

Living on the Waters Edge

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Waters Edge Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services



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Stretching: What is it and why is it important?

Residents often ask me: “What is stretching? Why is it important to stretch? Am I stretching correctly?” Stretching, both the concept and the act, can be a little confusing and, if performed incorrectly, stretching can be pointless or even harmful. That’s why it’s important to understand what stretching is and what it’s meant to accomplish.

In terms of exercise, stretching is a motion that elongates the muscle fibers past the point of their resting position. Muscles, tendons, and ligaments are all

elastic, meaning they can be stretched the same way you might stretch a rubber band. You can feel a stretch in your back when you bend over to tie your shoes. You can feel it in your shoulder when you



reach across the table for the salt. The amount you can stretch is a measure of your flexibility.

Being flexible is a very good thing. It results in greater functionality, independence, and

helps prevent falling. Flexibility might mean you can reach down and pick up something you dropped, grab a cup out of an overhead cabinet, or put on your socks. Conversely, poor flexibility results in loss of function and loss of independence. You might not be able to put on your clothes or you might be so stiff you can’t get out of bed without assistance. Poor flexibility will result in you needing more help doing things. That’s bad. You want to avoid needing assistance to perform simple tasks. That’s where stretching comes in.

Stretching is integral to being

By Arran Rogerson
healthy, strong, and functioning as a human being. As I said before, you probably already stretch without knowing it -- every time you try to reach for something far away. Even on a smaller level, you’re stretching when you walk or play a board game. Every broad movement you make probably stretches a muscle in some way. These movements keep your body from stiffening up and losing its function entirely. But maintaining your independence and health requires larger, more intentional stretches, just like maintaining strength requires lifting weights. Examples of these stretches include reaching for your toes to stretch your legs, or locking your fingers behind your back to stretch the shoulders and chest.

These stretches should be eased into without any jerking or bouncing movements and should be held between 10 and 30 seconds. It’s also important to understand that stretching causes discomfort and can even be considered painful. This is to be expected. If being performed correctly, you should feel an ache, like the muscle is being pulled apart. This is important because the muscles must endure a moderate level of stress in order

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EXERCISE YOUR MIND

Brain Benders

Name these August Birthday Babies:

- Celebrated English poet who wrote The Lady of Shalott
- Host of The Prairie Home Companion
- Excellent marksman and star of Buffalo Bill's Wild West Show
- First child of English parents born in the New World at Roanoke Island, NC
- One of the famous aviation-pioneering brothers
- I Dream of Jeannie actress
- 36th US President
- Actress whose most famous scenes include stomping grapes to make wine, packaging chocolates in an assembly line, and a "mirror gag" with Harpo Marx
- His 1976 novel Roots won the Pulitzer Prize
- 42nd US President
- Author of the novel Frankenstein
- Actor who starred in Tootsie
- Iconic musician whose fans are "grateful"
- He won two US Opens, the British Open, and the Masters after a near fatal automobile accident
- She took her first cooking lesson when she was in her 30s and became The French Chef



Last Month's Answers

- Which three presidents died of the Fourth of July? John Adams, Thomas Jefferson and James Monroe. Adams and Jefferson (the second and third presidents) died on the same day in 1836.
- How many people signed the Declaration of Independence on July 4th? Two (2)
- On what date did most of the signers actually sign the Declaration? August 2, 1776
- When was the first public reading of the Declaration of Independence? July 8, 1776
- Who was the oldest signatory? Ben Franklin (at 70)
- Who was the youngest? Edward Rutledge (at 26)
- Which state had the most delegates sign? Pennsylvania had 9 signers.
- Who was the last signatory of the Declaration of Independence? Thomas McKean, January 1777
- What other countries celebrate the 4th of July? Denmark, Norway, Sweden and, England.

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.

- Greg is Cynthia's brother, has 2 children and brought salmon.
- Ralph is Mark's brother, has no children and brought watermelon.
- Sara is Cynthia's sister, has 1 child and brought cookies.
- Wanda is Mark's sister, has 3 children and brought potato salad.

