

Living on the Waters Edge

A tradition of caring since 1971

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



Volume 12 | Issue 5

May | 2014

National Senior Fitness Day

We are thrilled to announce that AEC Living and AES Therapy and Fitness will be participating the 21st annual National Senior Health and Fitness Day on May 28th. This is the second year we have participated in this national event, and like last year we will be promoting health and wellness through programs, gifts, consultations, and fitness games. Along with our Physical Therapists and Personal Trainers, we are planning

on having an Acupuncturist, a Nutritionist, and a Massage Therapist at the event to answer questions, and possibly give demonstrations to attendees.

This year the even will be held at Independence Plaza on Atlantic, here in Alameda. We will be offering transportation for those residents who are



By Stephen Zimmerman interested in coming. If you are interested in attending the event or have any questions in general, please feel free to speak with any member of AES or one of the Administrators. We hope to see many of you there.

For more information on this national day of recognition please see their website at www.fitnessday.com/senior.

Hurray for May!

The holiday bunny already hopped away, because it made room for May.

The origin of the month of



May's name comes from the Greek goddess Maia, who was the Roman era goddess of fertility. It is the fifth month of the year in the Julian and Gregorian calendars and one of the seven months that has 31 days.

May seems to be the month for holidays!

May 5th is Cinco de Mayo! Cinco de Mayo is a celebration of the victory of the Battle of Puebla (1862) during the Franco-Mexican War (1861-1867). In the battle, the Mexican army was greatly outnumbered by an experienced French army with 2,000 Mexicans fighting

By Judith Vera-Gutierrez 6,000 French soldiers. This day is often confused with Mexico's Independence Day (which is September 16).

May 11th brings Mother's Day in the United States. Most countries around the world have a day set aside to honor mothers or other important women in our lives, learn more about the American version on page 5.

Jews all over the world are getting fired up for Sunday, May 18th, which is when Lag B'Omer (pronounced lagh b-OH-mehr) takes place. It begins at sundown on May 17th. This holiday marks the 33rd day of the Omer and is traditionally a day of celebration.

May 26th

continued on 3

In this Issue

- 2 Brain Benders, Exercise Your Mind
- 3 Senior Fitness Test
- 3 World Tour: Latin America
- 4 Staff Recognition
- 4 Stretch Those Hamstrings
- 4 Being Green at AEC
- 5 100 Years of Mothers Day
- 5 New Wellness Coordinator
- 6 Elders Inn
- 7 W.E. Lodge
- 8 Alameda Elder Services

