

# Living on the Waters Edge

Volume 9, Issue 5

May 2012

A tradition of caring since 1971.

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

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## Exercise Your Brain!

By David Ruttan

What are some ways to keep your mind sharp when you are a resident in an assisted living facility? There are many simple ways to help maintain and even increase brain function in seniors.

Some are obvious and pertain to most all of our residents, but some are not, and although they



appear to not pertain to our specific population, I will list them so that others may benefit from them. Try to incorporate some of the following suggestions into your daily routines:

1. Exercise! – Staying in excellent physical shape can actually help prevent some of the effects of aging. Take advantage of

the daily exercise classes offered in your facility and have fun while you keep Mother Nature at bay!

2. Eat brain-healthy foods – Fruits and vegetables that are rich in antioxidants can help keep a senior's mind sharp. Also, foods such as fish, nuts and seeds include fats that help protect the brain. We

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## Time To Get Fit!

By Wilson Trang

May is an important month at Alameda Elder Services because of one major event: May is Senior Fitness Test month!

The Senior Fitness Test (SFT) is a tool Alameda Elder Services uses to help track the progress of residents living in an Alameda Elder Communities facility. By testing on a semi-

annual basis, our staff is better able to determine where we, as a team, are succeeding and which areas of fitness need more attention. The SFT tests 4 different areas of fitness: muscular strength, aerobic endurance, flexibility, and agility/dynamic balance.

1. According to fitness experts and

scientists, maintaining muscular strength should be the number one fitness priority of older adults. A study by the American College of Sports Medicine found that seniors tend to lose about 15 to 20% of muscle



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## Exercise Your Mind! Brain Benders

### Golden Gate Bridge Trivia

May 27 marks a major anniversary of the Golden Gate Bridge. See if you can answer our Golden Gate Trivia by connecting each statement to the correct number.

The bridge is _____ years old.	112,000
More than _____ cars use the bridge every day.	75
The original coat of paint lasted _____ years.	27
The bridge was designed to handle winds of up to _____ mph.	220
The bridge is _____ feet above the water.	100

### Interesting Tidbit

**Cinco de Mayo** is observed nationwide in the US as a celebration of Mexican heritage, pride, and to commemorate the cause of freedom and democracy during the first years of the American Civil War. Contrary to popular belief, Cinco de Mayo is NOT Mexico's Independence Day (that is celebrated on September 16!).

### Guess the Word Pictures!

**MOUTH**

BASS

NEGATIVE  
NEGATIVE

IT



TERquietLUDE

RECK  
-DRIVING

G  
R  
A  
D  
E

### Last month's answers

What popular steak sauce was created in 1824 by a chef to King George IV of the United Kingdom? **A1**



What company purchased the sixth largest Hawaiian Island in 1922 to create a pineapple plantation? **Dole**

What are the only three spices native to the Western Hemisphere? **Chili peppers, vanilla, & allspice**

How long can olive trees live? **Up to 2,000 years**

How long does it take a hen to form and lay an egg? **24-26 hours**

What health benefit has been demonstrated by walnuts and almonds? **Lowering bad cholesterol**

What do apples, peaches, strawberries, and roses have in common? **They are all members of the rose family!**

### Name That Tune

Drip, drip, drop  
Little April shower  
Beating a tune  
As you fall all around

Drip, drip, drop  
Little April shower  
What can compare  
To your beautiful sound

What movie, released in 1942, is the above song from? **Walt Disney's Bambi**

## Senior Fitness Testing

(Continued from page 1)

strength every ten years after 50. Upper body strength is responsible for doing many activities of daily living like picking up and carrying things. Lower body strength is responsible for the most basic elements of movement such as standing up from a chair, walking and climbing stairs.

2. Aerobic endurance is the ability for your lungs to provide oxygen to the muscles in your body for a prolonged period of time. Walking and consistently moving is a product of aerobic endurance. Aerobic capacity tends to decline 5 to 15% per decade after the age of 30, resulting in losing as

much as 50% by the age of 70, mainly due to a lack of physical activity.

3. Flexibility is increasingly important as we age; it makes doing normal activities of daily living much easier. The flexibility of your muscles and ligaments means less resistance when reaching for things on the floor or when scratching your back. It also allows for easier movements when walking, reaching, and bending.
4. Agility is the ability to move quickly with coordination, and dynamic balance is maintaining balance while in motion. Both are attributed to spatial and bodily awareness. Both attributes

work together for simple activities when you are getting up from a chair, going to get a cup of coffee or getting up quickly to use the restroom. When both work together, the ability to

do regular activities is much easier.



