

Living on the Waters Edge

Volume 5, Issue 1

July, 2008

Established in
January, 1972.

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

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Age and Identity

By:
Kryspin Turczynski

There are certain times in our lives when we are led to ponder a part of our being that is nebulous, yet quite important: our identity. We all have names and faces, but there is more to the story. As the famous existentialist philosopher Jean-Paul Sartre once said, "Existence precedes essence". In other words, we have the freedom to define who and what we are, and the process of self-definition often begins with one simple question: "Who am I?"

Now I admit that I've always been intrigued by such questions, and I would feel very much at home in a cafe somewhere on the left bank of Paris with a carafe of wine and a pack of Gauloises. Yet I also believe that everyone grapples with these questions every now and then, due simply to the fact that life forces us to do so. An infant, immersed in an undifferentiated procession of sensations, begins to objectify them and organize them in a systematic way and - voilà - self-awareness emerges. Children then proceed along a process

of self-discovery, culminating in the tumultuous teenage years, when rebellious adolescents avoid their families like the plague in an effort to assert their independence and discover who they are as individuals.

Identity development does not end at adulthood, however. Every lifestyle choice, every life decision, says something about who we are and who we'd like to be. Many are called to parenthood, and see themselves as mothers or fathers foremost. Others find great meaning in the work

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The Importance of Strength Training Progression

By: Nicki Hiemenga

To take full advantage of the many benefits of strength training, it's important to progress, or consistently advance the intensity of your workout by challeng-

ing your muscles with heavier weights. This continuous challenge allows your muscles to grow strong and stay strong. Progressing will boost your feelings of independence. It will also give

you a tremendous sense of pride and accomplishment. Progression means the gradual increase of overload placed on the body during training. Continued improvement re-

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Age and Identity

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they do, and identify themselves primarily in terms of their profession: doctor, police officer, chef, etc. This is one reason why retirement is such a critical juncture in people's development, especially in the career-centric American culture. Luckily, people continue to grow and change their whole lives, and so we have many inspiring examples of individuals finding new meaning and purpose in their lives at an advanced

age. Here at Waters Edge Nursing Home, I constantly witness elders engaging in all sorts of activities that help them paint a fuller picture of who they are at this new stage of life: creative arts; gardening; musical expression; and communion with nature, to name just a few.

Unfortunately, many of us harbor deep fears and insecurities that prevent us from embracing elderhood as an opportunity for further growth and development. Yet if we

periodically take moments from our daily lives to reflect on our own stories, and those of others, we can understand that old age is really not that scary. We can look forward to it as a time to slow down, focus on the important things in life, and integrate all our memories and experiences into a new way of being, and a dignified identity as an elder. Our residents give me great hope and reassurance that life truly does not end at age 50, nor 75, nor even 100!

A Brief History of the American Flag

By: David Ruttan

No one is certain who designed the Original Stars and Stripes. Some believe it was a congressman by the name of Francis Hopkins. Others believe a seamstress from Philadelphia named Betsy Ross, who made the first stars and stripes. What we do know is the history of how the flag evolved. On June 14, 1777 during the American revolution, the Continental Congress passed the First Flag Act which states, "the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation." The alternating stripes of seven red and six white still exists in our flag today. But the arrangement and number of stars would soon change. During the

presidency of James Monroe on April 4, 1818 Congress passed an act that would put, on the flag, one star for every state in the union. Stars would be added on the 4th of July of every year when applicable.

The first Flag Day observance was held on the 100th anniversary of the adoption of the Stars and Stripes. As instructed by Congress, the U.S. Flag was flown from all public buildings around the country. In the years afterward, several states continued to observe the anniversary, and in 1949, Congress officially designated June 14th as Flag Day.

On June 24, 1912, an executive order by president William Taft established proportions to the flag. They were to be arranged stars in six hori-

zontal rows of eight each with the point of each star pointing upward.

