

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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The Best Song to Sing

As we celebrate America's birthday this July, we will all be singing our National Anthem, "The Star Spangled Banner". Many Americans know that our National Anthem was penned by Francis Scott Key, but how many know that Key, an American lawyer, was in the process of negotiating the release of an American hostage held by the British during the war of 1812 when he wrote it? Key won the hostage's release, but was not able to leave the British fleet where he had negotiating until the British had completed their



attack on Baltimore. Key had to watch in horror as British bombs pummeled Ft. McHenry for more than 24 hours. Just before dawn on the morning of September 14, 1814, with British rocket fire still tracing the sky, Key caught a glimpse of the huge American flag still waving above Ft. McHenry, took out his pen and began to write.

The flag that waved that morning, inspiring Key's song, was

made by hand in Baltimore in July or August 1813 by a flag

By David Ruttan

maker by the name of Mary Pickersgill. She was fulfilling a commission from Major George Armistead, the commander of Fort McHenry. Pickersgill's flag was a staggering 30 feet by 42 feet. It featured 15 stars and 15 stripes, representing the 13 original colonies plus Vermont and Kentucky. Major Armistead's family preserved this grand old flag to commemorate that famous battle for Ft. McHenry. They initially loaned the flag to the Smithsonian Institution in 1907 and by 1912 it became a permanent gift to the nation's preeminent museum.

Key's song was sung publicly for the first continued on 4

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Drinking Water

Everyone feels tired during the week. There are moments where you should feel alert, energetic, and motivated, but instead you feel like going to sleep. It's two o'clock in the afternoon and you're nodding off or you can't stop yawning. There's work to be done, but you're sleepy, you're tired, and you just want to lie down. Solving this problem can be as simple as taking a trip to the kitchen sink.

Believe it or not, not drinking

By Arran Rogerson

water makes you feel tired. Individuals often look to coffee or other sources of caffeine to give them an energy boost when in reality, they should be grabbing a glass of water.

The body needs water. Lots of water. Roughly 60% of the body is made up of water. It's not as though you're structured like a water balloon, but, more accurately,



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EXERCISE YOUR MIND

Brain Benders

Mark and Cynthia hosted a family barbeque for their Independence Day celebration. The day dawned sunny and warm, but not too hot. A perfect day for a family barbeque! They had a flock of family drop in to visit throughout the day, but four in particular they were very happy to see – their siblings with their own families. Both Mark and Cynthia had a brother and a sister, and they didn't get to see them much as they both lived a fair distance away. Determine the name of each sibling, the number of kids each brought with them (one had no children), each sibling's relation to Mark and Cynthia, and the food each brought as an offering for the barbeque.

	0	1	2	3	Cynthia's brother	Cynthia's sister	Mark's brother	Mark's sister	cookies	potato salad	salmon	watermelon
Greg												
Ralph												
Sara												
Wanda												
cookies												
potato salad												
salmon												
watermelon												
Cynthia's brother												
Cynthia's sister												
Mark's brother												
Mark's sister												

1. Wanda didn't have two children. Mark's sister didn't bring the cookies.
2. Ralph wasn't Cynthia's brother. Greg didn't bring the watermelon.
3. One of the sisters brought potato salad.
4. Sara had one child. Mark's brother didn't have three kids.
5. The sibling with two kids brought the salmon.
6. Cynthia's sister brought the cookies. The sibling with one child didn't bring the potato salad.

Last Month's Answers

- The month June gets its name from which Roman god or goddess? **Juno, Jupiter's wife**
- June and which month always start on the same day of the week? **March**
- Who was Kamehameha, whose day is celebrated on the 11th of June in Hawaii? **King of Hawaii**
- Kentucky became the 15th state in June of what year? **1792**
- Tennessee became the 16th state in what year? **1796**
- Arkansas became the 25th state in June of what year? **1836**
- Meitheamh is the name for June in which country? **Ireland**
- In June of what year did the United States declare war on Great Britain? **1812**
- What happened on June 15, 1215? **King John signed the Magna Carta**

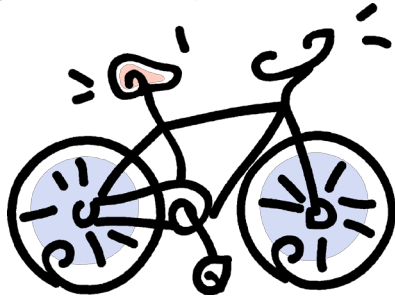
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ALAMEDA ELDER COMMUNITIES

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Stationary Biking

Stationary bikes are great because they don't require a lot of warm-up, are relatively easy on the joints, and don't require going outside.