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ALAMEDA ELDER COMMUNITIES

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August and Egotism

By David Ruttan

Have you ever wondered why the Lunar calendar used by ancient people such as the Aztecs, and the modern day calendars used by Jews, Asians and many other people don't line up with the Western calendar? Easter Sunday always changes from year to year, as does Chinese New Year and Passover, because these holidays are based on a lunar calendar and constantly shift with respect to the modern calendar.

If the lunar calendar is so accurate and has been used by millions of people for thousands of years, why would anyone want to change it? After all, the moon doesn't change, does it? There are always full moons, crescent moons and the like and that isn't going to change



anytime real soon. So why can't mankind leave well enough alone?

The answer is simply egotism.

This month, August, along with last month, July, have something in common with each other---they were both named after Roman Emperors. The lunar calendar is based on 10 months and that was the original number of months. Here is a list of the months of the year and the probable reasons for their names:

January: Named after the Roman god of beginnings and endings, Janus (the month was called Januarius).

February: The name comes either from the old-Italian god Februus or else from februa, signifying the festivals of purification continued on 4

Fun Facts:

- Mount Teide is the highest mountain in Spain (3718 m, 12198 ft.) and an active volcano.
- The largest diamond in the world is the Portuguese Diamond; it is 127 carats.
- No one in Greece can choose not to vote; it is mandatory for every citizen 18 or older.
- Turks introduced coffee to Europe.
- Malta is believed to have served as the site for the legendary city of Atlantis.
- Cyprus has abundant sunshine for almost 300 days every year.
- Istanbul is the only city in the world built on two continents.
- When McDonald's opened in Rome, food purists outside gave away free spaghetti.

World Tour: Southern Europe & the Mediterranean

Our next stop in the World Tour is Southern Europe and the Mediterranean. Here we get to explore the countries of Spain, Portugal, Italy, Greece, Turkey, Malta, and Cyprus.

The region is bordered to the west by the Atlantic Ocean, and the Mediterranean Sea.

Interestingly, the Mediterranean Sea is connected to the Atlantic Ocean via the Strait of Gibraltar, which is only about 14 miles wide.



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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

Chelsea Burgess, Lodge

Two Years

Asmita Dahal, Elders

Three Years

Maria Almanza, Lodge

Four Years

Maria Machuca, AEC

Eight Years

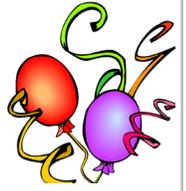
Yesenia Urbina, Lodge

More Than 10 Years

Trinh Mai, Lodge 12 years!

Twenty Years!

Rosalinda Balanza, Lodge



Have a Serendipitous Day!

By Kelsey Hasiak

It may not be known by many, but August 18th is Serendipity Day! The term was coined by English writer Horace Walpole on January 28, 1754, when he wrote a letter to Horace Mann. He credited his terminology to a silly fable he once read, called "The Three Princes of Serendip." Basically, the story involves three Persian princes who sail off to make their fortunes in the "Land of Silk," and Island called Serendip, now known as Sri Lanka. On their travels, they made all types of amazing, delightful discoveries and learned much more than they had ever imagined. The definition of serendipity is the occurrence and development of events by chance in a happy or beautiful way. Lets all take the time to appreciate and acknowledge that moments of serendipity happen in each and every one of our lives.

Ego *continued from 4*

celebrated in Rome during this month.

March: Named after the Roman god of war, Mars.

April: Called Aprilis, from aperire, "to open". Possibly because it is the month in which buds begin to open.

May: The name probably comes from Maiesta, the Roman goddess of honor and reverence.

June: Named in honor of Juno. However, the name might also come from juniores (young men; juniors) as opposed to maiores (grown men; majors) for May, the two months being dedicated to young and old

men.

July: It was the month in which Julius Caesar was born, and named Julius in his honor in 44 BCE, the year of his assassination. Also called Quintilis (fifth month).

August: Originally this month was called Sextilis (from sextus, "six"), but the name was later changed in honor of the first of the Roman emperors, Augustus, because several fortunate events of his life occurred during this month.

September: The name comes from septem, "seven".

October: The name comes

from octo, "eight"

November: The name comes from novem, "nine".

