

Living on the Waters Edge

Volume 5, Issue 2

August, 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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The Benefits of Vitamin D

By: Kathy Hanley

Most residents in our facilities prefer to stay inside. They say they don't like the heat/cold, don't like the wind, don't like the bright light, or don't like the pollen/air pollution, etc, etc. They think going outside is a hassle, the chairs aren't as comfortable, the wind will mess up their hair, etc, etc. But there is a very good reason why everyone should be getting outside, and that reason is **Health**. Why? Because being outside in the sunlight is the easiest and best way to get Vitamin D.

Vitamin D is essential for promoting the calcium absorption that allows for normal mineralization of bone. Recent studies have shown that Vitamin D has additional health benefits including improved neuromuscular and immune function and reduction of inflammation.

Vitamin D Deficiency

Without enough Vitamin D, bone demineralization, muscle and bone weakness and pain can occur. Osteoporosis and an increased risk of bone fractures are also byproducts of Vitamin D deficiency.

One study suggests that at least 1/2 the fractures in older adults are associated with decreased Vitamin D.

Health Benefits

Among the primary benefits of adequate Vitamin D intake are stronger more dense bones and improved muscle function. Recent studies have also suggested that Vitamin D may reduce the risk for cardiovascular disease and help prevent certain types of cancer (colon, prostate and breast).

Sources of Vitamin D:

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Honoring More than 20 years of Dedication

By: Kryspin Turczynski

Over the course my two years working at Waters Edge Nursing Home, I've heard many visitors comment on what a great place it is. Some people compliment the food, others the cleanliness, and

others, the activities. If they keep coming back, however, these visitors quickly discover what it is that makes Waters Edge special: the staff. The people I work with are a phenomenal team of professionals with warm hearts and caring hands. No matter what

their job is, our staff works very hard and with smiles! Of course, some days are more difficult or longer than others, but the sense of cohesion and camaraderie help us all work together towards our common goal: to pro-

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Honoring

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vide our residents with the best care possible. It is for them that this place exists; the care and well-being of our residents is not just our job, it is our vocation.

While some of us are relatively new to this vocation, others are seasoned veterans. I would like to provide special recognition to seven employees who have served the community of Waters Edge Nursing Home for over twenty years! Louise Smith and Tessie Toribio in the Nursing Department have been part of the Waters Edge family for 23 years. Hellane Merchant and Bing Cortez, also in Nursing, have been with us 24 years.

Boots Legaspi, our treatment nurse, has been at Waters Edge for 27 years. Finally, we recognize Larry Merchant, in the Environmental Department, and Didi Cahiles, one of the nurse managers – who have both been caring for residents at Waters Edge Nursing Home for 29 years! Didi, Larry, and Boots have all been presented with the Gold Star Award by CAHF, the California Association of Health Facilities, with others scheduled to receive this award in due time.

Recently, I had the pleasure of speaking to most of these individuals about their distinguished careers at Waters Edge, and some common themes became immediately apparent. Each of

them has a very special place in their hearts for the residents, which shows in the genuine, compassionate way they all interact with our elders. They expressed a sense of gratitude for working with so many other talented and caring colleagues. Indeed, the word family often came up in these discussions to describe the work atmosphere. This familial element would not be possible without the Zimmermans, who provide, as one employee said, "unconditional understanding and support." The generosity and thoughtfulness of the Zimmerman family provides Waters Edge with a warmth and intimacy that would not be possible in a larger organization.

Change your Mind, Change your World

By: Nicki Hiemenga

“There is nothing either good or bad, but thinking makes it so,” Shakespeare’s *Hamlet* was really onto something. Our habitual thought patterns frame the world as we see it—the world out there, as well as our own private, internal world. If you can change your thinking, you can change your world view about aging or anything else. Events on the planet continue as usual. What changes, though, is your understanding of your own place in the world, your unique role in this never ending story called life. Maybe your new way of thinking will simply reflect that you finally got your “serenity prayer” answered. That’s the one about changing the things you can,

accepting the things you can’t, and having the wisdom to know the difference.