On January 3, 1959 during President Dwight Eisenhower's term there was an executive order to have seven rows of seven stars each that were to be staggered horizontally and vertically. Later that year on August 21, President Eisenhower issued another executive order that arranged the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically. Since then the flag has not changed. There are still 50 stars representative of each state of the union and 13 alternating red and white stripes. One thing is for certain, the stars and stripes will always represent the union of 50 free and United States of America.

Elder Brainpower!

By: David Ruttan

When older people can no longer remember names at a cocktail party, they tend to think that their brainpower is declining. But a growing number of studies suggest that this assumption is often wrong. Instead, research finds, the aging brain is simply taking in more data and trying to sift through a clutter of information, often to its long-term benefit.

Some brains do deteriorate with age. Alzheimer's disease for example, strikes 13 percent of Americans 65 and older. But for most aging adults much of what occurs is a gradually widening focus of attention that makes it more difficult to latch onto just one fact, like a name or a telephone number. Although that can be frustrating, it is often useful.

For example, in studies where subjects are asked to read passages that are interrupted with unexpected words or phrases, adults 60 and older work much more slowly than college students. Although the students plow through the texts at a consistent speed regardless of what the out-of-place words mean, older people slow down even more when the words are related to the topic at hand. That indicates that they are not just stumbling over the extra information, but are taking it in and processing it. When both groups were later asked questions for which the out-of-place words might be answers, the older adults responded much better than the students.

Such tendencies can yield big advantages in the real world, where it is not always clear what information is impor-

tant, or will become important. A seemingly irrelevant point or suggestion in a memo can take on new meaning if the original plan changes.

These findings are all very consistent with the context we're building for what wisdom is. If older people are taking in more information from a situation, and they're then able to combine it with their comparatively greater store of general knowledge, they're going to have a nice advantage.

Freedom

All we have of freedom, all we use or know -
This our fathers bought for us
long and long ago.

Rudyard Kipling, *The Old Issue*, 1899

The Importance of Strength Training Progression

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quires systematic increase, which can be accomplished in several ways. Increasing the load, adding repetitions, altering the speed of the repetitions according to goals, shortening or expanding the rest period between sets, increasing the volume of overall work, or a combination of any of these is what we incorporate in our exercise classes. After a few initial workouts using the same amount of

weight the aim most logically would be to continue improving conditioning by increasing the weight especially if the last few repetitions in the set do not feel tiring. Then you know it is obvious that it is time to increase the load. Some exercises might need different loads. For example, for most people it is easier to use heavier weights on bicep curls than it would be for military shoulder presses. Pay attention practicing awareness in your body to see if it is

time to increase weights for one or more exercise. If you're serious about bettering yourself and your body, you must practice progression. You must go after it with a vengeance. Not only will you get sure fire results, but you'll also receive the intrinsic satisfaction stemming from knowing that you can still challenge yourself lifting more weights developing physically, mentally, and spiritually. Train with passion... Train with progression.

Resident of the Month: Ruth Mahoney

Ruth Mahoney was born in Dover, Kansas just outside of Topeka. She is one of eight siblings; two of whom are boys. "We lived on a farm in a big house" she recalls. After her schooling, Ruth landed a job in Topeka as a typist. "I can't type as well as I used to. That was my only job. After I meet my husband and had kids, I became a full time mother." Ruth met her husband at a social function. He was in the Army and stationed near by. "He liked to dance and

I like to dance and when he asked me I couldn't refuse." They have two boys and two girls together. "It was easier raising the boys because they asked for less, whereas the girls demanded more attention." Eventually Ruth and her family moved to Southern California. She remembered her husband saying that, "there's no place like California and as soon as we can we're going." About three years ago after the passing of Ruth's husband she moved here to the Waters Edge

Lodge. "I like this place. I have no qualms about it at all." Ruth is active in a vast variety of activities including, Golf Putting, Wii Golf, Tour of Alameda, Resident Shopping Trips and Outings to the Oakland A's baseball games. You might also see Ruth any given morning taking one of her daily walks around the Lagoon. "I walk about 1/2 hour a day." Please join us in the month of July as we recognize Ruth Mahoney as our Resident of the Month.

