

Living on the Waters Edge

Volume 9, Issue 8

August 2012

A tradition of caring since 1971.

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



Inside this issue:

Brain Benders	2
Missing Links!	3
World Tour: Southern Europe	3
Staff Recognition	4
Waters Edge Lodge	5
Elders Inn	6
Alameda Elder Services	7

Seeing Red and Being Green with Envy

By David Ruttan

Do people who are color blind see everything in black and white? How many of our residents have this common trait of color blindness? Here are some facts about this interesting phenomenon---

Color blindness is the common term used to describe color vision deficiency. However, the term is misleading; total color blindness,

which turns the world into shades of gray, is rare. The most common type of color blindness makes it difficult for people to discriminate between red and green. The next most common form affects the perception of blues and yellows. Those with blue-yellow blindness almost always have red-green blindness, too.

Many people with color blindness don't

know that they have it! For example, we are taught at an early age that grass is green. However, when they look at a lawn, it is yellow to them! Subsequently, if you ask them what color the grass is, they will tell you that it is green, because that is what they have been taught to believe.

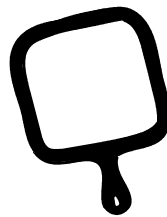
Curiously, color blindness affects about ten percent of

(Continued on page 4)

To Be Satisfied?

By: Nathan Ubl

Manufactured mirrors date as far back as 6000 BC, but the modern mirror was created by Justus Von Liebig, a German chemist. Most of us would have a hard time going 24 hours without at least catching a glimpse at ourselves in a mirror; probably to check if the makeup has



smear or that we did not miss a hair shaving. Usually when we catch that glimpse, it does not leave a distressed impression on us, but for some, it can cause a very dissatisfied state of mind.

When we think of dissatisfied thoughts on body image, we commonly think of young people, but

there is a growing amount of research that is discovering that body dissatisfaction also applies to older adults. In a study published in the *Journal of General Psychology*, a contributor states "body dissatisfaction persists across the lifespan". Some older adults can be distressed by the deteriorating level of

(Continued on page 4)

Exercise Your Mind! Brain Benders

Olympic Trivia



What do the 5 rings on the Olympic flag stand for?

Name an Olympic sports in which the US does NOT compete.

This year's Olympics in London set a record, what is it?

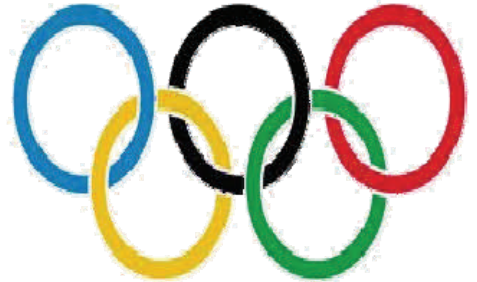
London set a record by hosting the Olympics, what is it?

How many countries will participate in the Olympics this year?

The Olympic motto is "Citius, Altius, Fortius"; what does it mean?

Dog Days of Summer

Fill each circle with a number, 1-5, so no overlapping circles hold consecutive numbers.



Haiku

By: Bernard Welz, Resident

Green ivy up a wall,
Yellow and red in the fall,
Like the jungle
Renewing forever

In the garden my eye roves
Over a garden of living color,
And brings peace
To mind and soul.

Bamboo, in a stalwart row,
Saves a nest of hummingbirds
From winters harshest blow.

Last month's answers

Trivia

When was Yankee Doodle written? **Before the Revolutionary War (between 1755 & 1758)**

What did Yankee Doodle call the feather in his cap? **Macaroni**

What painting by Archibald MacNeal Willard is also known as Yankee Doodle? **The Spirit of '76**

The movie Yankee Doodle (released in 1942) starred who as the male lead? **James Cagney**

Finish this line of the song. *Mind the music and the step and with the girls be handy.*

Red White & Blue

Red White & Blue

Chewing gum **Big Red**

Hero White Knight

Type of music **Bluegrass**

Symbol for surrender **White Flag**

Brooke Shields movie **Blue Lagoon**

Snoopy's flying foe **Red Baron**

Seven Dwarfs' friend **Snow White**

Baseball team **Boston Red Sox or Chicago White Sox**

Bureaucracy term **Red Tape**

What year was it? **1974**

New house cost: \$34,9000

New car cost: \$3,756

Movie ticket cost: \$1.75

New release movie: *Murder on the Orient Express*

World Series winner: Oakland Athletics

News: Nixon Resigns Presidency on August 9

Missing Links!