Today’s neuroscientists are discovering the marvelous truth that neuroplasticity, the ability of the human brain to regenerate and adapt, continues well into adulthood. Countless miraculous recoveries of seriously brain-damaged people have demonstrated the brain’s ability to reassign to new areas of brain tissue those functions lost through injury or stroke. All of us can rejoice in this news. Neuroplasticity means we’re not stuck with our bad habits. We can learn new tricks, better habits and healthier ways of thinking. The infrastructure of neural pathways within the brain tissue liter-

ally changes. New pathways form, and the seldom-used ones begin to fade, like untraveled roads growing over with weeds. Think of it: No matter what your age, you can grow your brain by challenging it! So do crossword puzzles. Juggle. Memorize poetry. Do math in your head. Stand on one foot...And oh yeah, laugh more. Laughter changes the brain too, for the better.

YOU are Running Your Own Thoughts—Ready to take back the reins? Get off the mental treadmill of worry and regret, those recurring thoughts that sap your strength and get you nowhere. You may think you have no control over them, but you do.

The Benefits of Vitamin D (cont.)

(Continued from page 1)

Sunlight: Most people can meet their Vitamin D needs through exposure to sunlight. Many sources recommend a sun exposure to the face, arms, legs or back (without sunscreen) for 10-15 minutes at least twice a week. This should be done between the hours of 10AM and 3PM. Be aware that complete cloud cover reduces the UV energy, which is the source of Vitamin D, by 50%. UVB radiation does not penetrate glass, so exposure to sunlight through a window does not produce Vitamin D. Sunscreens with a factor of 8 or more appear to block Vitamin D-producing rays.

Dietary Sources

Fish (salmon, tuna and mackerel) and fish liver oils are among the best sources of naturally occurring Vitamin D. Most milk is Vitamin D fortified, as are some brands of orange juice, cereal, yogurt and margarine. Vitamin D supplements are also available.

Vitamin D and Older Adults

Adults aged 50 and older are at increased risk of developing Vitamin D deficiency. As people age, their skin cannot synthesize Vitamin D as efficiently and the kidneys are less able to convert it into its active hormone form. The elderly are also at risk because they tend to spend most of their time indoors and tend to

wear clothing that covers most of the body, such as long pants and long sleeved shirts. Older adults as a group are also taking more medications, some of which may interfere with Vitamin D intake.

What Can You Do?

1. Ask your doctor about taking a Vitamin D supplement.
2. Ask your doctor if any of your medications interfere with Vitamin D absorption.
3. Have a Bone Mineral Density test done periodically to check for bone density.
4. Eat a diet rich in fish, especially salmon and tuna.
5. **Get out in the sunshine with face, arms and legs exposed for 10-15 minutes, 2-3 times per week.**

If you take care of your body, it will take care of you. So be Vitamin D savvy; your body will thank you for it!

Summertime

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.

~John Lubbock

Veteran's Aid

By: Christina Carter

The Department of Veterans Affairs is offering monetary assistance for those veterans or widow/widowers of veterans residing in skilled nursing facilities or residential care facilities/assisted living facilities. This assistance program is the Aid and Attendance and or Housebound Benefit Program. This program covers veterans requiring the aid and attendance of another person with assistance in dressing, bathing, grooming, toileting and feeding. The amount given is determined by the Department of Veterans Affairs.

Qualifications Include:

- The veteran must have served in the military for 90 consecutive days with one day during a wartime event.
 - The veteran's assets must not exceed \$80,000 (does not include home or car).
 - Veteran or surviving spouse needs assisted living, skilled nursing or is housebound.
 - Income must not exceed \$1049 monthly, after medical expenses, medicines, health insurance premiums, etc.
 - The resident must have been honorably discharged or discharged under general conditions
- For more information, please contact Michael Ennis or Johnnie Porter of the Alameda County Veterans Service Office @ 510-577-3574.