Urquhart Band

It must be July if the Urquhart Big Band is playing our favorite patriotic songs. Again this year, our favorite big band will be either in the Living Room or outside on our beautiful patio depending on the weather. No matter where they play, you're sure to have a great time standing up for our great country and tapping your foot to the timeless music of John Phillip Sousa. Please join us on Wednesday night, July 2nd at 7:00pm with light refreshments to follow.

Water Fun

There is a lot of water in everybody's future the week of July 21st ---On Monday, July 21st, we will be taking a ferry ride to San Francisco for lunch and later that week on Thursday, July 23rd we will be going to our own nature center—the Crab Cove Visitor Center at Crown Beach-- to check out some marine critters and smell some sea air. Don't be crabby! Join us!

Alameda Theater

The new Movie Theater is finally open! After years of arguments, the vintage Alameda Theater is completed and is a sight to behold. It has been refurbished and brought back to its original glory of the 1930's. Dave Ballerini will take a group of Residents to admire it and catch a movie on Monday, July 7th at 2:00pm. Sign up at the Front Desk!

Mayor's 4th of July Parade

In celebration of Independence Day we will be taking Residents to Elders Inn for the Annual Fourth of July Parade on July the 4th at 9:30am. Our parade is legendary but it is LONG! All Residents who are interested in going please sign up at the front desk. There will be a lot of walking to get from the Elders Inn to the viewing site. Please see David Ruttan for details.

World Tour: North America

In July we stop in North America on our Tour of the World. We have plenty of activities and events planned for July as we go to the newly remodeled Alameda Theatre, A's game, San Francisco and the Crab Cove Visitor Center. Not only are there many outside activities to attend but,

many in-house as well. The Urquhart Big Band will perform, The Desires will be here and the HyPlanes Drifter will do a comedy show. Capitalize on what the Lodge has to offer. Refer to the Activity calendar & Activity Sign Up sheets at the Front Desk for dates and times.

Independence Day

Barbecues, baseball, apple pie... Fourth of July is a celebration of America, land of the free and home of the brave. Our own celebration will feature a barbecue lunch, followed by a viewing of Yankee Doodle Dandy. We will also test our knowledge on all things American, and sing patriotic songs commemorating the Greatest Generation. As always, family and friends are welcome to join us in any of the activities. If you would like to join us for the barbecue lunch, please order a tray ahead of time with the receptionist or with Delight, the Dietary Manager.

Fitness Update

We are still tinkering with the Senior Fitness program, trying to figure out the best times for a few of the many classes that are offered. It is already clear that the new program is a huge success, with over 60% of our residents participating in at least one of the five levels. The importance of regular exercise for Elders cannot be stressed enough. Research consistently shows that exercise has positive effects on weight, strength, balance, blood pressure, and mood. Seniors that attend fitness classes are less likely to fall, and benefit from the socialization and camaraderie that develop. So remember, you're never too old to be fit!

Volunteers?

Are your children out of school for the summer with nothing to do? What better way for them to stay out of trouble than to spend time volunteering at Waters Edge Nursing Home? There are plenty of activities for volunteers to choose from, and they spend as little or as much time as they'd like. For more information, please contact Kryspin, the Activity Director.



Resident of the Month: Evelyn Lowell

Evelyn Lowell celebrated her 90th birthday in June. Born in New York City, she grew up in the Bronx with her parents, who had come from Russia and Romania, and her two brothers. Following graduation from high school, she worked with the New England Confectionary Company, known for producing Necco Wafers. During World War II, she served as a member of the Civilian Defense Corps, reminding people to black out their windows at night. It was at this time she met her husband, Allan Lowell, a trained opera singer from San Francisco. Lowell was performing in the military show *This is the Army*, and following their

wedding they traveled by train across the country in order to make the Warner Bros. film of the same name starring Ronald Reagan.

