

# 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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## How Inactivity Weakens Bones

Sitting around all day and doing nothing will break your bones. Contrary to what is commonly believed, bones are living organs. We think of bones as hard objects, like wood or metal, that our body carries around, never changing and unaffected by daily stresses. But this is false. Bones are like the heart, or the lungs, or the brain. They function very much like muscles do. That is, blood flows through them, they grow, they heal, and they change in response to external forces.



You can think of

bones the same way you think of muscles: stressing them or giving them a “workout” forces them to adapt, get bigger, and become stronger. A tennis player will have bigger, stronger bones in his right arm. A soccer player will have bigger, stronger bones in his legs. This is because these activities involve impact, and are weight-bearing, meaning they involve forceful contact between bones and the ground, bones and other objects, and, especially, contact between bones and bones. Doing these kinds of activities in moderation is vital to good health and

By Arran Rogerson  
very important for the elderly. Tasks as simple as walking are weight-bearing and involve impact.

If you consider that “working out” your bones makes them stronger, conversely you must consider that inactivity, or the absence of “working out”, makes your bones weaker. Just like muscles, if bones are idle, unmoving, or unchallenged they begin to shrink and lose integrity. The body stops considering them a priority and focuses its attention elsewhere. The bones become brittle and break easily. Weight-bearing, impact activities remind the body to stay hard and strong. It might be continued on 4

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## Setting Senior Fitness Goals

By Wilson Trang

Creating fitness and wellness goals is integral for the success of seniors as they get older. As we get older, our bodies become weaker and require more work to do the things we once did. Studies have found that people are more likely to accomplish their goals if they set a goal. However, there are many different steps to creating a goal. They are: formulation, quantification, identification of obstacles, and deadline setting. One of the easiest things to do

when creating a list of goals is to simply formulate a goal. “I want to (insert activity).”

Once a goal is decided upon, work with a professional to determine if the goal is realistic and to describe the goal in a concrete fashion. If the goal is to walk more, it becomes “I want to walk around the block without stopping.” By quantifying the goal, it is easier to see when the goal has been reached; it also makes it easier to understand what you are continued on 7

# Living on the Waters Edge

## EXERCISE YOUR MIND

### Brain Benders



- The month June gets its name from which Roman god or goddess?
- June and which month always start on the same day of the week?
- Who was Kamehameha, whose day is celebrated on the 11th of June in Hawaii?
- Kentucky became the 15th state in June of what year?

- Tennessee became the 16th state in what year?

- Arkansas became the 25th state in June of what year?
- Meitheamh is the name for June in which country?
- In June of what year did the United States declare war on Great Britain?
- What happened on June 15, 1215?

### Last Month's Answers

- What three races, combined, make up the Triple Crown? **Kentucky Derby, Preakness Stakes, and Belmont Stakes**
- How many horses have won the Triple Crown, since the Kentucky Derby became part of that series of races? **11 (eleven)**
- Can you name 2 of the horses who have won the Triple Crown? **Sir Barton ('19), Gallant Fox ('30), Omaha ('35), War Admiral ('37), Whirlaway ('41), Count Fleet ('43), Assault ('46), Citation ('48), Secretariat ('73), Seattle Slew ('77), and Affirmed ('78)**
- In what year did Secretariat run the Derby in under two minutes? **1973**
- That same year, a second horse also finished in under two minutes, which horse? **Sham**
- What is the unofficial, official drink of the Derby? **Mint Julep**

One day, a really rich old man with two sons died. In his will he said that he would give one of his sons all of his fortune. He gave each of his sons a horse, and said they would compete in a horse race from Los Angeles to Sacramento, but the son whose horse came in second would get the money. So one day they started the race. After one whole day they had only ridden one mile. That night, they decided they should stop at a hotel. While they were checking in, they told their problem to the desk clerk, who made a suggestion. The next day the two brothers rode as fast as they could. What did the clerk suggest that they do? **Trade horses, the winner is the son whose horse finishes last.**

<b>SUR</b> <b>+ TAX</b>	<b>TAPER</b>	<b>THEY WENT WEIGH</b> <b>BORED</b>	<b>1 ALL ALL ALL</b> <b>ALL &amp;</b> <b>ALL 1 1 1 1</b> One for all and all for one
Surplus Tax	Taper off	They went way overboard	
<b>COVER</b> <b>WORKING</b>	<b>TERquietLUDE</b>	<b>RECK</b> <b>-DRIVING</b>	
Working under cover	Quite interlude	Reckless driving	

# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

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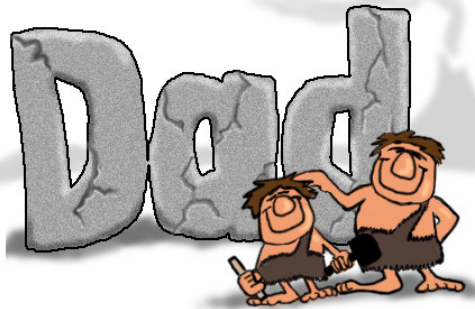
### The History of Father's Day in the United States

By David Ruttan

There are actually two different stories of how Father's Day became a holiday. According to some accounts, the first Father's Day was celebrated in the state of Washington on

June 19, 1910. A woman by the name of Sonora Smart Dodd had the idea of honoring and celebrating her father while listening to a Mother's Day sermon at church in 1909. She felt as though mothers were getting all the acclaim while fathers were equally deserving of a day of praise. (She would probably be displeased that Mother's Day still gets the lion's share of attention!)

Sonora's dad was quite a man. William Smart, a veteran of the Civil War, was left a widower when his wife died while giving birth to their sixth child. He



went on to raise six children by himself on their small farm in Washington. To show her appreciation for all the hard work

and love William gave to her and her siblings, Sonora thought there should be an official day that paid homage to him and other dads like him. She initially suggested June 5th, the anniversary of her father's death, to be the designated day to celebrate Father's Day, but owing to some scheduling conflicts, the celebration in Spokane, Washington was deferred to the third Sunday in June.

The other story of the origin of Father's Day in America is from the other side of the country in Fairmont, West Virginia on July continued on 4

### World Tour: Pacific Islands

Our next stop in the World Tour is the Pacific Islands. Here we get to explore the countries of the Philippines, Indonesia, Malaysia, Australia, New Zealand, Samoa, Fiji, and New Guinea.

Everyone likely has an image

in their head when we speak of the Pacific Islands, but they can be hard to quantify or name entirely; the region is comprised of somewhere between 20,000 and 30,000 islands in the Pacific Ocean.

### South Pacific Fun Facts

- The Philippine flag is the only flag in the whole world that is displayed differently in times of peace and war. In peace time, the blue side is put on top; in war time, the red.
- Kangaroo is Aborigine for "I don't understand what you're saying."
- Australia has the world's largest cattle ranch and, at 30,028 square kilometers, it is almost the same size as Belgium.
- The largest flower in the world, Rafflesia, is found in the rain-forest of Malaysia.
- New Zealand means "Land of the long white cloud."
- New Guinea is one of the largest islands in the world.
- The Fiji Islands are "The Crossroads of the Pacific."



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## ALAMEDA ELDER COMMUNITIES

### Congratulations and Thank You!

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

Kareem Badr, Lodge  
Sharmaine Caoile, Lodge  
Michale MacLaren, Lodge

#### Three Years

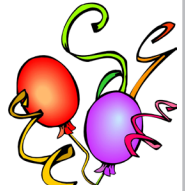
Mariah Geronimo, Lodge

#### Ten Years

Dane Ambegia, Elders

#### More Than 20 Years

Darnelle Zimmerman, 34 years!



### Weakening Bones *continued from page 1*

overzealous to think of your body as a punching bag, but think of it as something that needs to be shaken up once in a while.

Having weak bones can be life-threatening. According to the Center For Disease Control

and Prevention, falling is the number one cause of death due to injury among the elderly. This is largely due to weak bones that fracture and break as a result of the fall. One out of three seniors will fall every year and even if it isn't fatal, it often

results in hospitalization and a loss of independence.

Do yourself a favor and maintain healthy, strong bones by standing up, walking, and lifting weights often. Fifteen minutes a day could save your life.

### The Lazy, Hazy Days of Summer *By Nancy Rafalaf*

Lazy, hazy days of summer are just about here. June brings the summer solstice, which takes place this year on June 21st. Here are some interesting facts about this month. June is named after the Roman Goddess Juno, who was the Goddess of marriage. Funny coincidence, June is one of the most popular months to get married. June has two birthstones; one is the pearl which is the symbol of purity, and the other Alexandrite symbolizing joy and good fortune.

June is also famous for Fathers Day. The first Fathers Day was celebrated thousands of years ago in Babylonia. It is said that a son named Elmesu carried a clay card with a message for his father, wishing him a healthy life. This became the first "Father's Day card."

