

# 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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## What is Balance?

As you get older, one thing you realize is that your balance has gotten worse and it is essential to maintain or improve your personal balance. But what is balance and how do we achieve it?

Balance is largely the result of your body's sense of where it is; the combined result of three organs—your ears, eyes, and spinal cord working together. Numerous studies have found that if one of these three organs



were to be damaged or lessened in any way, your balance may be compromised.

Ears are believed to be the most important part of balance. It might seem contradictory, but the organs in the ear are responsible for telling your body where and how it is moving. There is an organ in your ear called the vestibule. Think of it as a water balloon with hairs on it. The hairs stand up and react to the currents made in the water when you move the water balloon around.

By Wilson Trang

The vestibule allows the body to know if the head is spinning, on its side or lying still.

Your eyes are responsible for spatial awareness of the environment. The eyes are directly linked to the brain, which puts all the information together. Your eyes let you know where objects are in the environment, allowing your brain to take the most basic information and extrapolate other information from it, such as; how much does it weigh, will it fall over, will it move, etc.

The last organ is your spinal cord. The spinal cord has a system of nerves called the autonomic nervous system. It relays information from the body, such as muscle length, touch and continued on 8

## In this Issue

- 2 Brain Benders, Exercise Your Mind
- 3 A Patriotic Fourth!
- 3 World Tour: North America
- 4 Staff Recognition
- 4 Time to Get Organized
- 5 Welcome New Employees
- 6 Elders Inn
- 8 Alameda Elder Services



## Are You Drinking Enough Water?



Do you ever wonder if you are drinking enough water? As we enjoy the summer months, it is

important to make sure that we are drinking enough water. The minimum recommended daily intake of water for a healthy person is eight to ten eight-ounce glasses a day. You need

more if you exercise a lot or live in a hot climate.

Your water intake should be spread throughout the day and into the evening. You may be thinking: If I drink this much, won't I constantly be running to the bathroom? Yes. But after a few weeks, your bladder tends to adjust and you urinate less frequently but in larger amounts.

continued on 4

# Living on the Waters Edge

## 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.

### Patriotic Trivia

- Which three presidents died on 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 of the Declaration of Independence and how old was he?
- Who was the youngest, and how old was he?
- 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?



# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

3

### A Patriotic Fourth

When we think of July, the first thing we think of is “The Fourth.” Independence Day, barbeques with hamburgers, hot dogs, corn on the cob, and of course fireworks. Here’s some fun facts about July you might have not known.

- July is the warmest month in most of the Northern Hemisphere on average.
- Independence Day in the Philippines until 1962, is known as Filipino American Friendship day on July 4th.
- The month of July was named after Julius Caesar.
- The birthstone for July is the Ruby, which is known for passions, love, contentment, and integrity.
- The zodiac signs for July are Cancer (June 21-July 22) and Leo (July 23-August 22).
- During World War I on July 1, 1916 the Battle of Somme began.
- On July 5, 1971, Amendment 26 was proclaimed which made the voting age 18

By Nancy Rafalaf

in the United States.

- The 1st atomic bomb was set off by scientists in Alamogordo, New Mexico on July 16, 1945.
- Other countries that celebrate Independence Day in July are Belarus, Venezuela, Argentina, Belgium, Bahamas, and Maldives.
- Hot days in July are called “Dog Days of Summer.”
- It is also national Hot Dog, Blueberry, Ice Cream, and Pickle month.

I hope you learned something new or refreshed your memory about the month of July.