Living in New York City following the war, Allan performed on Broadway in *Kiss Me Kate* and *Around the World in 80 Days* with Orson Welles, while Evelyn became a mother to two daughters, Jacqueline and Waverly. During this time, Evelyn founded the Marble Hills Nursery School, one of the first non-profit parent cooperative schools, which celebrated its 50th anniversary in 2003.

The family moved to New

Brunswick, New Jersey, where they opened a toy store and had their son Douglas. Evelyn was widowed in 1969 and two years later moved to the San Diego area to escape the East Coast weather and take advantage of the California lifestyle. While in San Diego, she took jewelry classes and created jewelry and sculptures using sea shells and coral. Appreciated for her intelligence and sense of humor, she encouraged creativity and a life-long love of learning in her children. She moved to Oakland in 2001 to live near her daughter, and joined the Alameda Elder Communities family two years later.

From the Desk of the Administrator

We are Going Green. We are pleased to announce that we have a joint venture with Nate Hanson. Nate Hanson will pick up our used cooking oil and it will be turned into bio-diesel fuel. Cans and newspapers can be taken down to the front desk for recycling. We will be offering more recycling programs in the next coming months.

Due to the lack of water resources, EBMUD is requiring that we reduce our water us-

age. Let's do our part and not waste water. In the individual apartments, please do not run water unnecessarily. Elders Inn has installed low flow devices in the kitchen and we have decreased the frequency in watering the courtyards. EBMUD will be conducting an audit and make suggestions to reduce water consumption.

Just a friendly reminder that Nursing Clinic hours are Monday-Friday 2pm-4pm. Should you need to meet with the Resident Care Coordinator, contact Kim at 510-521-9200 Ext. 106 to schedule an appointment.

The Lost and Found is located in the Administrator's office. Lastly, please don't forget to attend the Circle of Elders meeting @ 11am Monday – Friday. We will discuss current events, community events, upcoming events, dietary and environmental topics.



Special Events

July 4th: We will be once again reserving our space on Webster Street to watch the Mayor's 4th of July Parade. This is an open invitation to the residents of the Waters Edge Lodge. We will be meeting at the Front Lobby at 9:45 am and WALKING to the reserved location.

July 18: Tour of Alameda at 1:30 pm. We will be meeting at the Front Lobby at 1:20 pm to begin loading on the van.

July 25: Picnic by the Bay at 11:30 am.

Staff Training

July 2, 2007 - 9am and 3 pm : Dementia Care, Tips for ADL's

July 9, 2007- 9am and 3pm: Food Safety

July 16, 2007-9am and 3 pm : Delivering Personal Care and Precautions

Residents of the Month: Betty & Len Long

Betty and Leonard Long are comparatively new residents at the Elders Inn - Welcome! Len is a long time resident of Alameda. He attended Alameda High School and attended UC Berkeley. He studied Forestry, but switched to Civil Engineering and worked with Abbot A. Hanks in San Francisco. Len served in the Atlantic and Pacific in World War II for 5 years, but he and Betty met and married in Alameda. They honeymooned at Lake Tahoe.

Betty was born in Duluth, Minnesota near Lake Superior. Betty attended the University of Minnesota and obtained a B.S. in Science. She served in the US Navy for 3

1/2 years at Jacksonville, Florida where she was commissioned as a Lieutenant in the US Naval Reserves and at the Oakland Naval Air Station.

Both Leonard and Betty love books and have volunteered in libraries (even in Alameda). Betty owned a book store here. Len loves sailing and fishing (especially trout fishing in the Sierras). They have a son and daughter who live in Alameda. Nancy and Craig are frequent visitors to Elders Inn.

Thank you for being here. We are pleased to have Len and Betty as our July Residents of the Month.