### Father's Day *continued from 3*

5, 1908. Grace Golden Clayton suggested to the minister of her local Methodist church that they hold services to celebrate fathers after a deadly mine explosion killed 361 men. While Father's Day was celebrated locally in several communities across the country, unofficial support to make the celebration a national holiday began almost immediately, with William

Jennings Bryant as one of its staunchest proponents. In 1924, President Calvin Coolidge recommended that Father's Day become a national holiday, but no official action was taken until over 40 years later.

In 1966, President Lyndon B. Johnson, through an executive order, designated the third Sunday in June as America's

official day to celebrate Father's Day. However, it wasn't until 1972, during the Nixon administration, that Father's Day was officially recognized as a national holiday. While the United States celebrates Fathers Day on the third Sunday in June, it is celebrated in other countries anywhere from March 14th in Iran to December 5th in Thailand!

# Living on the Waters Edge

## NEWS FROM ELDERS INN

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### Resident of the Month: Masa Yamamoto

Masa was born in Hollister, CA in February, 1925. Her father harvested seeds for a living and her mom was a housewife. She had two brothers and a sister. Her sister currently lives in Santa Clara in a retirement home.

In 1942, Masa's family was separated and put in internment camps. Masa's dad went to an internment camp in North Dakota, and later moved to New Mexico; Masa, her mom, and siblings, were sent to Amache, Colorado for three years. The family raised

vegetables and ran a cattle, chicken, and pig ranch. There was a school for all ages at the camp. To pass the time, people would go to the desert and find anything to carve; they made furniture and pieces of art.

When her family was able to go home to Petaluma, Masa's dad started a gardening business. At 20, Masa went to a dress designing school in San Francisco for two years. When she graduated, she got a job at an exclusive dress shop that catered to wealthy women. Later, she worked at Saks Fifth

Avenue, designing and altering dresses.

Masa was introduced to her husband by a friend. He was in the army and had recently received a Congressional gold medal. Masa and her husband had two daughters and lived in San Francisco. He worked in the flower market and was a private chauffeur for many years, while Masa, after the children were born, worked as a full time mom. She continues to sew for pleasure.



### Garden News!

Here in the garden, we have been planting various herbs. Our super herb for this month is "Oregano."

Did you know that there are many varieties of oregano? Oregano is an herb of the mint family. This marvelous herb is an excellent source of minerals like potassium, calcium, manganese, iron, and magnesium. It is also a rich source of dietary fiber, which helps to control blood cholesterol levels.

### News & Notes from Activities Team

Walking is a great activity for everyone, including senior citizens! It's simple, free and has a multitude of health benefits. Walking helps with weight control, lowering high blood pressure and decreasing the risk of developing diabetes or colon cancer. Walking also increases muscle strength, flexibility and balance which



can increase independence, and as with other exercise, it regularly achieves better results in tests involving reactions time, reasoning and memory. It's never too late to begin exercising! Come join the Activities team and your fellow residents in our fun daily exercise classes! Walking is great for everyone, so be sure to join us in our afternoon Walking Club, too !!!

### June is National Fresh Fruits & Vegetables Month!

Bananas are known as a "super food" because they are packed with so many nutrients that benefit our bodies and minds. They have more carbohydrates, Vitamin A, Iron, Phosphorus and Potassium than most fruits. Bananas can help the circulatory system deliver oxygen to the brain, maintain regular heart beat, reduce strokes, regulate blood pressure, restore and maintain regular bowel functions, and ease heartburn.

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## NEWS FROM WATERS EDGE LODGE

### Resident of the Month: Yoshiko Niec

Yoshiko Niec was born and raised in Yokohama, Japan. Her father raised poultry while her mother and older siblings operated the family meat market.

Yoshiko recalls her days growing up in Yokohama City as a wonderful time. She said there were plenty of spaces to play and run with other kids. She was the leader of the group of friends she played with, "everyone followed me wherever I go, I'm the boss".

Yoshiko was later summoned

by the Japanese government to provide labor without pay. She worked in the factory where they made aircraft parts. She was introduced by her friends to the "very good man", Joseph, her future husband, who "provided the world" to her. In 1954, she and Joseph immigrated to United States.

Once in the U.S., they stayed in Alameda, where in 1955, Yoshiko gave birth to her first child. When Joseph was re-assigned back to Japan, Yoshiko flew to Massachusetts to stay with her parents-in-law. Upon

his return, Yoshiko and her family returned to Alameda and she has lived here ever since. Yoshiko had two more children, and believes that raising children while adapting to the culture was a job itself.

Yoshiko enjoyed and misses cooking and likes to play Koi-Koi with the Hanafuda cards. If you need a person to talk to while going for a walk, Yoshiko is the right person to tag along with.