Testing for these 4 things (muscular

strength, aerobic endurance, flexibility, and agility/dynamic balance) allows AES to make recommendations as to which classes you should take or what activities would be best to help improve your physical health. Please, swing by and make an appointment for your Senior Fitness Test!

## World Tour: Central & South America

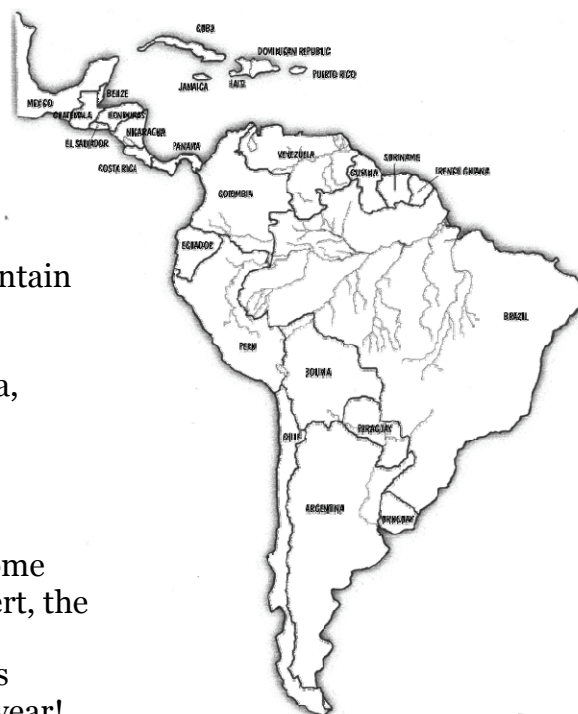
This month on our world tour we are visiting Central and South America. This area may be quite familiar to many, as we are talking about the US's southernmost neighbors. Including almost two dozen countries, we will visit places as familiar as Mexico and as unfamiliar as Uruguay.

### Fun Facts about the area:

- Venezuela is home to the world's highest waterfall, Angel Falls.
- The Amazon, the world's largest river (by pure volume) and second longest, runs through

Peru, Columbia, and Brazil. During the wet season it can be more than 30 miles wide.

- The Andes is the world's longest mountain range (above water) and crosses seven countries (Venezuela, Colombia, Ecuador, Peru, Bolivia, Chile, & Argentina)!
- Northern Chile is home to the Atacama Desert, the driest place in the world, averaging less than .04 inches per year!



## Stay Sharp!

*(Continued from page 1)*

have a Registered Dietitian create and approve our menus to ensure that you eat healthy. Please give us feedback and we will try and accommodate special requests where it is feasible.

3. Use brain-boosting supplements – Certain combinations of vitamins and other natural ingredients can help keep the brain sharp and your memory intact. Ask our nursing staff if certain vitamins or supplements would benefit you.

4. Do puzzles - Exercise your brain by doing challenging puzzles often. These can include Sudoku, crosswords or even jigsaw puzzles. If it challenges you mentally, it is good for you!

5. Avoid smoking – Smoking reduces oxygen to the brain, decreasing its function.

Although we do not allow smoking in any of our facilities, I mention this very important point in case anyone you know is a smoker, encourage them to please stop!

6. Avoid junk food – Similar to smoking, junk food can also limit oxygen to the brain, preventing it from functioning to its full capacity. Eat healthy to live longer and better.

7. Sleep more – Getting at least eight hours of sleep a night can help to increase brain function and help seniors stay more alert during the daylight hours. If you find yourself napping a lot during the day, it might be an indication that you are not getting enough sleep at night.



8. Stay educated - Continuing your education way past retirement can help keep your mind active and engaged. Come to the Circle of Elders and keep up with world and local events! Read a book!

9. Stay social – Developing and maintaining relationships with peers is



a great way to stay active and keep your brain working. With our lovely patios and beautiful weather, why not continue that conversation outside with friends?

10. Keep a journal – A perfect way for seniors to keep their mind sharp and their memories fresh is by keeping a daily journal. Preserve your family history for future generations and relive those wonderful moments that are preserved in your memory!

## New Exercise Classes for Parkinson's Sufferers

Alameda Elder Services is excited to introduce a brand new exercise class this month for Lodge residents with Parkinson's Disease. Studies have found that seniors suffering from Parkinson's Disease (PD) were able to delay some of the effects of the disease through exercise. Those with PD were able to affect change in their bodies by doing exercises that met 4 simple requirements: intensity, specificity, difficulty, and complexity.

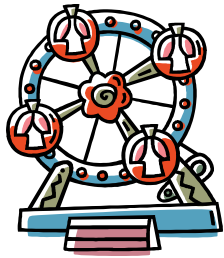
One study found that over 4 months, a group suffering from PD that did exercises with all 4 factors were able to walk faster, maintained better balance, posture and walked much more normally than a group that did exercises that had only 2 of those factors, or no exercise at all.