Resident of the Month: Laura Citerly

Laura Citerly was born in Honolulu, Hawaii in June of 1908. She had four brothers and four sisters. "My mother and father moved to Hawaii from the Azores (Islands owned by Portugal) to find work. We lived in Hawaii before it was a State." Laura loved to dance and remembers the Moana and Royal Hawaiian hotels as her favorite places to frequent. "I also like to watch game shows, crochet and sing." Her travels consist of Spain, Portugal, London and

the Caribbean to name a few. She eventually found love and married her husband Clark Citerly. She also has one son who is now a Mechanical Engineer. Eventually Laura moved to Los Angeles and then later to Alameda. "I used to work in San Francisco doing secretarial work." Ironically, she lived next door to the grandparents of our Activity Director David Ballerini. "They were musicians and boy did we have fun." After the passing of her husband, Laura moved into the Waters

Edge Lodge. "It's very nice and they take care of me here." Less than one percent of the world's population lives to be 100 years old. Laura, who just celebrated her 100th birthday continues to be an inspiration for all those around her. So join us, as we recognize the ageless Laura Citerly as August's Resident of the Month.

Wine Tasting

Taste Alert! We will be having a wine tasting on our beautiful patio at 3:30pm on Monday, August 4th. Dave Ballerini will be demonstrating his sommelier skills as he regales our Residents with his knowledge of oenology. Bring your taste buds and your sophisticated palate as we sample some vino on a beautiful summer afternoon.

Lunch Outing

Speaking of taste buds, we will be traveling to Linguini's on Monday, August 25th, for some delicious pizza and a cold beer and even more Italian food at Pasta Pelican on Thursday, August 14th. These outings are sure to sell out, so come to the Front Desk early and sign up. Lunch prices are around \$15 depending on what you order.

Play Ball!

Alameda is hosting the 27th annual World Boys Baseball Tournament August 10 - 16. There will be teams from Mexico, Japan Taiwan, Brazil, Italy, and China along with teams from the United States. We are planning to attend one of these games on Monday, August 11th at 2:00pm. We will watch Italy vs. Taiwan. If you like baseball then this is right up your alley. Sign up at the front desk if you want to attend this exciting event.

World Tour: Southern Europe

This month, we head off to Southern Europe---the Cradle of Civilization---Greece, Italy, Turkey and many other beautiful lands of the Mediterranean. We will be talking about the history and cultural importance of this region at the Circle of Elders and will be showing movies that showcase this area. What better way to celebrate a culture than to savor its food!

Dave Ballerini has planned a lunch outing to C'era Una Volta for exquisite Italian food from Tuscany and other regions of Italy. In Italian, C'era Una Volta translates to "Once Upon a Time", and all Residents are invited to join us for this Fairy Tale experience of great food and company. Please sign up at the Front Desk and don't be left out!

Wii Bowling Tournament

Once again we will have our monthly bowling tournament between Men and Women. Representing the Men, Fred Lucian brought home the trophy last month with an impressive win. Let's see if the women can rebound and take the trophy this month. The tournament will be held on Thursday, August 28th at 1:30pm. All residents are encouraged to attend.

Protect our Residents

Tough economic times are known to lead to an increase in crime, and sadly, the most vulnerable members of our population, such as the elderly, are often targets of ill intentions. Being aware of this unfortunate possibility, we are taking a proactive approach toward further increasing the security of our facility. Every visitor must sign in and out upon entry and exit, no exceptions. Even if you are coming to pick up a resident to take them out of the facility, you still need to sign in to gain access to the building. If the receptionist does not know you, you may be asked about the purpose of your visit. Please do not be offended if this happens. These procedures are not meant to make anybody feel hassled or unwelcome, they are simply necessary to

increase the security of the home. Our elders have done so much for us over the course of their lives; the least we can do for them is provide a safe environment where they can age gracefully and without fear of any harm. As always, your cooperation in this matter is greatly appreciated.

