

Living on the Waters Edge

A tradition of caring since 1971

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

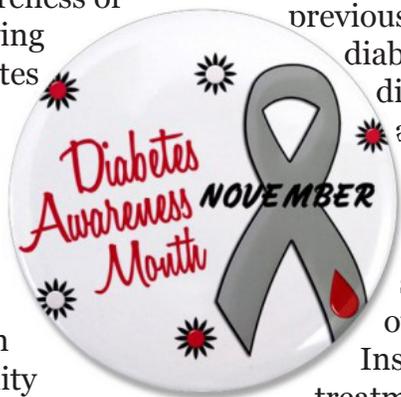
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November is American Diabetes Month

By Kelsey Hasiuk

November is American Diabetes Month. The purpose of this is to raise awareness of this ever-growing disease. Diabetes is a group of diseases characterized by high blood glucose levels that come from defects in the body's ability



to produce and/or use insulin.

Type 1 diabetes, which was previously known as juvenile diabetes, is usually diagnosed in children and young adults. Type 1 diabetics do not produce insulin, which is needed to convert sugar, starches and other food to energy.

Insulin therapy and other treatments can help those

suffering with this disease to live long, healthy, happy lives.

For type 2 diabetics, their bodies do not use insulin properly, called insulin resistance. The pancreas makes extra insulin to make up for it, but eventually it can't make enough to keep blood glucose at normal levels.

Almost 26 million people in the United

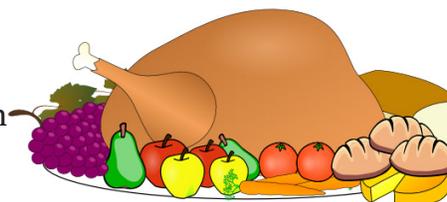
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Thanksgiving Dinner

For many Americans, the Thanksgiving meal includes dishes like turkey with stuffing, cranberry sauce, mashed potatoes, and pumpkin pie. The holiday feast dates back to November 1621, when the newly arrived Pilgrims and the Wampanoag Indians gathered

at Plymouth for an autumn harvest celebration,

an event regarded as America's "first Thanksgiving." But what was really on the menu at the famous banquet, and which of today's time-honored favorites didn't earn a place at the table until later in the holiday's 400-year history?



By David Ruttan

Instead of bread-based stuffing, herbs, onions or nuts might have

been added to the birds for extra flavor. We also know that the Wampanoag guests arrived with an offering of five deer. Culinary historians speculate that the deer were roasted on a spit over a smoldering fire and that the colonists might have used some of the venison to whip up a hearty stew.

The 1621 celebration marked the Pilgrims' first autumn harvest, so it is likely that the colonists feasted on the bounty they had reaped with the help of their neighbors. Local vegetables that likely appeared on the table included onions, beans, lettuce, spinach, cabbage,

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EXERCISE YOUR MIND

Brain Benders

- What department store held the first Thanksgiving Day parade?
- In what year did the first Macy's Thanksgiving Day parade take place?
- How many female colonists are believed to have survived to celebrate the first Thanksgiving?
- How many pilgrims were on the Mayflower?

Grandma and Grandpa had 6 children. Each of those 6 children grew up and had 4 children. Those children all grew up and each one had 2 children. Everyone is coming to Thanksgiving dinner at Grandma and Grandpa's. How many people will be at the table?

Ann, Mike, Lyn, and Bill, whose last names are Juarez, Newton, Myers, and Ken, each have a favorite Thanksgiving dish - turkey, dressing, cranberry sauce, and pumpkin pie. Sort out the clues and match up everything.

1. Juarez has her favorite dish after the main meal.
2. Mike loves his favorite dish with lots of onion and celery in it.
3. Myers has her favorite dish served in slices (light and dark).
4. Ann hates sweets.
5. Newton is allergic to cranberries.

	Juarez	Newton	Myers	Ken	Turkey	Dressing	Cranberry Sauce	Pumpkin Pie
Anne								
Mike								
Lyn								
Bill								
Turkey								
Dressing								
Cranberry Sauce								
Pumpkin Pie								

Last Month's Answers

- When JFK visited Berlin, he said "Ich bin ein Berliner!" He was trying to say "I am a Berliner!" but his pronunciation was off. What did he actually say? **I am a jelly donut!**
- In what year was the Berlin Wall built? **1961**
- Adolphe Sax was a Belgian who died in 1894; what instrument is he famous for inventing? **Saxophone**
- The Netherlands is comprised of several provinces, of which Holland is one. Name two of the others. **Drenthe, Flevoland, Friesland, Gelderland, Groningen, Limburg, North Brabant, Overijssel, Utrecht, and Zeeland. Holland is actually two provinces, North and South.**

Name the Country

- I am one of the richest countries in the world. My largest city is Zürich. A long range of mountains called the Alps, run through my small little landlocked country. What am I? **Switzerland**
- I only border one other European country. I am home to the Azores. I am the most western country in Europe. What am I? **Portugal**
- I am a landlocked country. My people speak German. My capital is Vienna. What am I? **Austria**

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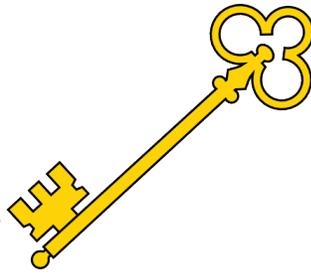
ALAMEDA ELDER COMMUNITIES

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Cardio: The Key to Losing Weight

The main cause of being overweight is a lack of consistent aerobic activity. Many factors contribute to being overweight, but, generally speaking, it's the result of eating a lot and doing absolutely nothing all day. This creates a poor ratio where many calories are being ingested and very few are being burned for fuel. The calories just stack up over time and turn into extra tissue on your body--gaining weight.