Another study found that exercise increases concentration of a special type of brain cell, the loss of which is partially responsible for Parkinson's. According to this study, the more active you are, the less severe the loss of these special brain cells.

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## Resident of the Month: Hazel Kistler

Hazel Kistler is one of our newest residents here at the Lodge. She grew up in Brooklyn, New York and some of her fondest



memories are of Coney Island which she enjoyed with her family and friends. It was in Brooklyn that she met her husband. He worked in the newspaper industry, and they married in

1943. Some years after serving in the Army, in which he fought in Japan, he was offered (and accepted) a position on the West Coast. He was to start a new newspaper in Pacific Grove, and in 1976 the family moved to Pacific Grove, which she grew to really love.

Hazel was a housewife and took care of her two sons, one of which is mentally handicapped with what she believes to be Down

Syndrome. She enjoys music and watching a few programs on television, but really enjoys going for walks. She recently moved here from Pacific Grove and welcomes each chance she gets to make friends, so feel free to stop by and ask her to join you for a cup of coffee.



Congratulations Hazel, on being May's Resident of the Month!

## Mother's Day

This year, in celebration of Mothers Day, we are hosting a Tea to which all family members are invited and encouraged to come. It will be held at the Lodge on May 11th, and tea will be served at 2pm. It's just one of the ways we will be honoring the Mothers in our community. Look for other ways we will make Mothers Day a special one for the ladies here at the Waters Edge Lodge. We look forward to seeing you there!

## Walker Maintenance



Have you noticed your walker needs a bit of TLC? Maybe it's breaks aren't working right, or it's in need of a good scrubbing, it could be something as simple as needing new tennis balls, we here at the Lodge are making the extra effort to keep your

walker in good repair.

So beginning this May, Wilson (or fitness instructor), will be performing walker maintenance on the first and third Thursday of each month at Circle of Elders. Please take this time to go over concerns you may have and address any issues with your walker.



## Book Nook (Audio)



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

**This month's book is:**

**The Great Gatsby**  
by F. Scott Fitzgerald

## Meet Loella!



My name is Loella Winn and I joined AEC on March 27 of this year. I moved here from Georgia two years ago, and have a 25+ years background as an LVN. I enjoy art of various kinds and like to sew and volunteer with other medical professional to help those in need. I love to fish!

All I need is an invitation and I'm ready to go!

I'm currently working with Cheryl in Admissions at the Lodge, and my experience has been exceptional, from the staff in every department and the residents and their families! Everyone has been friendly and helpful. Thank You!

## Resident of the Month: Betty Rumford

Betty Rumford and her older brother were born in New Orleans, but her family moved to Berkeley, California, when she was only 13, so we can safely call her a life-long Californian. Her father worked at the Alameda Naval Air Station and her mother was a hard working homemaker. She graduated from Berkeley High (Home of the Yellowjackets!) and attended San Francisco City College, where she met her future husband; they married early--Betty was only 21.

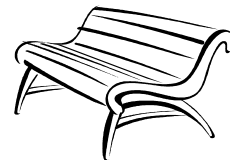


Betty's husband, William

Byron Rumford II, worked for the Federal Narcotics Division, the Berkeley City Police Department, and was the first Chief of Bart Police. He was also the son of famous California Legislator, William Byron Rumford. Betty's father in law was one of the first African-American Assemblymen and represented the 17<sup>th</sup> Congressional District, encompassing Berkeley and Albany.

After the wedding, Betty worked at Rumford Pharmacy in Berkeley, the family business. Betty also worked many years for the Pacific School of Religion in Berkeley

where, when she retired, they dedicated a bench in her honor!



Betty has 2 children, Joni and William Byron Rumford III, who both live in Oakland. She is the proud grandmother of 2 grandsons, 1 granddaughter and 1 great grandson. Betty would like to always be remembered as a very caring, loving and warm human being, and it is a delight to have her as a resident of the Elders Inn and as May's Resident of the Month!

## Notes from the Activities Desk

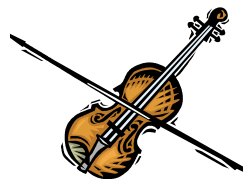


Looks like spring has finally sprung at the Elders Inn! Our trees have awakened from their long winter slumber and the azaleas and

rhododendrons are ablaze with color. Let's shake off our winter doldrums and get outside and enjoy the best Mother Nature has to offer! Freshly baked cookies from our oven and a cup of Peet's coffee sitting in the springtime sun? Priceless!