Summer Activities

In celebration of the 2008 Olympic Games in China, we will hold our own Olympics in the Bay Room. The "Waters Edge Olympic Games" will feature resident/staff mixed teams competing for glory in events not likely to be seen in China. Don't miss the fun on Friday, August 22 at 2:00 pm.

SpiritCare Ministry to Seniors will conduct a worship service at Waters Edge Nursing Home on the first Tuesday of each month at 10:30 am.

August Events

August will conclude with a crescendo of activity during the final week. Cindy will be here on Monday, August 25th at 3:00 pm to perform a carefully prepared repertoire of fine classical piano music. Stephanie from CARH will be back on Tuesday, August 26th at 10:30 am to give away many fun prizes in our monthly Bingo Bonanza. Our monthly Birthday Party will be on Thursday, August 28th at 2:00 pm, featuring a comforting soundtrack played by our regular guitarist John. On Saturday, August 30th at 3:00 pm, James Steven will take us to the warm, azure waters of the Mediterranean with his violin music, and we'll say goodbye to the month with Jeremy on the piano on Sunday, August 31st at 1:00 pm.

Resident of the Month: Marjorie Wong

Mama Wong goes by many names. She is Marjorie to those who first meet her, Mah Mah to her two adoring granddaughters, 15 and 27, and Mau, as she is affectionately called by her five children.

She grew up in Hong Kong, and would regale her family with tales of staying home from school and hoarding candy with her friends when Japanese troops invaded the island during World War II. A dapper young man who worked with the US military, Patrick Wong, swept her off

her feet, and the two were married. They had five (still) rambunctious children, and immigrated to San Francisco on Halloween of 1960, but they didn't let the costumes scare them away. They stayed in the city until 1967, and then moved to Oakland. Mama Wong worked for Crocker-Anglo National Bank until 1965, and then Pacific Telesis until she retired in 1988. On the weekends, she played a mean game of mahjong with her friends.

Mama Wong is very caring

and generous - her family knows her as a worry wart, always thinking about her children's well-being. She's got a biting sense of humor, and though she doesn't talk much anymore, her funny streak still shows in her expressive eyes and facial expressions including her signature look: the eye roll. Get on her nerves or tell her she's beautiful, and she'll shoot you her classic look. And catch her eyes in action especially when her husband Patrick visits and says, "I love you."

Special Outings

Back by popular demand! On August 1, 2008, we will be once again touring the beautiful town of Alameda, California. Please sign up early as seating is limited.

On August 8, 2008, we will be taking a trip to Borders bookstore. You can peruse the aisles and pick up one of your favorite books or have a cup of coffee!

On August 22, 2008, we will have a picnic at Crab Cove. Enjoy the fresh air and sun! Please sign up early as seating is limited.

Staff Education

August 6, 2008
3:00 pm
Hydration Part I

August 13, 2008
3:00 pm
Hydration Part II

Dietary Inservice Training
August 20, 2008
3:00 pm
Receiving and Storage

From the Desk of the Administrator

We have beautiful pictures of our residents attending the Urquhart Band concert and the 4th of July parade displayed in the main lobby. Mat Hiner, our Activities Assistant (and Elders Inn photographer) has put together a photograph montage of these fun filled events for everyone to see. We will continue to display pictures on a routine basis.

We are looking for volunteers to assist in Weekend Activities. If you know anyone, please have them contact Patrick McCabe or Mat Hiner at 510-521-9200.

Due to the lack of water resources, EBMUD is requiring that we reduce our water usage. Per EBMUD's recommendations, we have installed flow regulators on all of the residents' bathroom faucets. We have also installed flow regulators in all of the kitchen and dining room faucets to meet the reduction in usage.

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

Resident of the Month: Ruth Stamps

Ruth Stamps has a very pleasant disposition and a great friendly style. Born in Augusta, Georgia, she later moved to Nashville, Tennessee. When asked about "Country and Western" she said we had plenty of "Country" but not "Western". Did you sing, she was asked. "Heavens No!" Ruth said in her strong southern accent. But the truth is, she loves to sing at every opportunity here at Elders Inn. Later she moved with her husband and family to California.