Living on the Waters Edge

2

EXERCISE YOUR MIND

Brain Benders

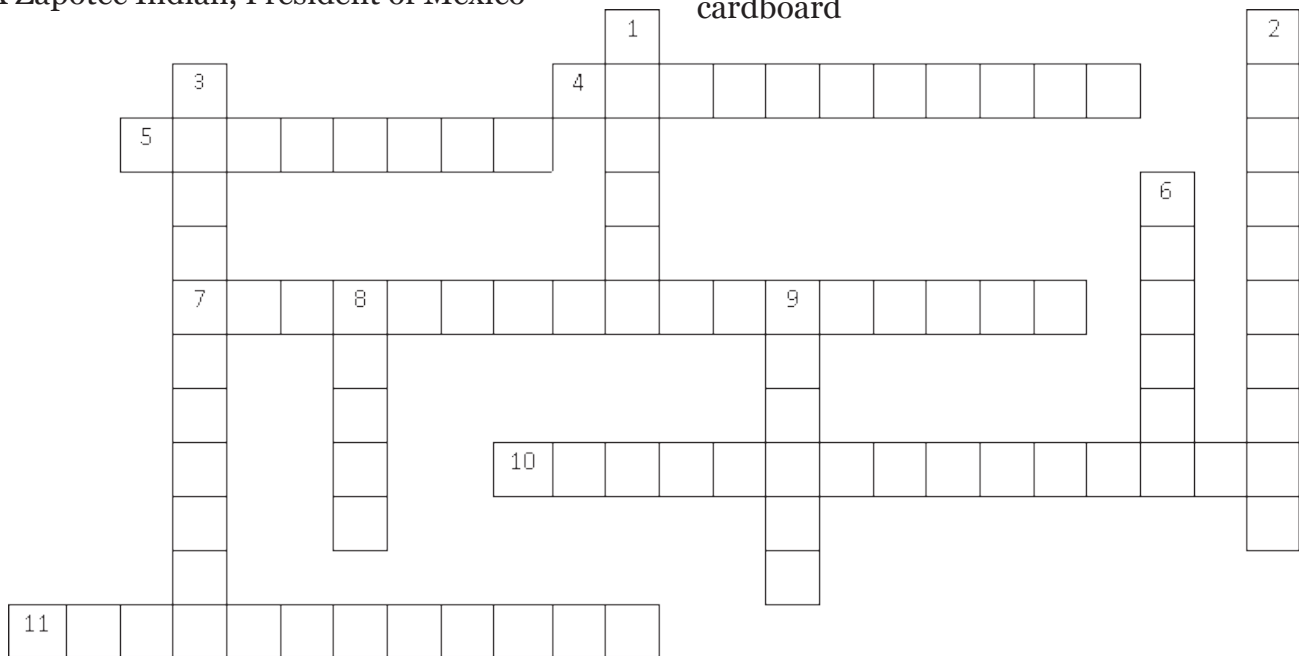
Cinco de Mayo Crossword

ACROSS

- The 5th of May, commemorates the victory at The Battle of Puebla in 1862.
- A group of street musicians in Mexico.
- The Battle of Puebla on May 5th, 1862
- Led the Mexican army in the Battle of Puebla
- A Zapotec Indian, President of Mexico

DOWN

- A holiday of festivity
- Ruler of Mexico during the French occupation
- Ordered the French ships to attack
- Middle America
- A friend
- Traditionally made with paper mache and cardboard



April Answers

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? **April killed Shauna! The police knew because there is no mail delivery on Sunday.**

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? **The woman is a photographer, she took her husband's picture and developed it herself!**

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? **A map!**

Living on the Waters Edge

ALAMEDA ELDER COMMUNITIES

3

Senior Fitness Test: Spring Combine

Every year, between the last minute of the Super Bowl and the first minute of the next season, football fans desperately watch a football event called “the combine”. The combine features all of the next class of football players from college and makes them

do certain exercises; they jump around, run in a straight line as fast as they can, and lift things a certain amount of time. Why do they do this? They do this to help predict how well the players will perform in the next season. The combine was designed to continued on 8

Hurray for May *continued from 1*

is Memorial Day this year. This national holiday honors those brave men and women who have died while serving in the military service.



Meditation Month, Healthy Vision Month, and Get Caught Reading Month!

Here are some facts for the month:

- The birth stone is the Emerald.
- The flower for the month is the Lily of the Valley, which represents sweetness and humility.
- Zodiac sign for this month is Taurus. If you are a Taurus, it's said that you are affectionate, reliable, and ambitious.

May 28th is the 21st Annual National Senior Health & Fitness Day and we will be taking part! Please see page 1 for more information!

May is also National Herb Month, National Stroke Awareness Month, Music Appreciation Month, National

World Tour: Latin America

This month for our World Tour, we get to visit Latin America. Here we get to explore the countries of Mexico, Cuba, Puerto Rico, Colombia, Venezuela, Peru, Chile, and Brazil, among others.

Latin America begins at the Southern border of the United States, and continues all the way south to include the entire South American continent. This region also includes several of the island nations and territories in the waters south of Florida.

For more fun and interesting information about this area of the world, please come to this month's World Tour Passport activities! (Check your calendar for these new activities).

Fun Facts:

- The world's smallest hummingbird and smallest frog are found in Cuba.
- More than 70% of the rum sold in the U.S. Comes from Puerto Rico.
- Colombia is home to 1754 bird species, the largest worldwide!
- The Peruvian Amazon covers 60% of the country.
- The currency of Peru is the Nuevo Sol.
- Chile has one of the world's largest most deserted deserts known as “Atacama.”
- The Andes Mountains in Chile have some of the world's largest and still active volcanoes.
- Brazil is one of leading producers of hydroelectric power.