By Wilson Trang

When approaching fitness, strength training and conditioning, many trainers focus on the major muscle groups, like the chest and quadriceps. However, many injuries, especially in the elder community, happen in the places people generally don't train, such as neck, wrist, knees, and ankles. These areas are also known as the "links" in the body because of two things: the frequency of weakness in these areas, and the injuries in these areas that tend to force the body to overcompensate for these weaknesses.

Two of the most common injuries in the links tends to be the knees and the wrists. The

knee is the natural shock absorption object in the body. When the body jumps, runs or moves up and down, three sections of the lower body adjust to absorb the force: the ankles, knees, and the hips. As the ankles and hips get stiffer as the human body gets older, more of the responsibility gets transferred to the knee, which is why knee injuries are more prevalent in older demographics.

The wrist is responsible for a majority of the movement of the upper body. When we reach for things, the wrist is turning, allowing the hands to adjust to grab the object. The stability of the wrist is responsible for keeping the

object stable while we pull it in. Normally, we don't train the wrist, which is the reason why many elders tend to injure their arms when they grab an object. The object is too heavy and the hands and wrist cannot maintain grip, so the object slips out. Even the most basic movement of turning the door knob requires rotation of the wrist.

The ankle is the equivalent of the wrist for the lower body. The ankle's job is to create movement for the foot as the body propels forward. Because the ankle is not a true synovial joint (think ball-and-socket joint), the ankle does not maintain the same

(Continued on page 7)

World Tour: Southern Europe

This month we will be traveling through Spain, Portugal, Italy, Greece, Turkey, Malta, and Cyprus. Southern Europe's lands border the Mediterranean and Black Seas, and are mostly warm and dry. Be sure to visit the Royal Palace of Madrid, Leaning Tower of Pisa, and Belém Tower, just to name a few!

Fun Facts about the area:

- In Greece, people do not celebrate their own

birthdays; instead they celebrate the "name day" of the saint who's name they carry.

- Ancient Greeks and Romans called Malta Melita, meaning "island of honey".

- Spain produces 44% of the world's olive oil.
- The world's longest land tunnel is the Lötschberg Base Tunnel, a 22-mile railway link between Switzerland and Italy.



Red and Green

(Continued from page 1)

men, but only one percent of women. Most people with color blindness inherited it and there is no treatment to correct it. However, there are specially tinted eyeglasses that can help people with deficiencies to discriminate between colors.

Another cause of color blindness is simple aging which gradually diminishes our ability to see colors. Diseases can affect your color vision too, and usually affect

the perception of blue and yellow.

Some conditions that can cause color blindness are diabetes, glaucoma, cataracts, macular degeneration, Alzheimer's disease, Parkinson's disease, leukemia and sickle cell anemia.

Exposure to certain chemicals such as fertilizers, and drugs for heart problems, high blood pressure, rheumatoid arthritis, nervous disorders and psychological problems can also contribute to color blindness.



The eye is like a camera. There's a lens in the front that focuses images on the retina in the back. The retina contains nerve cells that react to light and transmit information to your brain. If the cells responsible for color don't work properly, you suffer from color blindness.

If you believe that you are having vision problems in general and color blindness in particular, please let our nursing staff know and we can arrange for you to be examined by an eye doctor.

Congratulations!

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:

Asmita Dahal, Elders

Two Years:

Maria Almanza, Lodge

Three Years:

Maria Machuca, Elders

Remmy Trias, Elders

Seven Years:

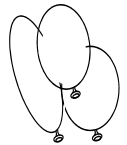
Yesenia Urbina, Lodge

Eleven Years:

Trinh Mai, Lodge

Nineteen Years!

Linda Balanza, Lodge



Self Satisfaction

(Continued from page 1)

function and with modern day media conveying an emphasis on a "youth worshiping society."

It should be pointed out that matching your shirts, shoes, and pants does not mean you are vain, nor does it if you are a little frustrated because you were in a rush and forgot to shave. These are normal reactions. There is dignity in presenting yourself well. It can boost

one's self esteem and can produce a more positive view of your body.