Why Should you Take a Cardio Class?

By: Kathy Hanley, PT

There is a new Cardio Class at both Waters Edge Lodge and Elders Inn. Residents may feel that they are already attending a facility exercise class and so don't need another class. One is good enough, right? Nothing could be further from the truth. General exercise classes work on a variety of things: strength, flexibility and balance. A Cardio Class focuses exclusively on cardiovascular exercise and endurance. Most health experts recommend that all adults, including seniors, do at least 30 minutes of cardio (also known as aerobic) exercise at least 3 times per week. The following may help to answer questions about our new Cardio Classes.

What is cardio(aerobic) exercise?

Cardiac exercise, also known

as aerobic exercise, is a steady state type of exercise lasting at least 20-30 minutes and utilizing larger muscle groups. Aerobic exercise is of a moderate intensity, enough to get the heart rate elevated, but not so much that a person has to stop before the 20-30 minute exercise session is completed. Examples of aerobic exercise would be brisk walking, bicycling, swimming and rowing.

How do you know that you are exercising at a correct cardiac level?

Most people will establish a Target Heart Rate. For younger adults, this target heart rate is determined by the formula 220 minus age times 70-80%. For older adults, such as our residents, this would probably be downgraded, at least in the beginning, to 50-60%. For example if Jane Doe is 80 years

old, her target heart rate would be :

$$\begin{array}{r} 220 \\ -80 \\ \hline 140 \end{array} \times 50\% = 70 \quad \text{or} \quad 140 \times 60\% = 84$$

What are the benefits of cardiac exercise?

1. improved heart function
2. improved lung function
3. increased endurance
4. decreased risk of falls
5. increased walking distance
6. increased ability to go out on family or community outings
7. overall improved self-confidence

When do the cardiac classes occur at my facility?

At Elders Inn the Cardio Class is held on Tuesday and Thursday mornings at 10:00AM. Cardio work is also incorporated into the Monday-Wednesday-Friday classes.

At Waters Edge Lodge, the Cardio class will be held on Monday-Wednesday-Friday afternoons at 1:30PM.

How do I get started with the Cardio Class?

Talk to your facility trainer or Kathy Hanley, Rehab Director. So be heart healthy and join a Cardio Class. You'll be glad you did!

Fitness Fun Facts

1. You would need to drink a quart of milk every day for three to four months to drink as much blood as your heart pumps in one hour.

2. Your heart is about the size of your fist and weighs about as much as a softball.

3. In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 supertankers.

4. Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult.

5. A person breathes 7 quarts of air every minute.

6. There are 206 bones in the human body. One fourth of them are in your feet.

7. The human body has 45 miles of nerves.

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: aecadmissions@gmail.com

Website: www.alamedaelder.com

For free copies of Alameda Elder Communities monthly newsletters, please visit our website at: www.alamedaelder.com

Edited by: Sabrina Britton



*A Continuum of Caring,
Since 1972
Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services
Rehab Agency*

*Alameda Elders Communities believes that long term care facilities should be active and friendly places, where the Residents receive the best possible care, while enjoying companionship in our family of facilities. The **Waters Edge Nursing Home** is a 120 bed Medicare certified Skilled Nursing Facility, offering outstanding rehab and custodial care to all Residents. The **Elders Inn on Webster** is a licensed 52 unit assisted living offering every resident the opportunity to live as independently as possible. The **Elders Inn** also offers a special care "neighborhood" for the safety and comfort of Residents affected by Alzheimer's and dementia. The **Waters Edge Lodge** is an assisted living facility located in a unique and peaceful setting on the Lagoon at Harbor Bay. Offering 102 suites which provide seniors with a warm and familiar homelike setting. The **Waters Edge Lodge** allows Residents maintain and independent and active lifestyle. **Alameda Elder Services Rehab Agency** provides a wellness and fitness center that has been specially designed for elders aged 70 years and older. This facility is both a Medicare approved Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*



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