Living on the Waters Edge

4

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

Roxanne Angeles, Elders
Emily Meraz, Lodge

Six Years

Adelwisa Tibayan, Elders

Seven Years

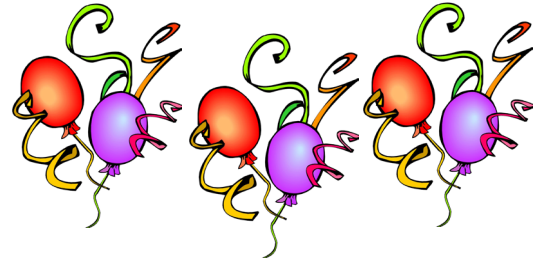
Elvia Perez, Lodge
Rosalina Sayo, Elders

Ten Years

Moira Morris, AEC

Eleven Years

Jun Garcia, Elders



Being Green: Water Conservation



This month's green focus is water conservation. As you may have heard California is facing a major water shortage.

How serious is this drought? 2013 had the lowest rain fall since 1849 and this last winter saw very few rainy days. That, compounded by a very small snow pack in the Sierras, where most of the state's water is held, has prompted experts to proclaim it a water crisis. If that wasn't serious enough, in January, Governor Jerry Brown declared that the water shortage put California in an official state of emergency.

So what are we currently doing here at AEC Living and what could we all do to help conserve water? One thing we

immediately considered was outside irrigation of plants at both the Lodge and Elders Inn. We have replaced some of our lawns with drought resistant plants, which have decreased overall water consumption. We also plan to limit automated watering days of our plants, and will be hand watering some of the patio areas and bushes to try and cut back on sprinkler usage.

For water usage inside the buildings we are taking a proactive step in making sure we are not wasting water. With that said we do not want anyone to limit the amount of water they drink or use for hygiene purposes. Instead, we will make sure that water is not being wasted by fixing any leaks or drips brought to our attention. If you notice your toilet running, a drip coming from the faucet, or water leaking from the shower head, let Administration know and a

By Stephen Zimmerman

staff member from maintenance will come to repair the issue immediately.

A quick tip we could all do to conserve water is to not let the sink run while brushing our teeth. By turning the faucet off when you brush your teeth and then using only water to rinse will save a great deal of water in the long run. Also, buying drought resistant plants for your garden like succulents or native plants is another way to ensure that the water you use at home is allocated for personal use instead of keeping expensive landscape features alive.

Practicing water conservation in your daily life can make a big difference in the well being of our state during these dryer months.



Living on the Waters Edge

ALAMEDA ELDER COMMUNITIES

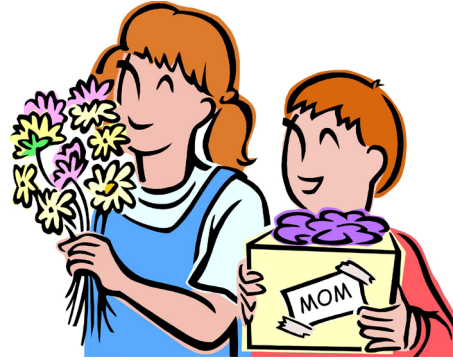
100 Years of Mother's Day

The history of Mother's Day is centuries old and goes back to the times of ancient Greeks who held festivities to honor Rhea, the mother of the gods. Early Christians celebrated the Mother's festival on the fourth Sunday of Lent to honor Mary, the mother of Christ. Later, a religious order told people to include all mothers in the holiday and named it Mothering Sunday. English colonists that settled in America discontinued the tradition of Mothering Sunday because of lack of time. In England, Mothering Sunday is still celebrated on the fourth Sunday of Lent as a time for visiting and giving gifts to mothers.

In 1872, Julia Ward Howe (who wrote the words to the Battle

Hymn of the Republic) organized a day for mothers dedicated to peace. It is a landmark in the history of Mother's Day. Howe held Mother's Day meetings in Boston every year.

In 1907, Anna M. Jarvis, a Philadelphia schoolteacher, began a movement to set up a national Mother's Day in honor of her mother, Ann Maria Reeves Jarvis. She solicited the help of hundreds of legislators and prominent businessmen to create a special day to honor mothers. The first Mother's Day observance was a church



service honoring Anna's mother. Anna handed out her mother's favorite flower, white carnations, on the occasion as they represent sweetness, purity, and patience.

But it wasn't until 1914, 100 hundred years ago this year, that President Woodrow Wilson proclaimed the second Sunday in May as a national holiday in honor of mothers.

This article has been REPRINTED WITH PERMISSION FROM CREATIVE FORECASTING, A Monthly Publication for Activity Professionals

The New Wellness Coordinator

We are pleased to introduce Matthew Hernandez, a new Wellness Coordinator at Alameda Elder Services!

