

Living on the Waters Edge

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September 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 Spirit of the Games

By: Kryspin
Turczynski

Last month, we witnessed one of the most anticipated spectacles in modern sports history: the Olympic Games in Beijing, China. Despite concerns over politics, protests, and the authoritarian tendencies of the Chinese government, by most accounts the Olympics Games turned out to be a smashing success. Billions of people worldwide watched over 10,000 athletes compete in 302 events. Architectural marvels such as the Bird's Nest and The Cube not only served as venues but

also highlighted a prominent aesthetic element, and provided the world with a new shared vocabulary with which to enjoy it. The gracious hosts treated the world to a fireworks show of epic proportions, and despite a few sad but isolated incidents, security was not an issue for most. For their efforts, the Chinese came away with the lead in the Gold medal count, and a new dose of global admiration.

The Olympics are always fun to watch because they provide some much needed novelty every four

years. With events as varied as archery, kayaking, judo, table tennis, and water polo, anyone can adopt a new obscure sport to follow. How else would we get to watch top-level badminton played on television, if not for the Olympics? The Games become truly interesting, though, when we consider the drama of long-anticipated athletic quests, forged through countless hours of grueling practice. If we're lucky, they can result in physical feats of epic proportions, displayed for the whole world to witness.

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Sleep: Who Needs the Most?

By: David Ruttan
You know that old adage about the elderly needing less shut-eye than younger adults? Well, recent research suggests it may be true.

To get a handle on

the relationship between sleep and age, sleep scientists observed the slumber patterns of 35 men and women between the ages of 18 and 32 and 18 seniors between the ages of 60 and 72.

Study subjects were required to lie in bed for 16 hours a day. (Sheer bliss for some, no doubt, boredom for those who lay awake wide-eyed and restless). The participants lay prone for 12

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Sleep: Who needs the Most?

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hours at night and for 4 during the day for three to seven days.

During the observation period, the young adults slept more than normal. The older group slept 1.5 hours less per day on average and took longer to nod off than the younger set.

It's too soon to know for sure, but researchers speculate that what many elderly and their caregivers (both personal and professional) label insomnia could be a completely normal, age-related shift in their internal body clock. Simply put: Our drive and desire for sleep may drop off as we enter our

twilight years.

That theory makes some intuitive sense: By and large, seniors expend less energy than younger adults (so they need less rest). Older folks tend to favor daytime napping too, which may explain a reduced need for sleep at night. These findings could impact the way insomnia is treated in the elderly. For starters:

An older person doesn't automatically need to pop a sleeping pill if they're not clocking eight hours or more in the bedroom each night.

Quality of sleep, as evidenced by feeling rested, refreshed, and energized in the morning, may be more important clues

than actual hours logged in the Land of Nod, when determining the sleep hygiene of seniors.

Naturally, no one wants to take unnecessary medications. So try to evaluate whether you are getting enough sleep by asking yourself how you feel upon waking up and during the course of the day.

Of course, if you complain of feeling tired all day, are grumpy, forgetful, accident prone, or depressed, or have difficulty staying awake during the day, it's smart to get a sleep evaluation by your doctor to find out what may be interfering with your ability to get a good night's rest.

Fountain of Youth

By: Kathy Hanley

In the 1500's, the Spanish explorer, Ponce de Leon searched unsuccessfully for the legendary Fountain of Youth. To this day, the Fountain of Youth remains an elusive fantasy that in modern times we seek through plastic surgery, nutritional supplements sold on the internet. Ironically, the real Fountain of Youth, if there can ever be one, lies within ourselves; but each of us personally has to make a commitment to make it happen. We need to stop taking our bodies for granted until some illness or injury occurs. We need to stop thinking: "Well I'm getting

old, my body is going to decline, what else do you expect?" Rather we need to think of our body as a finely tuned machine which, like an expensive car, needs to be given routine maintenance and tender loving care. The secret to the Fountain of Youth lies in what you eat and what you do. How do you treat your body? Do you eat fast food, cholesterol-laden processed foods and copious deserts? Or do you eat plenty of fresh fruits, vegetables and whole grains? Your body is only as good as the fuel you give it. Are you overweight so that your heart, muscles and joints have to work harder? Do you get regular exercise?