**Have a happy, healthy, and safe July!**

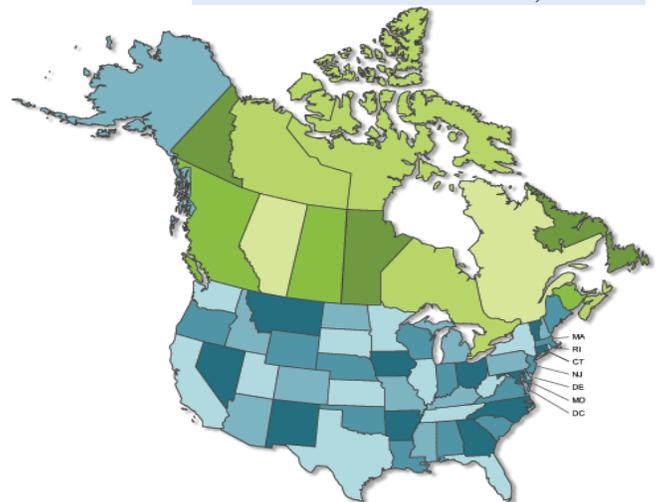


### Fun Facts:

- Canada is the second largest country in the world.
- The US is the fourth largest country (in area) in the world.
- The baseball glove was invented in Canada in 1883.
- Canada is the world leader of Hydro Electricity.
- The United States has the world’s largest economy.
- Canada and the US share the longest border in the world, it is officially known as the International Boundary. Northwest New Mexico is still home to the largest American Indian tribe in North America (The Navajo Nation).
- The only royal palace used by a monarch in the US is located in Honolulu, HI.

### World Tour: North America

This month we will be traveling through the United States, Canada, and Native American cultures. Home to all of us, the U.S. spans the whole of central North America. Above us, Canada’s islands are scattered like pieces of a giant jigsaw puzzle across the Arctic.



# 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 us without their continuous efforts and dedication. Every month we would like to acknowledge those who will be celebrating their anniversaries. This month, we will honor those who celebrate their anniversaries in June and July!

#### One Year

Kory Castle, Lodge  
Troy Wilson, Lodge

#### Two Years

Sharmaine Caoile, Lodge  
Rona Tolentino, Elders  
Judith Vera-Gutierrez,  
Elders

#### Three Years

Jazmin Chamizo, Lodge

#### Four Years

Cheryl Champ, AEC  
Mariah Geronimo, Lodge

#### Six Years

Emilia Krubnik, Lodge

#### Eight Years

Maria Rangel, Lodge

#### Nine Years

Alicia Elphick, AEC

#### Ten Years

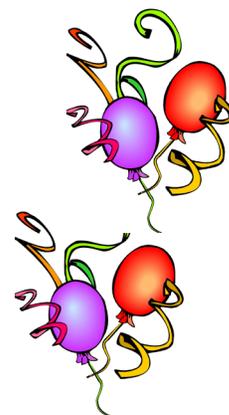
Arsenia Estonilo, Elders

#### Eighteen Years!

Lauren Zimmerman Cook

#### Thirty-Five Years!!

Darnelle Zimmerman



### Water *continued*

By consuming those eight to ten glasses of water throughout the day, you could be on your way to a healthier, leaner body. If you're not drinking that much, you could end up with excess body fat, poor muscle tone, digestive complications, muscle soreness -- even water-retention problems.

The human body is composed of 25% solids and 75% water. Brain tissue is said to consist of 85% water.

It has become a practice to regard a "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. A dry mouth is the last outward



sign of extreme dehydration, however. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually

failing thirst sensation, the body becomes chronically and increasingly dehydrated.

Signals of dehydration can be any of the following:

- Heartburn, stomach ache
- Non-infectious recurring or chronic pain
- Low back pain
- Headache
- Mental irritation and depression

- Water retention (ironic but true!)

Further problems often develop when the sensation of thirst urges an intake of water, and instead, soda pop, coffee, or alcohol-containing beverages are taken to quench the thirst. While these beverages contain water, they are actually dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves!

Daily Water Requirements: Drink 50-75% of your body weight in ounces. Sedentary people: 50%; Active people: 75%

And remember, if you're thirsty there is always water available in the cafe!

# Living on the Waters Edge

## WELCOME NEW EMPLOYEES

5

### Introducing Seven - New to the Lodge

Hello my name is Seven, I'm one of your new activities associates. I'm 26 years old as of February 2nd. I was born and raised in Oakland, Ca, where I still reside today. I don't have any children (unless we count furry babies - I have one cat). I've done a little bit of traveling; through California, as well as to New York and Egypt, where I have family members in both places.

One of the things about me I'm most proud of is... my family. I'm one of the first of my generation to move out on my own upon graduating with a diploma. Which to

some may seem like a small feat, but it has been a great accomplishment in my life so far. From an employment stand point, like most people do early on in life, I've jumped around a little bit. The two things that I feel brought me to where I am now are: my background as a receptionist and tutor. So I'm very patient and accustomed to answering questions and helping in any way possible.

