 children, has 5 grandchildren, and 5 great-grandchildren.

Thanks to her family, Florence doesn't miss traveling very much because they visit her and bring stories of their own adventures. And she is still able to indulge in her other favorite activities, supporting the 49ers and Cal, and playing bridge. Congratulations Florence on being Resident of the Month!

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 outings!

On Friday, April 4th, we will enjoy Ethiopian food at Addis in Oakland.

On Friday, April 18th, it will be Moroccan at Abigail's Moroccan Cuisine in Alameda.

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

### Administrator's Corner

As the new Administrator of the Lodge I wanted to introduce myself. My name is Merryn Oliveira, and I have over 15 years of experience in long term health care. During those 15 years I have worked in a variety of setting including Skilled Nursing, Assisted Living, Independent Living, Adult Day Health, Pace programs, and Memory Care. Prior to coming to the Lodge I worked at the Masonic Home in Union City as the Director of Active Living.

I received my BS in Recreation, with a certificate in Recreation Therapy and am certified in California as well as nationally as a Recreation Therapist, in addition I have my Administrator License for Assisted Living. Keeping up

these certificates and licenses requires constant learning about how the field of caring for seniors in changing, especially with respect to Dementia and Alzheimer's care.

Wellness has been a focus of mine for the past 4 years which has turned my focus to looking at all aspects of a person's life to ensure that they are able to be as independent as possible for as long as they can. Wellness changes the focus from what someone can't do to what they can do and how we can help them to improve, or maintain, what they are able to do.

If you have any questions or would like to talk to me more, please stop by or call to schedule time for us to talk.

# Living on the Waters Edge

## 8 NEWS FROM ALAMEDA ELDER SERVICES

### Iron Man of the Month: Marion Sherman

This month's Iron Woman has worked nonstop since first starting with AES. She has been completely relentless in getting back on her feet and walking again. This month's Iron Woman of the month is Marion Sherman.

Marion suffered an accident that nearly cost her the complete use of her leg. She avoided the catastrophe but was limited to a wheelchair. Ever since, she has been determined to get back on her own two feet. She first started with physical therapy, but has since moved on

to personal training.

Through safe, slow progressions, Marion has increased her overall strength and balance. It has only been a short time, but Marion has finally is starting to prove the axiom "success breeds confidence." The better she does, the more she is willing to try. At first, the idea of constantly trying something new was uncomfortable for her, now Marion is now more confident than ever in new movements.

Marion's strength and resolve

are often tested in personal training, however, she has yet to waiver in her drive to stand freely again. She works diligently on her days off to prepare for her personal training sessions. She has gone from having problems standing even with assistance to being able to stand with only a one arm assist within three weeks.

Marion has been working hard, and we all hope that she makes it to her goal. Join me in congratulating Marion on a job well done as April's Iron Woman of the Month!

### One Foot *cont from 1*

and even restored through an exercise that require no special equipment or training - balancing on one foot.

Older adults unable to balance on one foot for 5 seconds were more than twice as likely to be injured in a fall over the next three years compared with those who could balance for more than 5 seconds, in a study at the University of New Mexico School of Medicine. Balancing on one foot for sixty seconds or more a few times a day could make a huge difference. You should strive to improve your balance and gradually increase the amount of time you can stand one foot. It could make you more independent. It could save your life.

Are you as healthy as you would like to be? Are you interested in a more take-charge approach to maintaining your health?

Have you heard about Personal Training? Working one-on-one with a Personal Trainer can help you remain as independent and healthy as possible. Personal health and fitness goals are set together, and your trainer works to build you a custom plan for reaching your fitness goals. If you are interested in being more proactive about your personal fitness, please speak with Arran, Wilson, or your Administrator about setting up an initial consultation.

### Walking Club

The Walking Club at the Lodge meets every Monday, Wednesday, and Friday at 3PM. **As of March 18th they have walked 29 miles!**

That is a little further than walking across the Republic of Gambia at it's widest point. Gambia is a small country on the western coast of Africa, and is most widely known for the river that runs through it.