With what we are capable of doing being equally as impactful on the view of our body, those who have an overly negative view will often focus on what they cannot do instead of what they can do. An activity that is variable and accommodates **all** level of participants is exercise. The variety of exercise related activity could include some

of the following: dance, yoga, tai chi, balloon badminton, Wii, and many more.

Exercise has shown to be effective for people with depression and **any** form of exercise has shown to be beneficial for creating a more positive view of our bodies.

There can be some obvious struggles inhibiting us from aging gracefully, but the next time you look in the mirror, remember aging gracefully is something that is possible for everyone!

Resident of the Month: Melba Fazio

By Marie Gazley

Melba Fazio, who was born in Oakland and raised in Berkeley, has been a lifelong California resident. As a child, she enjoyed playing piano and performing in concerts, but her favorite memory from youth is playing with her brother Armando. She went to Cal for both her Bachelors and Masters degrees in English. After her amazing experience as a student in Cal, she went back to her

Alma Mater as a Professor of English and Music.

To this day Ms. Fazio enjoys reading books, listening to classical music, and watching Jeopardy. If you need another player for Bridge, you can count on her too.

Melba married Gilbert, an intellectual, who also shared the same passion for books. Several years after their marriage, they decided to go to Italy for avacation. After visiting Italy, Melba fell in

love with the country and took delight in travelling.

Like her mother, Melba had two children; a son and daughter.

As a new resident of Waters Edge Lodge, Melba is an active participant in activities. Waters Edge Lodge staff is proud to introduce our resident of the month, Melba Fazio.

WELCOME

Here's Brittany!

Please join the Lodge in Welcoming Brittany Malone to the team! Brittany joins us from our sister facility Elders Inn and has taken over leading activities here at the Lodge.

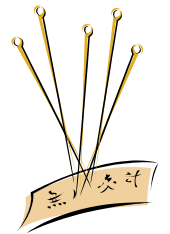
If you haven't met her yet, please stop by one of the new activities on the calendar or see if you can catch her at her desk (it's rare, but can be done!).



Holistic Health Comes to the Lodge

We are always trying to improve the mind, body, and spirit of our residents, and now that all the staff at Waters Edge Lodge has now been educated to the benefits of Acupuncture, it's time to look to our residents for education and participation. This month, Tracy Zollinger, a licensed acupuncturist, will be giving a series of presentations at Circle of

Elders to our residents. Look to the activity schedule posted in the lobby to find out the dates she will be doing her presentations. If you would like more information on acupuncture in the mean time please take a flier near the front desk. We look forward to seeing everyone there.



Book Nook (Audio)



Please join our book club group every Sunday at 1pm as we discuss the month's book selection.

This month's book is:

Safe Haven

by Nicholas Sparks

This month we are excited to host our first Bocce Ball Contest here at Waters Edge Lodge! We encourage residents to join the fun and enjoy some BBQ snacks!



We will also have the chance

to eat blackberry pie in celebration of the end of the Olympics.

Our monthly golf outing to Chuck Corica will continue in August and I, for one, can not wait to join in on the fun!



Residents of the Month: Thomas and Lorraine Flowerday

Thomas is a native-born (and a third generation) San Franciscan. Born in the Mission District, he attended Lowell High School. Tom had a younger brother and his father was a tanner on Army Street while his mother worked at the PX on Treasure Island. Tom attended Cal (Go Bears!) and majored in Engineering and Physics. He then attended Stanford to get his Masters Degree in Electrical Engineering. He was working for Sylvania, but then spent 4 years in the Army and was stationed in

Berlin, Germany. He worked for Lockheed for many years before retiring.

Meanwhile, Lorraine was born in Oakland, but she and her older brother were raised in Richmond. Her father worked for Kaiser Shipyard #1, and her mother taught elementary school for many years. Lorraine worked as a dental assistant for an orthodontist for many years.

Tom and Lorraine were both avid hikers and met at a St. Patrick's Day party at the Alpine Club on Mount

Tamalpais. Lorraine wasn't in any great hurry to get in a relationship and it took some fancy footwork by Tom before he won her over!

Tom has 3 children by a previous marriage---1 son in Alameda, 1 daughter in Anaheim and another daughter in Paradise. Lorraine and Tom are proud grandparents of 7 grandchildren. Tom's words of wisdom are: "Just love your children and grandchildren and stay out of their way!"