In my spare time I like to draw, paint, sew, cook, craft, work out, shop, and spend time with my family. I hope to share many of these things with all of you



as well. Another I like to do is learn new things, I feel like taking on this new position

will be the best way to do that. Who better to learn from than people who have been around to see the world change? With that being said, I look forward to getting to know each resident personally in order to provide a comfortable and over all enriching experience here at the Lodge.

### Introducing Carlo - New to the Inn

Hello, my name is Carlo Castuciano, and I am the new Associate Administrator at Elders Inn. With this opportunity, I hope to learn more about health care administration. I am eager to learn everything I can here, and looking forward to sharing my knowledge of elevating the quality of care in facilities, and my experience when he becomes a Professor in Health Care Administration in the future.



I have been in the healthcare industry since 2005. At Kaiser Permanente, I worked in several areas: Medical Assisting, Administration, and Project Management. At Family Alliance for Counseling Tools and Resolution (FACTR is a non-profit, non-service, research and training center that provides counseling, psycho-education, and community psychology applications), I worked in general and clinical operations.

I hope to bring this myriad of unique and broad experience in areas of operations, logistic management, quality and program evaluation, grant and research development, and event planning to my new position at Elders Inn.

Feel free to stop by and say "hello" at my office in Elders Inn, I work Friday through Monday. If you have any questions and concerns, do not hesitate to stop by!

# Living on the Waters Edge

## NEWS FROM ELDERS INN

6

### Resident of the Month: Margaret "Peter" Seneshen

Margaret was born in September of 1921 in England. Her mother was Scottish, her father was Irish. Her parents were in the theatrical business - they opened studios around the world and taught dance and piano.



Margaret's early school life involved friends, dancing, and music. She had a very

close relationship with her grandmother who raised her. As a child, she went to the best schools in London. They were private girl schools, a day convent school, as well as tutors. Margaret was very focused on school life, music, piano, dancing, and of course her dear grandmother. Eventually her parents stopped

traveling and settled in Liverpool to be close to their dear daughter and opened a dance school.

The years went by, Margaret grew up, WWII broke out, and she was drafted in the Army. Margaret was as private and after one year she became lieutenant officer. After being in the Army a while, she picked up the name Peter, which she prefers being called. Peter eventually transferred into the Raft- the Royal Air Force which is highly sought after.

When the war ended, Peter went into civilian life, became a dance teacher at one of her parents dance studios. She traveled throughout Europe. She married several times, all of them Americans and remained friends after they divorced. Peter moved to the United States and settled in Alameda, California. She had a beautiful home with a proper

flower garden. She still remains friends with the girls next door who are all grown up now, Alis and Mary. These dear friends visit often and enjoy having tea at the cafe and chats in her cozy room.

Last but not least, dear to Peter's heart are three adorable stuffed companions. Two teddy bears and one stuffed doll. One of the Teddies is Rupert, and there's even a book written about him and his adventures. This particular Rupert is one of four even made, so he's really a treasure in more ways than one. The other teddy bear Peter says is his wife named Katish. The last stuffed doll's name is Mrs. Beasley. They are all precious to Peter.

Peter is a great addition to Elders Inn. Her proper English accent is so special to hear. Please take the time to chat with Peter, it will be quite interesting.

### Walking Club



At Elders Inn Walking Club, we have been converting our steps to miles. Last month we added 2,800 steps to our grand total since March.

**That brings us to an incredible 27,190 steps!**

That equals out to over 13.5 miles, which is as far as walking all the way through the Westfield Shopping Center on Market Street in San Francisco! We've even walked enough steps to check out all the stores! Great job everyone! Let's see how far our steps will take us next month!

# Living on the Waters Edge

## NEWS FROM ELDERS INN

7

### Resident of the Month: Laverne Paulson

Laverne Emilie Scott Paulson was born in September of 1923 in Livermore, CA and was raised in Oakland, CA. She had one older sister named Oguerita (but everyone called her Peggy). Laverne was raised during the depression and had a hard life, like most everyone at the time.

Family life was very loving and she had lots of fun at home. Laverne's mother was a great gardener, her father did what he could, and Grandma Scott worked for Alameda County in the elections office.

Laverne graduated from

Oakland Tech High-school in 1940. In 1941 she married Emmet Paulson. They had a wonderful loving marriage, they were each other's best friend and had lots of fun together. Emmet worked for E.B.M.U.D., and they had a 188 acre ranch in Sierra Valley.