December: The name comes from decem, "ten".

Notice that September, which is the 9th month of our current calendar, was originally named for the number 7. Before the Roman Emperors decided to name months after themselves, it was the 7th month. As was October the 8th, November the 9th and December the 10th.

A big ego? Had they left well enough alone, we would be as smart as all of the moon followers!

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NEWS FROM ELDERS INN

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Resident of the Month: Beatrice Wong

Beatrice Wong was born in 1921 in Vallejo, CA. She had a brother and two younger sisters. Her parents worked on a farm where her father was the cook. She helped her parents when needed on the farm. Her childhood hobbies were playing ball, sewing, and playing with her siblings and the farmer's children.

Beatrice's aunt introduced her nephew to Beatrice, and they married on September 2, 1946. After the wedding, they moved to Oakland. Together they had four children, two boys and two girls. Beatrice worked with

her husband in a neighborhood grocery store.

In 1963, the family moved to Alameda where her husband worked for the US Post Office until retirement. Beatrice was a housewife and enjoyed working in her garden. She raised the children and then took care of her grandchildren throughout grammar school, middle school, and high school. She now has seven grandchildren and one great-grandson.

Beatrice enjoyed travel with her



husband. Some of the places they have been to include: Vancouver BC, New York City, Florida, England, and China.

Beatrice is a wonderful addition to Elders Inn.

There's never a day that goes by without a thank you from Beatrice. She always appreciates anything you do for her. She's very active in many of our activities including exercise, art, circle of elders, and enjoys all our entertainers. So next time you see Beatrice, don't be surprised if she gives you a big hello.

Super Herbs!

Our super herb this month is Basil. Grown for thousands of years in the tropical zones, its wonderful taste is famous, especially in Italian cuisine. Some herbalists recommend its use as a digestive and anti-gas aid. It also helps easing anxiety and headaches because of basil tea's sedative properties.

News & Notes from Activities Team

July was full of exciting new activities and social events for all the residents here at Elders Inn. This month there is also much to celebrate!

Plenty of delicious food socials, including several featuring ice cream are on the calendar.

Another day that residents



should look forward to is August 15th - National Relaxation Day! We will enjoy meditation in the morning and learn the importance of de-stressing at the Circle of Elders.

We also have several interesting topics planned for the Circle of Elders (and maybe a guest speaker or two); come by and find out!

Garden Neighborhood News!

We hope everyone in the Garden Neighborhood is enjoying the recent changes and updates to the activities calendars, we've been working very hard to add some new fun and interesting activities. On August's calendar you'll find a new dance class, more time for getting your nails done, and even some new exercise routines on our daily calendar. And keep your eyes peeled for fun special events like ice cream socials and special arts & crafts projects. We've also just received several new records to expand our sing-a-long repertoire and our exercise and dancing soundtracks.

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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Vivian Lee

As we sat down in the cafe one afternoon, Vivian Lee shared an album of pictures from last year's Christmas celebration with her family. Growing up for the first eight years of her life, she spent most of her time with her "Ho-mama". In Chinese, "Ho" means good and "mama" is mom, she explained. With both parents working, her Ho-mama was her nanny. This is why it is to no surprise she values every moment she has with her family. In 1947, Vivian's family moved to United States from Shanghai, China.

Vivian has three children, two

boys and one girl. To whom she's thankful for giving her three beautiful grandchildren. Spending time with them is what she loves the most. Besides her love for her family, she enjoys walking and playing Sudoku.

She is also passionate in traveling. She's been to Japan, Paris, Belgium, Canada, Utah, Las Vegas, and Arizona. Arizona is one of her favorite places because it houses the Indian Reservation.

When asked what her favorite holiday is, "Weekend is

my holiday". Her positive attitude about life may be best demonstrated when she said "I just enjoy my crazy self that's why I live long. If I live like a saint, I would be dead!"

5	3			7			
6			1	9	5		
	9	8					6
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8		7	9

If you're ever interested on learning how to play Sudoku, Vivian Lee would love to teach you how. You can also share travel tips with her and go for a stroll outside.

Waters Edge Lodge is proud to honor Vivian Lee as Resident of the Month for August.