Most health experts recommend that all adults engage in moderate exercise for at least 30 minutes at least 5 days per week. This exercise regime should include some type of aerobic exercise at least 3 times per week and strengthening/weight lifting exercise at least 2 times per week. Aerobic exercise is a moderate, steady-state exercise such as brisk walking or bicycling. Strength training can be achieved through the use of weights, bands or other types of resistance equipment. A regular exercise program can result in weight loss, better regulation of blood sugars, stronger muscles, denser

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The Spirit of the Games

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Who can forget the jovial elation of Usain Bolt after he broke the world record in the 200-meter run, just days after breaking the world record in the 100-meter? For Americans, the most memorable story undoubtedly belongs to Baltimore native Michael Phelps, who swam his way into Olympic history with eight gold medals in these Games, for a lifetime total of fourteen gold medals. His seventh gold medal came in a race which he won by only .01 seconds, a nail-biter that has surely earned a place in the annals of American sports history.

Although the nationalistic undertones of Olympic competition can seem overpowering at times, it is important to remember that the Olympics were always about bringing the world and its people together. China's motto for the Beijing Games, "One world, one dream", succinctly captures this sentiment, which is highly resonant with their own cultural traditions of harmony and respect. This Olympic spirit is on display whenever athletes play fair and treat other athletes with respect, regardless of results. The world was treated to a particularly beautiful and poignant display of this spirit when two sharpshooters, a Georgian and a Russian, embraced on the podium despite their countries being at war. It is this

spirit of unity and humanity that makes the Olympic Games so special, and justifies the great cost and effort that goes into holding them every four years. On a final note, we held our own Olympic Games here at Waters Edge Nursing Home at the end of August. After a torch relay and brief opening ceremony, staff/resident teams competed in three events for gold medals and undying glory. Everyone who took part, both participants and spectators, had such a great time, one could simply say that everyone came away a winner.

It's Not Fall Yet

It is important to take steps to reduce the risk of falls that could severely disable you by helping to increase your strength and flexibility to improve your balance and reduce your risk of falls, allowing you to remain healthy and independent for as long as you can. Our Balance Classes have proven themselves to be the best insurance policy, lowering your risk of falling and causing considerable damage to your body. Every week, our Wellness Department teaches the correct way to stand, sit, get up from bed or a chair and, most importantly, what to do when you fall. Every Resident should take advantage of this information. Please join a Balance Class and the best news is that it is free! No Excuses!

Fountain of Youth

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bones and a healthier heart. Recent research shows that regular exercise is also the most effective way to maintain good mental function, as exercise increases the circulation of blood to the brain. No one is "too old" to start exercising. Studies have shown that even 80 and 90 year old people can experience physical improvements from regular training in much the same way as younger people. Good nutrition and regular exercise can potentially make a person physiologically younger.

Residents of Waters Edge Lodge and Elders Inn are fortunate to have a full range of exercise programs available to them, provided by our fitness trainers: Kam at Waters Edge Lodge and Nicki at Elders Inn. We offer general strengthening classes, balance classes, cardio classes, Tai Chi and Yoga. For those who do not like group classes, our trainers can set up and monitor residents on an independent exercise program. Personal training is also available.

A commitment to active aging should be done by 30 year-olds and 90 year-olds and everyone in between. So make a personal resolution to find ways to lose weight, eat right and exercise. Movement is life. Get started *today* and find your very own Fountain of Youth.

Resident of the Month: Sally Erny

Sally Erny was born in Latrobe, Pennsylvania and she is the youngest of four brothers, and three sisters. Sally says, "I was a spoiled brat." Her mother stayed at home and cared for the children while her father worked at the Rolling Mill. Sally attended a tiny school in the Pennsylvania countryside. "All eight grades were able to fit into two classrooms. Each row in a room represented a grade, and there were only a few students per grade. It was a very small school," Sally told us.

As a junior in high school, Sally met her soon to be husband Paul and they married when Paul was in the Army.