Ruth enjoys life and reading. She loves to keep up with the news and you can often find her in the TV lounge watching CNN. She finds the programs offered here stimulating. Ruth loves to travel and has

visited many countries. She is extra smart when it comes to trivia and can answer a lot of the word games on Wheel of Fortune. She attends many activities and loves Happy Hour. She had great family support and enjoys the frequent visits from her daughter Sue Ruma. We are pleased to have Ruth Stamps as our resident of the month for August 2008.

Interfaith Prayer

Bruce Morris, son of Lois and Bob Morris will conduct an interfaith sermon on Sunday, August 3, 2008 @ 2:30 pm. Bruce Morris is a Chaplain's Assistant for the USS Hornet and has graciously volunteered to provide a spiritual service to the residents of Elders Inn. Come and enjoy!

The Goodness of Peppermint

By: Nicki Hiemenga

Peppermint is used in aromatherapy for a broad spectrum of physical ailments and conditions. Apart from its refreshing qualities, peppermint essential oil also has anti-viral, antiseptic and astringent properties. Being a natural aid in decreasing pulmonary congestion, this oil when inhaled is a wonderful remedy for alleviating the symptoms of colds and coughs. Chest infections can also be eased if it is diluted with a base and massaged on the chest, like Vicks VapoRub.

Peppermint essential oil has been in use since ancient times. Its presence has been detected in Egyptian tombs dating as far back as 1000 BC. The Romans are also reputed to have used it as a digestive

aid. Peppermint leaves would have been traditionally eaten or brewed as a tea in order to treat various nerve and gastric problems.

One of the most extensively used aromatic oils today, peppermint is found in all sorts of products, both inedible and edible, such as medicines, liqueurs, gums, candies, desserts, ice cream, beverages, jellies, sauces, dental & aromatherapy products, tobacco, cosmetics and cleaners.

Because of its antispasmodic properties, which alleviate the spasms of the smooth muscles in the stomach and the intestines, it is especially good for ailments including colic, stomach ache, vomiting, indigestion, and diarrhea. Peppermint also has a palliative effect on the liver. It is

highly effective in treating flu and cold, and helps to clear congested sinuses and other nasal orifices. Peppermint is an excellent remedy for headaches, especially when combined with lavender. Unlike other painkillers, peppermint does not merely suppress pain, but also acts on the ailment causing it. Another specialty of peppermint is its property of inducing cooling as well as sweating effects, which is used to treat both flu and colds. The essential oil of peppermint is also said to be a very good brain stimulant. It can induce a feeling of mental freshness, which results in positive effects like the ability to face any challenge. It is also used for treating the effects of shock. See for yourself how peppermint can work for you as an alternative therapy.

Welcome to Kam Lau, Fitness Trainer at WE Lodge

Kam received her Personal Training Certification from the National Personal Training Institute (NPTI). Prior to personal training, she worked in the Graphic Design field and received her Bachelor's degree in Digital Media Art from San Jose State University.

Like a lot of people who work in a sedentary and highly stressful job, Kam struggled with musculoskeletal problems, neck pain, shoulder pain, headache, etc. She realized regular exercise, espe-

cially strength training and rehab exercises, helped her recover from her repetitive strain and sprain injuries. She also found out Tai Chi works well for stress release and balance training. Besides the above experience, she also helped her mom recover from work related injuries and worked with various clients with a variety of fitness goals when she was employed at two different fitness facilities. These experiences have motivated her to continue pursuing her career in fitness train-

ing especially in the area of strengthening, flexibility, and rehabilitation.

Kam believes fitness training is an enjoyable activity and not only strengthens us physically, but also enriches us mentally. It should be a habit that merges into everyone's daily activities helping to create a healthy and happy life. She is very glad to be the new fitness instructor here at Alameda Elder Services. She is looking forward to working with residents to help them achieve their fitness goals.

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.



Alameda Elder Communities
801 Island Drive
Alameda, CA 94502