Matthew is 25 years old and hails from Vallejo, California. He graduated from Sacramento State with a degree in kinesiology. Since then he has spent years doing therapy with autistic children and training clients in a gym. In his free time Matthew likes to snowboard, lift weights, and sample local cuisine. Matt is a serious football fan and cheers for the New Orleans Saints. If all goes well, Matt would someday like to be the fitness director at a gymnasium and start his own exercise business.

Matthew is very excited to join the community at AEC and looks forward to meeting everyone. He will be working primarily at the Lodge, but you will see him at the Inn every once in a while too.



Mother's Trivia

In the vast majority of the world's languages, the word meaning mother begins with "M":

- Moeder
- Ma
- Mëmë
- Mai
- Mãe
- Matka
- Måder
- Mèder
- Majka
- Macii
- Matre
- Mare
- Mor
- Moer
- Mère
- Mother
- Mama
- Matri
- Mamma
- Muter
- Mytyr
- Móðir
- Måna
- Máthair

Living on the Waters Edge

6

NEWS FROM ELDERS INN

Resident of the Month: Norma Barsness

Norma was born in Lindenes, Norway, in April of 1921. The second youngest in her family, Norma has two brothers and one sister. Norma came to the states as a baby, and grew up in New Jersey. When she was 25 she met and married husband Paul; together they had three children, two boys and a girl.

At 42, Norma took a job as Director of Childrens Work at Riverside Church in New York City. Even without a college degree, she became a specialist in the spirituality of children and taught lab schools all

across the country. In 1984, Norma retired and moved to San Francisco where she volunteered with Shanti & Light House for the Blind. Then in 2004 she moved to Alameda, to be near her daughter Chris.

Norma had four best friends with whom she did everything; they traveled (to Nigeria, New Zealand, and Equator, to name a few places), and loved singing so much that they formed a barbershop quartet. In addition to spending time with her friends, Norma's other favorite pastimes include: camping,

sailing (in Maine every summer), knitting

beautiful sweaters, sewing, upholstering furniture, decorative painting on furniture and walls, and walking. Norma also loves learning new things, and took courses at USF every year until her early eighties.

Norma has been a resident at Elders Inn for four years. If you see her please give a big hello and who knows she might just sing or hum a tune for you.



News & Notes from Activities

Hello Residents! This month we have a great variety of activities going on, we hope you enjoy!

Backyard Games Week is this month too, and we will be celebrating by participating in some fun new games, outside in the courtyard.

Our special Mother's Day Tea is on the 4th which is a great opportunity to spend quality time with our loved ones!

Then on Cinco de Mayo, May 5th, we will be going to the

Mexican restaurant, Otaez, for those who are interested.

Memorial Day is the perfect time for a BBQ, so lunchtime on the 26th is going to be a blast!

May is filled with many other unique activities, like Limerick Day, our Frog Jumping Competition, and we are even going to make our own maracas to play with our Peruvian musician, Jaime. "May" this beautiful month of May bring many of you out to play!

Walking Club

At Elders Inn walking club we converted our steps to miles. Last month we walked 4.5 miles! That's just about as far as walking from Elders Inn to the Oakland Coliseum. Not a bad start, lets see how far we go next time.

Don't forget to come to the Resident Council!

It is always on the First Sunday of the Month.

Garden Neighborhood News!

This month is going to be very exciting in the Garden Neighborhood! We will also enjoy a Mother's Day Tea on the 4th. Then continue decorating our beautiful bulletin board with colorful spring flowers on the 20th for Flower Day. It's getting hotter outside so we will take advantage with a delicious Memorial Day BBQ on the 26th and a Frozen Yogurt Social on the 28th!

Living on the Waters Edge

NEWS FROM WATERS EDGE LODGE

7

Resident of the Month: Joyce Derdevanis

Joyce Derdevanis was born and raised in Oakland, California; where she attended University High School. Joyce thought she wanted to be a nurse, so she decided to get a feel for the



job first. She was trained at Oakland Kaiser Hospital to be a Nurse's Aide. Joyce worked at Kaiser during

World War II for about five years and decided that being a nurse was no longer her calling.

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, May 2nd, we will enjoy Mexican food at Otaez on Webster Street.

Then on Friday, May 16th, we get to sample Peruvian cuisine at Chicha Bistro one of Alameda's newest restaurants.