By Arran Rogerson

are five stationary bikes strategically placed throughout the building for your benefit. Two are in the Fitness Room, two are on the second floor,

and one is on the third floor. This is for your convenience to facilitate quick and easy exercise whenever you need it. You can simply walk out your door, hop on the bike for fifteen minutes and then carry on with the rest of your day. At the Elders Inn, there are pedal exercisers that work much like stationary bikes but allow you to sit in a standard chair (or wheelchair) while you pedal. There are group classes several times a week, and you can always speak with someone from Activities or Fitness to use the pedal exerciser.

Make a commitment to cycle, either on a stationary bike or using the pedal exerciser, a few times every week and your body will thank you.

Biking is good for the heart and the lungs, exercising your cardiovascular system and making your body more efficient. Even if you have a bad knee or a bad shoulder, biking is not a weight-bearing activity and involves no impact. This means it won't be as painful or risky as walking, lifting weights, or doing other types of exercise you might normally stay away from.

Biking for fifteen minutes once a day can make a huge difference in your fitness level, and can make you feel happier, more energetic, and increase your level of independence.

Both the Waters Edge Lodge and Elders Inn offer cycling programs. At the Lodge, there

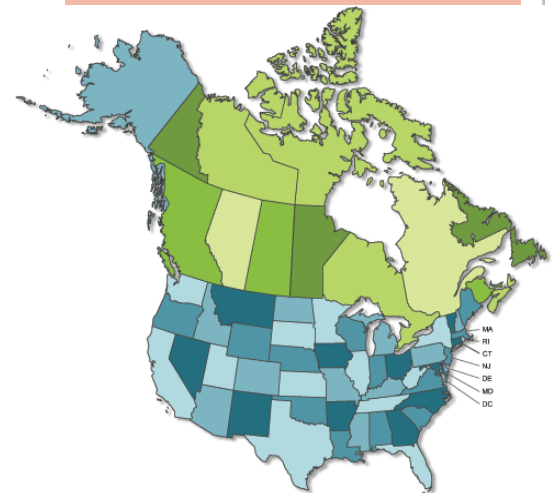
World Tour: North America

Where else would we visit during America's birthday month? While it can be easy to think we're only visiting the United State this month, you'd be mistaken; Canada, the country with which we share the world's largest international border, is an included stop on

this month's tour. The World Tour lunch is Canadian themed, and make sure to check out the Circle of Elders to gain some fun new knowledge about our neighbor to the north!

American Trivia

- Which three presidents died of the Fourth of July?
- How many people signed the Declaration of Independence on July 4th?
- On what date did most of the signers actually sign the Declaration?
- When was the first public reading of the Declaration of Independence?
- Who was the oldest signatory?
- Who was the youngest?
- Which state had the most delegates sign?
- Who was the last signatory of the Declaration of Independence?
- What other countries celebrate the 4th of July?



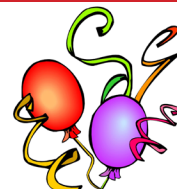
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ALAMEDA ELDER COMMUNITIES

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

Judith Vera-Gutierrez, Elders
Rona Tolentino, Elders
Christine Nguyen, Lodge
James Knight, Lodge
Gina Huynh, Lodge

Two Years

Jazmin Chamizo, Lodge

Three Years

Cheryl Champ, AEC

Five Years

Emilia Krubnik, Lodge

Seven Years

Maria Rangel, Lodge

Eight Years

Alicia Elphick, Lodge

Nine Years

Arsenia Estonilo, Elders

More Than 10 Years

Leticia Gomez, Lodge 18 years!
Lauren Zimmerman, AEC, 18 years!

By Kelsey Hasiak

Celebrating the Golden Years!

Aging was once something most did not look forward to. Now, people look forward to getting older and celebrating their Golden Years. As a person gets older, they have so many new ways to enjoy life. They have more time to spend with family, go on trips or enjoy their favorite hobbies. They also have more time to learn something they've always wanted to. Growing older gives you more life experience. You have gathered so much information over the years and made so many observations that allow you to see the world in a smarter light.

Another benefit of aging is being able to become more at peace with yourself. You have learned that worrying about what others think of you is of no importance. You are able to let go of people who are not good for you and embrace the love of those who are good for you. You gain a certain confidence that only comes with maturity in years.