In 1944 their first daughter Lynn was born, and her sister Dianne came a few years later.

In addition to ranch work, Laverne worked for Oak Knoll Hospital as a bookkeeper and secretary.

After Emmet passed away, Laverne continued to stay on and work the ranch until she was 75. She claims she's never had any hobbies, but Laverne enjoyed working at the ranch, kept a clean home, and even built a split rail fence with her daughter in 1991.

Laverne's daughter, Lynn says it best "My sister and I were very lucky to have such great parents. We always felt very loved and had a happy childhood." What more can you say than that? Congratulations Laverne!

### News & Notes from Activities Team

Hello residents! Happy July, everyone! What a perfect month to enjoy the lovely weather and show our patriotism! On the 4th of July, we will have our annual Independence Day BBQ outside on the Larger patio. For the night owls here at Elders Inn, we will be enjoying the brilliant firework display, from right here in the facility!

In honor of the 101st Tour de



our own version of cycling races. We will be tracking every participant's progress throughout these 3 weeks to decide who will win our "Tour de Elders Inn" Race! We

France, which goes from July 5th through the 27th, we will have

encourage all of you to join in on this exciting race, not only to get fit but to also have lots of fun!

Not only should we exercise our bodies, we need to exercise our minds too! July 13th is International Puzzle Day! Come check out all the different puzzles throughout the facility and see what pieces you can put together!



### Garden Neighborhood News!

Here in the garden neighborhood we have been working in our garden. Recently we just added some new plants and a water fountain. Look for more additions to come!

Did you know that the sounds of flowing water can bring benefits of relaxation to your environment?

Don't forget to come to the Resident Council! It's on the First Sunday of the Month.

# Living on the Waters Edge

## 8 NEWS FROM ALAMEDA ELDER SERVICES

### Iron Woman of the Month: Rose Wake

Sometimes, it just takes a little exercise or movement really brighten up someone's day. This has been more apparent with one person than anyone else; our Iron Woman of the Month, Rose Wake. After months of therapy and exercise, Rose Wake is more up and alert, ready to tackle the world.

Rose was born in Washington and grew up in an era that had very little. Exercise wasn't something that she saw as something you did, instead, it was incorporated into everyday life. Especially when you live in outdoor focused state like Washington.

Like many of that generation, she got married and continued

live in the place they got married: the city of Alameda. She was a secretary for Lum Elementary School for 25 years. Her hobbies included barbershop quartet singing and dancing.

When Rose first arrived, she was extremely weak from being sick at the hospital. She committed to physical and occupational therapy with our therapists, Laura and Josh. While Laura helped get Rose physically strong again, Josh worked on getting Rose alert and focused.

After months of therapy Rose has become more awake, alert and active, joining the morning



and afternoon exercise classes and enjoying social events that bring her back to her childhood days.

People usually think about the physical

implications of therapy but not all of us think about the mental reeducation and training that therapy can provide. Identifying the dangers around you can make life a lot easier, more fun, and more exciting. Help me congratulate Rose Wake on her progress in therapy and honoring her as the Iron Woman of the Month!

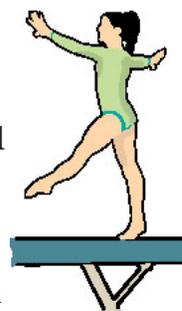
### Balance *continued*

body movement, to the system in the spinal cord. If necessary, the spine can and will make movement calls without consulting the brain. Imagine if you put your hand over a fire, the impulse to flinch away from the fire comes from your spinal cord, not your brain.

All three components are required for balance. Other factors have been found to contribute to balance such as memory and muscle control. A Sport Science experiment found that elite athletes memorize details of their environment while they are moving in the

air to anticipate and perform feats while off-balance. Muscle control and development is required to move the body in order in keep the body in balance. Sharper muscle control means the body needs to do less and is able to accomplish more to retain or regain balance.

By working all three of these organs on a regular basis, a certain level of balance can be regained through regular exercise.



#### Are you as healthy as you would like to be?

Are you interested in a more take-charge approach to maintaining your health?

Have you heard about Personal Training? Working one-on-one with a Personal Trainer can help you remain as independent and healthy as possible.

If you are interested in being more proactive about your personal fitness, please speak with Matt, Wilson, or your Administrator about setting up an initial consultation.