Garden Neighborhood News!

Our Garden Neighborhood has gotten even more beautiful with the addition of a built-in cabinet for storage and display!

Check back every month for a special display of World Tour knickknacks for the

entertainment of our residents.

Keep your eyes open to spot all of the changes we are doing at the Elders Inn! Anyone notice new artwork yet?

Welcome Hannah



Please join us in welcoming Hannah to our Activities Team!

Hannah is joining us from our sister facility, Waters Edge Lodge, and we are happy to have her join us at the Inn.

News & Notes About Activities at the Inn

The Great Outdoors continues to beckon us and it sure is great to see some of our residents soaking up some sun on our patios! When your families visit, why not pick a sunny spot to chat? Although coffee probably tastes better in February than August, help yourself to a cup or maybe a glass of ice cold water.



Sunday mornings remain a popular time when the Sunday Tribune and fresh doughnuts make the perfect recipe for conversation starters!

Fresh peaches anyone? Let's pick a Saturday in August and take a stroll to the Farmers Market to pick up some stone fruit---peaches, nectarines and apricots. We'll fill a bag and our kitchen staff will slice them up for a true treat! Fresh fruit is not only delicious, but very good for you too.



Iron Woman of the Month: Elizabeth “Beth” Harris

Every month, we nominate a resident for the Iron Man or Woman of the Month. This month, we have a resident who has been active for most of her life and remains so today. I am excited to announce this month's Iron Woman of the Month, Elizabeth "Beth" Harris!

Beth grew up in the San Joaquin Valley on a farm near Kings River. In grammar school, Beth was extremely active, participating in all of the seasonal sports including baseball, basketball, and track. Beth continued to excel at sports, ranging from tennis to volleyball, into high school. While she did not start tennis until her junior year in high school, tennis remains her

favorite sport until this day.

She began sailing with her husband and family here in the Bay Area; one of the premiere sailing areas in the world. She enjoyed sailing around the Bay, including annual trips up to the Delta. She sailed late into her life, finally selling their last boat in 2002.

Beth credits the active lifestyle she has had most of her life to the current good health she has now. She is now taking the morning exercise classes everyday to keep her flexibility and strength in tip-top shape. She credits these classes with finally teaching her to breathe correctly.

Beth also actively participates in other activities; her favorite classes include the A People's History, World Religion, and French classes. She believes that not only does one have to keep the body healthy, it is also necessary to keep the mind sharp. She also watches and reads the news on a nightly basis. She says her inquisitive nature keeps her coming to these classes on a weekly basis.

Join me in congratulating Beth on exemplifying not only the physical nature of being an Iron Woman but also the mental nature of one as well.

Important Joints

(Continued from page 3)

structure as the elbow or knee. There are no shock absorption devices built into the ankle. Instead, the structure of the ankle is a series of cubical bones held together. The twists and turns the foot creates rely on the flexibility of the ankle. When there is a sharp twist or turn, it creates force on the ankle, which is why trips and slips tend to turn ankles more than they hurt the foot.

Neck injuries tend to be least common of all link injuries, primarily because of the lack of force the neck absorbs. The

neck controls the pivot and turn of the head. The most common reason the neck tends to be injured is due to a sharp turn in the head when the neck structure is not prepared for the movement.

The strides made by modern sports science have found that these links, despite years of non-training, can still be retrained and strengthened through regular exercise, like any other parts of the body. By focusing on these smaller body parts while training on a regular basis, the chances of injury can be greatly diminished. Remember, these links are what keep the entire body together.

Walking Club

The Walking Club at Waters Edge Lodge is getting out there and enjoying the weather! Here's their total mileage!



Between February 17 and July 17, the club walked 96.50 miles.



That's like walking from London to the City of Coventry Stadium to catch a bit of the Olympic football action!

What is Alameda Elder Communities?

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 area for the safety and comfort of Residents affected by Alzheimer's and dementia.

Waters Edge Lodge is an assisted living facility located in a unique and peaceful setting on the lagoon at Harbor Bay. Offering 101 suites which provide seniors with a warm and familiar homelike 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.



Alameda Elder Communities
Caring for Alameda Seniors since 1971
 801 Island Drive
 Alameda, CA 94502