Together they raised six boys and two girls. When asked whether it was easier to raise boys or girls, Sally chuckled, "If I had six girls, I wouldn't be here today." Sally went to nursing school in a three year program in Latrobe. She worked in a Skilled Nursing Facility and an Acute Hospital for twenty years.

Eventually, the Erny Family moved to Alameda, CA in 1968 and lived in a house on the corner of Otis Drive and Westline Drive. "It was great: the kids could run across the street and play on the beach. Those were good times," Sally recalls.

After the passing of her hus-

band in 1990, Sally traveled extensively. In November of 2007, Sally moved into the Waters Edge Lodge. "I like it here. Everyone does a great job, and the food is good." Sally is currently battling with Macular Degeneration. This condition does not deter her from participating in several activities such as lunch outings, the Circle of Elders, Reminiscing with Dave and Happy Hour. I would like to encourage all residents and staff to introduce yourself to Sally and Bo (her orange cat) when you get a chance. We are pleased to honor Sally as our September Resident of the month.

Catholic Mass: Welcome to Father Joy

The first Wednesday of every month, Catholic Mass is celebrated in our Activity Room at 4:00pm. This beautiful religious ceremony is extremely important to all who choose the Catholic faith and everyone

is welcome to attend. Beginning in August 2008, we are pleased to welcome the new Priest of the Parishes of St. Phillip Neri and St. Alberts: Father Joy. He shares a part of his life story with all of us: I am

Fr. Joy Kumarthusseril. I belong to a Religious Congregation called "Missionaries of Faith" which was founded in Rome, Italy, in 1982. After my college and philosophical studies in India, I had my theological studies and Masters in Philosophy in Rome. Ordained in Rome in 1988, I have worked there ever since, with the exception of 4 years, 1991-1995 in the Philippines. It was just last February, my superiors, upon invitation from the Bishop, decided to send me to the USA with the intention of the opening of the community in this part of the world. We would like to extend a heartfelt welcome to Father Joy!

September Activities

During the month of September at the Waters Edge Lodge we have planned several outings for the enjoyment of our Residents. This month we will be visiting the Alameda Museum, the Alameda Free Library, as well as the newly renovated, Alameda Theater. We will also be going to our final Oakland A's game of the 2008 Season.

Dave Ballerini has also

planned a fun after dinner Ferry Ride to San Francisco., as well as an outing to River Rock Casino where we hope to "hit it big."

September is also the month where Summer fades into Fall. Let us make the most of our fine Alameda Weather and get out and about. Please check out the calendar for dates and times. Make sure you sign up at the front desk.

Waters Edge Art and Photography Gallery

Our first resident art show was a smashing success, with the paintings of five of our resident artists presented by Kelly, one of the awesome art instructors assigned to us by the Alameda Adult School. These wonderful watercolors will be framed and displayed in the 300 hallway near the

Bay Room, across from the entrance to the laundry room. We will also be updating the board across from Room 308 with pictures from our recent events and activities. If you have any questions or concerns regarding the posting of photographs, please contact Kryspin, the Activity Director.

Resident of the Month: Martha Eppler

Martha Eppler has been a resident here at the Waters Edge Nursing Home for almost a year and a half. In September she will celebrate her ninety first birthday. Of all the activities provided here, Martha enjoys the arts and craft classes the most. She often sits in the Bay Room next to the window, looking out over the water view.

Born in Warren County, Kentucky, Martha spent the first years of her childhood in Bowling Green where her dad taught Latin and Greek at what is now called Western Kentucky University. With rural relatives on both sides, she spent many happy summer weeks on the farm with her mom, doing chores with her cousins and acquiring a life long love of plants and animals. In March 1925, when Martha was seven, the family relocated to Washington, D.C. where her father worked as secretary to Kentucky's Senator Frederic Sackett. For the next fifteen years she lived the life of a city girl, living first in a residential hotel and then in an apartment. Her sister, who was much older, guided her towards activities more compatible with a circumscribed life. She taught Martha how to play the piano and encouraged her inter-

est in drawing and sketching. These two pursuits, have remained central in her life.