We will be having a very special Mother's Day treat on Sunday, May 13<sup>th</sup>. Our very own "adopted Mother", Helen

Placourakis, will be our strolling violinist for our wonderful luncheon beginning at noon. Helen has prepared a musical program that is sure to bring a big smile to our residents, beginning in our Garden Unit at 11:30, followed by our Buena Vista Dining Room at 12:00 and finishing up in the Webster Dining Room at 12:30. Everyone will get a ringside seat for this magnificent concert of music for Moms. Helen has been a great friend of the Elders Inn for many years, so please give her a



warm welcome on this festive day!



Why celebrate Mom only one day a year? We are continuing our love of women in general and

Mothers in particular with a Mothers Tea on Friday, May 11<sup>th</sup> at 2:00pm. Please come for some midday tea and cookies in the Webster Dining Room as we keep the celebration going! All families are also invited for a quick "spot of tea" as the British call it. Just let us know if family members will be here so we can reserve a table.

## Iron Woman of the Month: Myriam Washmera

By: Nathan Ubl

In November of 2010, Myriam Washmera began personal training. I think she would admit that in the beginning, the 2 thirty-minute sessions were not her favorite parts of the week. But the reason Myriam is my choice for Iron Woman of the month is because her attitude has completely changed. Myriam has not missed an appointment in 2 months and she is more open to trying new things during her workouts. She has been doing so well that she was recently evaluated to determine if a cane could be more appropriate for her than a walker!

Preparing for this article, I sat down with Myriam in hopes

of better understanding who she is. I asked if she would be willing to elaborate on what activities she did when she was younger. A large smile appeared on her face as she began to describe her horseback riding days in Nicaragua. She loved to ride, and horses were the main source of transportation when she was young. Along with riding horses, Myriam is also very passionate about formal dance, and shares that passion with her son.

Myriam came to California when she was around 18, and became a beautician, and later opened her own successful shop in San Francisco. She speaks of her wonderful husband Raymond, and of her 2 children, Raymond "Ray" and

Melida, who are both very dedicated to their mother. For example, one time Myriam was not "in the mood" for her personal training session and her son Ray found out she wouldn't come to her session. Later that same afternoon, Myriam was there, with Ray at her side, suddenly ready to exercise.

Myriam's exercise success is a result of a team effort; but the transformation I have witnessed in Myriam's feelings about exercise has been well worth that effort. The time and effort Myriam puts into her training sessions is not just making her body stronger, but preserving her desire for independence and allowing her to enjoy the later years of her life to the fullest.

## Parkinson's Exercise

*(Continued from page 4)*

The National Academy of Sports Medicine found that performing exercise therapy may be as effective as drugs in improving motor functions in patients for those suffering from PD.

Together, these studies create a comprehensive picture of what exercise can do for PD patients. But physical improvement is not the only goal of this class; we also hope to create a sense of camaraderie between those

that in our community who have PD. Knowing that someone else has the same problem you have can make problems seem much more insignificant. It can also be helpful to simply have someone to talk to who understands.

Please, if PD is something you suffer from, swing by and join this class on Mondays and Wednesdays at 1:30.



## Walking Club

You may have heard about, or even participated in, the Walking Club at Waters Edge Lodge. What you may not know is that this year we've started something new with the club. Every time the club goes out, we track how far we have travelled collectively.

**Between February 17 and April 19, the club waked 47.53 miles.** That's like walking from the Lodge to the Golden Gate Bridge and back (taking a Ferry across the water) and then walking round trip to Fenton's!

## 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:

Adiam Hagos, Lodge  
Devote Johnson, Lodge  
Dominique Williams, Elders

Rosalina Sayo, Elders

### Eight Years:

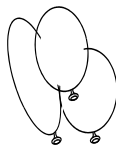
Moira Morris, AEC

### Nine Years:

Jun Garcia, Elders

### Eleven Years:

Nenita Aligada, Elders



### Four Years:

Tylina Simpson, Lodge  
Josefina Almanza, Lodge  
Adelwisa Tibaya, Elders

### Five Years:

Elvia Perez, Lodge

## Meet Denise!



Hi Everyone, my name is Denise Marshall, and I have been with Alameda Elder Communities for 3 1/2 years, but am new to Elders Inn.

I am married and the mother to two girls. My oldest turns 12 this month, and my baby will be four in June. I have been in the health care industry for almost 10 years; I started as a caregiver, then became a C.N.A., then, 8 years ago I started in social services.

I love my job, helping taking care of people and meeting new people. So if you see me please stop me and say Hi.

## Haiku

By Bernard Welz, Elders Inn Resident

Many black eyes on the garden floor  
Watch as I drink my morning tea.

A songbird comes to a bough  
Outside my window and greets  
The dawn and me with song.

Flowers hug together  
in a breeze  
and dance wildly in a  
storm.

## 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

specifically 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.