Another wonderful thing that comes with age is that you become the go to person for advice, from those of all ages. With so much experience and so many stories, you can pride yourself on being able to pass on your knowledge to those in need. This can inspire a fresh new feeling of confidence and happiness and bring more peace to your life.

Singing the Best Song *continued from 1*

time on October 19, 1814. It was performed at the Holliday Street Theatre in Baltimore, and soon afterward a local music store published the words and music, giving it the name "The Star-Spangled Banner."

It took several decades of attempts and a full-fledged

lobbying campaign before Congress recognized "The Star-Spangled Banner" as the U.S. National Anthem. The bill that made it America's official national anthem was passed by Congress and signed by President Herbert Hoover on March 3, 1931, a full 117 years after Key composed it. U.S.

Code, 36 U.S.C. § 301 states that during a rendition of the anthem, all present must face the flag with the right hand over heart. Men should remove their hat with the right hand and hold it over the left shoulder and uniformed persons should give the military salute.

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NEWS FROM ELDERS INN

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The First North Americans

There were hundreds of Native American cultures, from coast to coast and from the Yukon to the Gulf of Mexico, and all of the tribes had things in common. They lived off the land by gathering food in the earliest times, and evolving to planting crops later in history. Once they began planting crops, they were able to create permanent villages. They all hunted and eventually domesticated animals, and were the first conservationists and recyclers. Most of the tribes used as much of the animal as they could. Meat was used for food, furs and skins were used for clothing and shelters, the stomach was used to carry and hold water and bones were used for needles and weapons.

All Native American people were very spiritual and had many religious customs and rituals. They were polytheistic, having many gods, and believed in a special relationship with nature. For most, the sun was the supreme god, and it was

worshiped because the sun was necessary to grow their crops. They obviously also needed rain, so many had a rain god as well. Native Americans believed in the power of their dreams, and considered them to be revelations made by the gods. Most had an important religious leader which some called Shaman, or medicine man.

The roles of men and women in most Native American tribes were quite different. The men hunted and provided protection for their people, while the women prepared the food,

By David Ruttan

made clothing and shelters, and cared for the children. The men used bows and arrows, spears and knives to hunt, and would work together to move herds of animals into enclosures or off cliffs to kill them for food. Native Americans had many different kinds of shelters depending upon where they lived. Some used portable structures that could be moved to follow the bison herds called a tipi. Some built homes out of logs, others built home from mud bricks they baked in the sun, and others even made their homes from blocks of ice.

News & Notes from Activities Team

We have re-vamped BINGO ! Everyone plays for free, for a chance to win different prizes everyday ! The Activities Team has enjoyed all the newcomers at our daily BINGO games. The more players we have the more fun the game becomes. With great prizes to pick from, for



yourself or your friends and family, winning pays off! Playing with different residents and making new friends while playing the game, makes winning the second best thing about BINGO at Elders Inn. The more the merrier! Come join us at 1pm, daily, for an exciting game of BINGO!

Let's Improve Our Posture!

Often it seems that seniors do not have the best posture; heads are tilted forward, shoulders are rounded, and feet shuffle. Unless caused by osteoporosis, poor posture is a learned behavior that can be improved. Poor posture not only can increase pain in the neck and back, it also impacts walking ability, which can increase the chances of falls. A head positioned forward and rounded shoulders decreases the space in the chest cavity and restricts lung function. This can cause shallow breathing and shortness of breath. Weakened muscles can be a factor in having poor posture but along with physical training, it can be very beneficial simply to break old habits. Practicing sitting and standing tall with your chin above the chest can bring very positive results.

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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Elizabeth T. Crosman

Elizabeth T. Crosman prefers to be called "Trim," which is an abbreviation of her maiden name of Trimble. Trim's father, Robert Trimble Jr., was a famous civil engineer who rebuilt the Capitol Building and Governor's Palace in Williamsburg, Virginia. Her mom was a hard working, stay-at-home mother. Trim was the oldest of 3 children, with both a brother and sister.

Trim started off attending public schools in Williamsburg, but their family later moved to Orange, New Jersey, where she graduated high school.

She attended Connecticut College for Women, majoring in psychology, but didn't graduate because love got in the way; she married her high school sweetheart when he got drafted. Her husband passed a test and was promoted to the Army Air Corps, for which he flew 15 missions during World War II. While flying over Berlin on his 15th mission, a piece of shrapnel pierced the bottom of his plane and severed his forefinger, but surgery saved his hand and he adapted quite well. Trim calls him "a big man with a small hand!"