As a young adult she was able to study at the Studio House, the Abbott and the Corcoran Art Schools. For a short time she worked as a commercial artist but after her marriage in 1939 to a young engineer, John Eppler, she devoted her energies to family life. In 1941 a son, Eric, was born and three years later, a daughter, Kristin, followed.

At the close of the war, the young family moved to Monterey, where Mr. Eppler was stationed with the Navy. When his military service ended, John moved his family inland to Salinas where he took a position with P.G.& E. In 1947 a third child, Nancy, was born. In addition to raising her three children and running a household, Martha was able to pursue her art, giving lessons at her home and participating in several organizations that promoted art in the community and the schools. As a Girl Scout leader for many years, she planned arts and crafts projects as well as nature study hikes for her troop. The family vacations were often extended camping trips as well as

Nurising Home Picnic

Every autumn, hundreds of seniors gather at Crab Cove in Alameda. No, its not a Rolling Stones concert, it's the annual picnic for the residents of all the nursing homes in Alameda. The theme of the picnic this year is country/western, so put on your cowboy boots and join us for a gallopin' good time. The festivities will include games, raffles, live music and good old-fashioned American barbecue. The picnic will commence at 9:00 am and conclude after lunch, around 1:00 pm. For more information please contact the Activity Director, Krys, at 522-1084 or wenhactivity@gmail.com.

visits to the natural wonders of this expansive country. All these experiences became grist for her art, which by then included watercolor, oil, acrylic and pastel. She also continued to play the piano and later the organ.

When the children left home and John finally retired, the couple was able to travel to Europe, visiting the lands of their respective ancestries: the British Isles and Germany. Martha later continued traveling with an artist's tour group, spending two weeks each year painting the local color of Greece, Italy, Spain and Ireland.

Martha's three children all live in the Bay Area and are able to visit her regularly. In addition, she has three grandchildren and one great-grandchild. She awaits a second great-grandchild within the month!

From the Desk of the Administrator

As you may have noticed, we have introduced new items into the menu. The Dietary Committee meets every Wednesday so that we can plan the menus for our residents. If you would like to see something added or removed from the menu, please see me and I will take your suggestions to the Dietary committee for reviewing.

We are looking for volunteers to assist in Weekend Activities. If you know anyone, please have them contact Pat-

rick McCabe or Mat Hiner at 510-521-9200.

We have more special outings to be planned. In September, we are planning to go to the Alameda Museum. Please sign up early as seating is limited. Also, we will be having our Labor Day BBQ 12:00 pm in the main courtyard on September 1, 2008. Come hungry!

There are many benefits to walking and we would like to have a Walking Club, so if any

residents are interested in joining see Nicki Hiemenga, Mat Hiner or Patrick McCabe.

We are introducing an exercise class for those residents utilizing wheelchairs. Classes will be on Mondays, Wednesdays and Fridays @ 2:00 pm.

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

New Program

As many of you know, there are times when a stay in our Skilled Nursing facility on Blanding Street is medically necessary. Perhaps you have fallen and need the additional care and rehabilitation that only Skilled Nursing can provide. This stay was your only alternative. Up until now, that is.

In our effort to provide the finest service and nurturing environment for our Residents, we have dedicated a wing of Elders Inn to those Residents who are in between the services of Skilled Care and Assisted Living. Now you can benefit from greater medical attention and physical therapy in the comfort of the beautiful surroundings of the Elders Inn.

Should you know of anyone who would benefit from this revolutionary service, please see David Ruttan, Myra Lander or your facility Administrator for more details.

Resident of the Month: John Moore

John Moore is a new resident at the Elders Inn. He is very pleasurable to chat with. John was born in Benicia, California but moved to Alameda as a child where he attended St. Joseph's Catholic Grammar School and later St. Mary's High School in Berkeley, California. He was an altar boy in Benicia and at St. Barnabas Church in Alameda. As an adult, he served in the military and during World War II, he was a sergeant in the Ordinance Corps. He was an ammunition inspector in the military and as a civilian. He traveled around the globe to Korea, Japan, France, China and Burma India. He was married at St. Elizabeth's in Fruitvale and today has four children and eight grandchildren. All of whom he is very proud of. "Take life as it is",

John says "Be flexible and adaptable to all situations". He believes in sincerity and wisdom. John is very sincere himself and a wise man. We are honored to have John Moore as our Resident of the Month for September.