Eating Out

Our World Tour this month takes us to Western Europe and the Mediterranean.

To celebrate this wonderful part of the world, we will be enjoying Greek cuisine for lunch on Thursday August 1 at Daphne's, followed by delicious Italian food at C'era una Volta on Thursday, August 15th.

Music Appreciation!

If you're interested in knowing who Music Appreciation will discuss this month, here's a clue:

He would have turned 95 years old this month, and was obviously a big Shakespeare fan, based on his most famous musical score!

News and Notes from Activities

As the Dog Days of summer finally arrive, our beautiful patios beckon all our lucky residents. Come sit in the sun and chat with friends while you soak up some sunshine!

Speaking of the Great Outdoors, we have scheduled 2 fabulous outings in addition to our regular outings to the golf course, shopping trips and lunches. On Wednesday, August 21st, we will be heading



over to the Oakland Coliseum to root on our local Oakland A's! Please sign up early

as this will be sure to sell out. See David or Marie for details about cost and times.



We are also planning a delightful ferry ride and

luncheon in San Francisco at the Ferry Building on Friday, August 16th. Our ferry leaves promptly at 10:50 am, so we must be on the road early! Let's meet in the lobby at 10:15 to give ourselves plenty of time. There are so many wonderful restaurants in the Ferry Building that we'll just make up our minds where to eat when we get there.

Living on the Waters Edge

NEWS FROM ALAMEDA ELDER SERVICES 7

Iron Man of the Month: John Ganchoff

This month, we're proud to announce our Iron Man of the Month: John Ganchoff. John has had his ups and downs at his stay at both Waters Edge Lodge and Elders Inn but fortunately, after going through rounds of physical and occupational therapy as well as personal training, he is now stronger than ever before. His mental focus should be a lesson to us all.

John grew up in rural Milwaukee. His parents were immigrants from Bulgaria and were farmers by trade. He grew up and stayed local, earning both his bachelor and masters degrees from Marquette University in the field of chemistry. He would finish his

education with a doctorate from Georgia Tech, making John one of the honored residents at Elders Inn with a PhD.

During the last three months, John has been participating in personal training as a way to increase his strength and walking ability. He can now safely walk from the exercise room all the way to his room without a break. When we first started, he would need a break during the elevator ride from the first to the second floor. Now, he can walk straight from personal training to his room, sometimes, even with a 2 pound ankle weight!

John also participates in the

Parkinson's exercise class. The exercise class is the only group exercise class that features standing exercises at the Inn. While there are lots of standing classes at the Lodge, we only

have one class that requires standing for a duration of the class. Together with his personal training, he has become a lot stronger as well as increasing his daily activities.



You can catch John at Circle of Elders at 11am on Monday through Friday and we congratulate him on being August's Iron Man of the Month.

Stretching *continued from 1*

to change and adapt for better performance. You should never feel extreme pain.

After being stretched repeatedly for an extended period of time, your muscles will become stronger and more flexible, allowing for greater reach, range of motion, and resistance to injury. They'll be able to stretch farther. The last third of every morning exercise class at the Lodge is a series of stretches aimed at increasing flexibility. If you're not feeling any "pull" or discomfort during these exercises, you are not

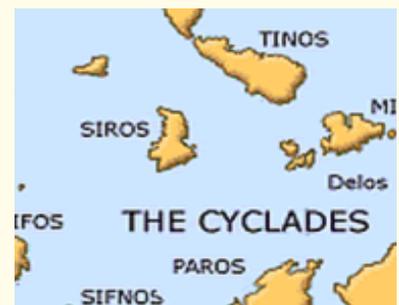
performing them correctly.

Maintaining flexibility is key to maintaining independence. You will likely cease to be able to perform the activities of daily living if you do not engage in stretching and strengthening exercises on a regular basis. Because of stretching's internal and sensory nature, it can be difficult to tell if you are performing stretches correctly. If you have questions, please ask Arran or Wilson about stretching safely and correctly.

Walking Club

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

So far this year, they have walked **63 miles**; that's almost like walking every inch of the Greek isle of Siros, TWICE!



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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