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.

After the hospital, Joyce got another job in Oakland working as a secretary at Central Bank. She enjoyed working at the bank for 5 or 6 years.

Joyce met Jeffere, the man she would eventually marry, through mutual friends in 1946.

In 1947 Joyce and Jeffere got married at the Greek Orthodox Church in Oakland. It was a large wedding with about 300 guests.

Shortly after getting married Joyce and Jeffere welcomed the birth of their son Nick in 1950. In 1959 their twin daughters Lori and Lisa were born.

It wasn't until 1965 that Jeffere started the family business in Oakland, California. Larms Building Supply was a family affair with both Joyce and their son Nick helping out. Today, their son Nick operates the business.

Joyce has four grandchildren: Nicole, Cairo, Christopher, and Cole; and one great granddaughter; Taylor. She also has a cat named Ozzie who keeps her company.

Joyce has been very happy about moving here to the Lodge - she remembers her mother, Mamie being a resident here from 1992-2004.

Administrator's Corner

By Merryn Oliveira

We know that change can be hard, especially when that change involves staff members leaving and new ones coming on board. Here are some of the changes in faces that you may have seen at the Lodge in the last couple of weeks.

Andrew Leong is joining the Lodge family as the new Associate Administrator, and will be available Friday - Monday.

Aaron Rogerson's last day here full-time was April 25, but he is staying with us in an on-call manner to help cover vacations and the like. The full-time wellness coordinator is now Matt Hernandez and you can

read a little more about Matt in his introduction on page 5.

Alicia Elphick is moving into a new position in the accounting office, and we wish Maria Machuca all the best as she goes to work for her husband's company.

We know this is a lot of new faces all at once and we hope you will find time to say hello and make them feel welcome.

Hey!
WELCOME
We're very
GLAD
you're here!

Living on the Waters Edge

8 NEWS FROM ALAMEDA ELDER SERVICES

Iron Man of the Month: Donald Rizzi

This month's Iron Man is Donald Rizzi due to his excellent attendance and positive attitude in the wellness programs.



the side, Donald enjoyed creating visual art and writing comic

Donald is originally from Sleepy Hollow, New York, but moved to Alameda when he was 29 years old to begin his career as a teacher. Donald taught fifth grade at Lum School in Alameda for many years and was beloved by his students. On

gags. He wrote for newspaper comic strips: "Frank & Ernest", "Wee Pals", and authors like Roy Delgado and Fred Thomas. He also enjoys baseball, pizza, and black & white movies.

Donald makes a serious effort

to attend exercise class every day. He is punctual, motivated, and always excited to get a work-out. What's his secret? "I just do whatever Arran tells me and don't ask questions," says Donald. "When I exercise I just feel better, plain and simple."

Donald is a pleasure to have in class because he's always cheerful and inspires good feelings and dedication in those around him. That's why Donald is this month's Iron Man. Keep up the good work!

The Senior Fitness Test *continued from 3*

give a measurement, a baseline if you will, of the players' abilities and how well they translate to playing in the NFL.

For seniors, the equivalent of the combine is the Senior Fitness Test. The Senior Fitness Test is designed to test your strength, balance, and endurance in a number of different ways to better determine the areas in which you may need help. Repeating the test after an interval of several months (say twice a year) provides a standard of measurement that can show both areas of improvement and decline.

The test is comprised of six parts: chair stand, arm curl, 2-minute step test, chair sit-and-reach, back scratch, and the 8 feet up-and-go test. While

these tests may not sound like something you do on a normal basis, they are designed to measure overall functional strength, flexibility, and balance to provide information about things you do in your everyday life.

For instance, the arm curl test is meant to test the endurance and strength of the arm. Using a hand weight (8lbs for men and 5lbs for women) it measures the number of times they are able to curl the weight from the ground to the shoulder within 30 seconds. It requires overall strength to lift the weight but the 30 seconds of constant exercising tests the endurance of the arm. You use similar motions when eating and drinking.

Taking the Senior Fitness Test

every six-months or so will better allow your Wellness Coordinator or Personal Trainer to assess both your progress and the areas in which they can better help you.

Walking Club

The Walking Club at the Lodge meets every Monday, Wednesday, and Friday at 3PM. **As of April 24th they have walked 45 miles!**

That is like walking across Panama at it's narrowest point!