World Tour: Middle East

The foods of the Middle East region, covers many countries. The culture and climate differ, but similar ingredients are used in cooking such as honey, mint, parsley and sesame seeds. Middle Eastern cuisine includes Arab, Greek, Persian and North African foods. This month, we will be having our lunch out at the INDIA PALACE on September 11, 2008. Since it is only a few blocks away, we will be walking to the restaurant. Please sign up at the front desk if you are interested.

Real Preventative Medicine

By: Nicky Hiemenga

Real preventive medicine—preventing acute and chronic diseases and, in other words, staying healthy, results from the way that we live. We are a culmination of our life experiences. Our health is a by-product of our life: our genes and constitutional state, our upbringing and the habits we develop, our diets, our stresses and how we deal with them and our illnesses and how we treat them (whether we attempt to discover the underlying cause and change our lifestyle so that we no longer manifest disease patterns). All of this and more affects the level of health and vitality we experience. Five keys to good health and disease preventions are:

- 1) **DIET**- what we eat and how, i.e. our intake habits.
- 2) **EXERCISE**- stretching and working our body regularly to keep it flexible and strong.
- 3) **SLEEP**-adequate rest and sleep (and dream time)for each of us is crucial to “recharging our batteries,” healing many problems, keeping our moods balanced and staying healthy.
- 4) **STRESS MANAGEMENT**-dealing with life’s ups and downs.
- 5) **ATTITUDE**-keeping a positive outlook so that we treat ourselves and others

with the life-supporting respect and care we deserve.

EXERCISE PROGRAM

Exercise must be frequent (at least three times a week), consistent over the years and balanced, which should include regular stretching for flexibility, weight work for building tone and strength, and aerobics for endurance and stamina. Exercising regularly improves body function and health as well as attitude. It is one of our best stress managers, relaxers and mood elevators.

BENEFITS OF SLEEP

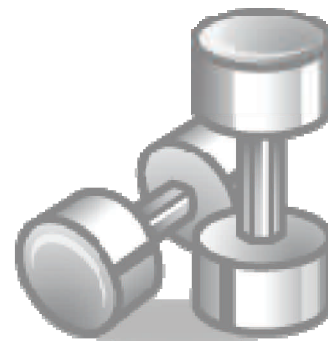
Sleep offers life’s balance for all of our activity, and that’s physical, mental and emotional activity, too. There are many stages of sleep important to our body’s recharging itself, and although we all do not regularly recollect our dreams, we need to sleep deeply enough to go into that theta wave, REM (rapid-eye-movement), dream sleep. Applying the other principles of Preventive Medicine, such as eating well and avoiding stimulants, exercising regularly earlier in the day, and managing stress may all be helpful. Hopefully, we don’t have to turn to medications for sleep because there are many natural remedies that can help, such as calcium and magnesium, and many herbal relaxers.

MANAGING STRESS

Managing stress is a key element in minimizing health risk and enjoying life. Stresses are our body/mind responses to our personal experiences and we are individual in the issues to which we respond and react. There are so many illnesses and diseases that are generated or worsened by stress that it is imperative that each of us develop skills to deal with mental and physical demands and emotional challenges. Simple relaxation techniques, meditation, exercise, outdoor activities, and disciplines like yoga or tai chi are all extremely valuable in dealing with both daily and long-term stress.

POSITIVE ATTITUDE

Staying positive and motivated to experience life, unafraid to handle challenges or deal with uncomfortable emotions is crucial to health. Our personal health and well-being is up to each of us. We have to power to make the changes implementing a plan for a better quality of health.



For placement and care questions:

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For free copies of Alameda Elder Communities monthly newsletters, please visit our website at:
www.alamedaelder.com

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*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 facility 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 to maintain an 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 Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*



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