### Eating Out

Our lunch outings this month keep within the Polynesian theme of the world tour. On Thursday, June 6th, we will be going to L & L Hawaiian Barbecue in Alameda for an authentic plate lunch. On Thursday, June 20th, we will enjoy a taste of Thailand at Spice I Am, here in Alameda.

Sign up at the front desk for either or both events.

### Book Nook

This month's book is:



**Scarpetta**

by Patricia Cornwall

### Attention all Graduates!

We will be celebrating all graduates, all ages, all grades & all years! On Thursday, June 13th at 6:30 pm, we are having Prom Night!

Bring your dancing shoes and we'll break out the dance floor! The Jim Franz Band will perform your favorites and there will be goodies and beverages aplenty! Please RSVP and let us know how many of your family will be attending this gala event.

### News and Notes from Activities

We have a lot to celebrate in June, and at the top of the list is honoring the men in our lives on Fathers Day. Even if children were not a part of your personal life, all of us had a father and Sunday, June 16th, is the day to remember him. On the Friday before Fathers Day, June 15th, we will have a social for "the guys" with beer and pretzels at 3:00 in our dining room, and on Sunday the 16th, there will be a special Father's Day luncheon. Please let

the front desk know if any family members would like to join you for these festive occasions.

We also have a fabulous Hawaiian luau scheduled for Friday, June 28th at 3:00 as Genie Phillips and her associates perform the ancient art of the hula. This is just one of the socials we have planned for June---Popsicles, Satay, Flag Day cake, you name it and we are celebrating it in June!

# Living on the Waters Edge

## NEWS FROM ALAMEDA ELDER SERVICES 7

### Iron Woman of the Month: Audrey Sherak

Audrey Sherak is our Iron Woman of the month due to her outstanding attendance, performance, and attitude in the wellness programs. If you don't already know Audrey, make an effort to introduce yourself - she's very friendly.

Audrey was born in Hamilton, Canada in 1915. After briefly living in England, she moved to California when she was 8 years old. At Castlemont High School in Oakland, she was very involved in dance and theater and played the viola in the orchestra. For

most of her life, Audrey worked as a U.S. Government budget analyst for the local naval bases while living in Alameda. She held this job for thirty years before retiring.

Audrey recently turned 98, but you wouldn't know it by how active she is. She attends exercise class daily, sometimes twice daily, and is always

cheerful, motivated, and ready to work. She attends Walking Club several times a



week and even goes for walks on her own. I'm amazed at the amount of energy she has, the speed at which she can walk, and her fantastic sense of balance. She can even touch her toes!

Still, as many residents will agree, Audrey's best qualities are her kindness, friendliness, and her ability to listen. She is a pleasure to have around, great to have a conversation with, and makes my wellness programs that much more enjoyable. That is why she is the month's Iron woman. Thanks Audrey! Keep up the great work.

### Setting Fitness Goals *continued from 1*

trying to accomplish. "I want to walk more often", does it mean you want the freedom to move around or does it mean that you want to be outside more often?

Identifying obstacles to your goal will require time. All goals have some obstacles, otherwise you would have already accomplished them. By understanding and identifying the obstacles, you can mentally and physically prepare yourself. In our walking example, obstacles can be pain or the weather. By planning for these obstacles, you can find solutions to them before they occur.

Setting a deadline for your goals creates accountability.

Deadlines help create intermediate steps to the goal; they create a measurable marks for accountability, and can be quite motivating.

By identifying each step and planning accordingly, and



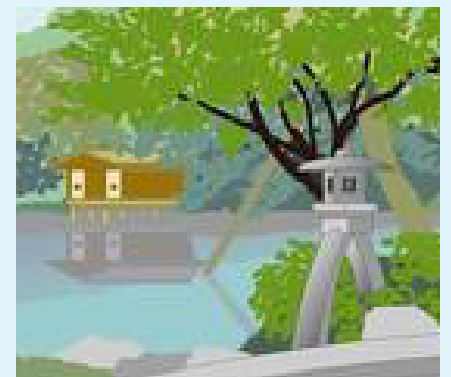
working with a professional, wellness goals can be achieved. It can be as small as brushing your teeth without pain to

running a marathon. All goals can be accomplished.

### Walking Club

The Walking Club at Waters Edge Lodge is still going strong!

So far this year, they have walked **42 miles**; that's like walking to the Japanese Friendship Garden in San Jose! Hopefully then we'd be able to stop and smell the flowers.



**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  
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