After the war, they settled in with Trim's parents while her husband finished college and went to work for Westinghouse. Trim was a homemaker while raising their 2 girls and 2 boys.

When the children were grown,

Trim returned to the workforce and became one of the first female computer programmers!

She worked for 40 years and was finally able to enjoy her retirement beginning in 2007. We are proud to honor Trim as our Resident of the Month!

Eating Out

This month lunch outing is on Thursday, July 18th and we will be visiting 1400, a bar and grill here in Alameda, located in the historic Croll's Parlor on the corner of Webster and Central. Join us for lunch as we enjoy the offerings of this local eatery.

New Class Alert!

This month we will be starting a new class! Please join David Ruttan on Wednesdays at 10:30 to learn about the climate, global warming, and all things pertaining to weather. If we're lucky, maybe we'll even find out why the weather man's forecasting can be so spotty.

News and Notes from Activities

It is July, and our residents know what that means---our annual tradition of celebrating America's birthday with a patriotic concert starring the Urquhart Band! The Urquhart Band has been performing for us for many years and this year, they will be regaling us with Star Spangled music on Wednesday, July 3rd. Weather permitting, they will be performing on our beautiful patio under the stars at 6:30 pm - right after dinner. The living room doors will be open so residents can either choose to be a part of the music outside, or simply enjoy it from the comfort of the living room.

Another Waters Edge tradition

is our delicious 4th of July BBQ. Barbara and her staff really go all out for this special lunch and the menu is a traditional feast. It will be at our normal time of 12 noon and please let our front desk know if you would like to invite family members or friends, or are not coming.

Another mid-summer tradition is the All Star Game between the American League and the National League. This year the American classic will be played on Tuesday, July 16th. First pitch should be just about the time most residents are finishing their dinner---around 5:50. Come gather around in the Living Room to root on your favorite league.

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NEWS FROM ALAMEDA ELDER SERVICES 7

Drinking Water *continued from 1*

every single tissue, every single microscopic cell in your body has water incorporated into its structure and all of its functions. In fact, every day the body consumes about an ounce of water for each pound in your body. That's about a gallon of water a day. As that water disappears it needs to be replaced or bad things will start to happen.

What happens if there's no water to flush a toilet? Similarly, waste builds up in the body and water is needed to filter and flush it out. According to researchers from the University of Connecticut, dehydration (the lack of water) affects cognition, concentration and the general ability to think clearly and control mood. You could be feeling stressed, anxious, even angry purely because you are dehydrated. Because your body doesn't have

the water it needs to function it begins to shut down and you feel like going to sleep. Maybe every task seems like too much work or you're feeling very impatient and annoyed with everyone around you. Drink some water. Drink a lot of water. And see if it makes a difference.

Luckily, you get some water from meats, fruits and vegetables and drinks like juice, soda, or milk. But liquids from meals are not enough. A good guideline is to try and drink half an ounce of water for every pound in your body, or somewhere between 6-10 cups a day IN ADDITION to what you might eat or drink at meals. The habit of drinking water holds especially true for the upcoming summer months where the body requires a great deal more water because of the

heat.

A great idea is to carry a bottle of water with you wherever you go. Stash it in your walker. Try to drink and refill the bottle several times a day. Do this and I promise you will notice an improvement in your energy,

your mood, and your ability to think. Arran and Wilson are providing water bottles, free of charge, to any and all residents. Ask for one and start drinking water.



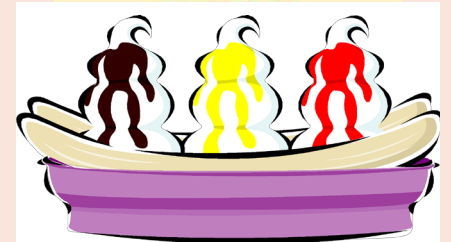
Fitness Facts

- The largest joint in the body is the knee.
- The largest muscle in the body is the gluteus maximus.
- There are 22 bones in the skull.
- The human neck has the same number of vertebrae as a giraffe.
- Your heart pumps 3,600 gallons of blood a day.
- It only takes 23 seconds for blood to circulate through a healthy body.
- The average foot walks more than 1,000 miles a year.
- Exercise, even only as little as 10 minutes a day, can improve your body's functionality, your overall health, and your general feeling of wellbeing.

Walking Club

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

So far this year, they have walked **53 miles**; that's like walking to and from Fenton's for ice cream 3 times!



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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