To lose weight you must do the opposite and create a calorie deficit where many more calories are being burned than are being ingested. And the key to doing this is engaging in consistent cardiovascular exercise, or just cardio.



By Arran Rogerson
Cardio is exercise involving repetitive, simple movements over an extended period of time such as dancing, cycling, or walking. You also get cardio when doing

the dishes, mopping the floor, or mowing the lawn. To put it simply: cardio is just “moving around”. Ideally, cardio will result in temporary elevated heart rate and increased rate of breathing. Sweat is always a good indication that you're doing it right.

Cardio is the best approach to weight-loss for several reasons:

1. Cardio burns calories. More so than lifting weights or yoga, cardio requires a large expenditure of energy. A thirty minute walk that has continued on 7

Fun Facts:

- A Hungarian invented the Rubik's Cube.
- Serbia is the largest raspberry exporter in the world.
- The Roman Emperor Constantine the Great was born in Nis, Serbia, in 274 AD.
- In Poland, the name day is considered more important than the birth day.
- Bulgaria is known as the homeland of yogurt.
- Russia is located across 9 time zones.
- Bram Stoker's Dracula is based on the 15th century Romania Prince Vlad Dracul (known as Vlad the Impaler).
- Bulgarians shake their heads to say yes, and nod when they mean no.

World Tour: Eastern Europe

Our next stop on the World Tour is Eastern Europe. Here we get to explore the countries of Russia, Poland, Czech Republic, Hungary, Croatia, Serbia, Latvia, Lithuania, the Ukraine, Macedonia, Albania, Bulgaria and Romania. This is probably our largest stop on the world tour, as Russia is the largest country in the world in terms of land mass. At 6.602 million square miles, Russia is bigger than the rest of Eastern Europe PLUS the United States, Mexico, France, England, Scotland, Wales, Ireland, Germany, Italy, Spain, and Portugal!

Eastern Europe is bordered by the rest of Europe on the West, the Baltic Sea to the North, the Black Sea to the South-East, and the Adriatic Sea to the South.



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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

Kiara Holmes, Lodge
Sean O'Shea, Lodge
Jean Obtera, Elders
Cecilia Urbina, Lodge

Two Years

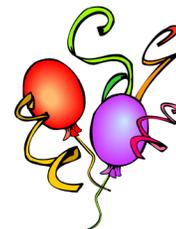
Marie Gazley, Lodge

Nine Years

Cora Angeles, Elders

More than 10 Years!

Angie Trias, Elders 11 years!
Jessica Cortez, Lodge 11 years!
Laura Becerra, Lodge 13 years!



Diabetes *continued from 1*

States have diabetes. On top of that, 79 million Americans have prediabetes and are at risk for developing type 2 diabetes. Knowing the symptoms of diabetes and how to lower your risk of developing this disease is incredibly valuable.

Some common symptoms can be urinating frequently, extreme fatigue, blurry vision, cuts or bruises that heal slowly and tingling pain or numbness in the hands or feet. Some tips that can help to lower the risk of developing diabetes are eating healthy, having healthy cholesterol levels as well as managing blood pressure.

Other tips are staying at a healthy weight, being physically active, managing your blood glucose and knowing your family history.

Let's spread the word and help raise awareness to all of our loved ones about American Diabetes Month!

Thanksgiving Dinner *continued from 1*

carrots, and perhaps peas.

Corn, which records show was plentiful at the first harvest, might also have been served, but not in the way most people enjoy it now. The corn would have been removed from the cob and turned into cornmeal, then boiled and pounded into a thick corn mush or porridge.

Fruits indigenous to the region included blueberries, plums, grapes, gooseberries, raspberries, and, of course cranberries. The Pilgrims might have been familiar with cranberries by the first Thanksgiving, but they wouldn't

have made sauces and relishes because of lack of sugar.

Chances are that much of the Thanksgiving meal consisted of seafood, which is often absent from today's menus. Mussels in particular were abundant in New England and could be easily harvested.

Ironically, potatoes had no place at the first Thanksgiving! The Spanish began introducing the potato to Europeans around 1570, but by 1621 they still had not become popular enough with the English to accompany them to America.

Finally, how about our favorite ending to Thanksgiving feasts—the pie? Both the Pilgrims and members of the Wampanoag tribe ate pumpkins and other squashes indigenous to New England—possibly even during the harvest festival—but the fledgling colony lacked the butter and wheat flour necessary for making pie crust. Moreover, settlers hadn't yet constructed an oven for baking. They may have improvised by hollowing out pumpkins, filling the shells with milk, honey and spices to make a custard, then roasting the gourds whole.

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NEWS FROM ELDERS INN

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Residents of the Month: Kay and George Bloom

Kay was born and raised in San Francisco, while George was born in Bakersfield, moved to Taft, then on to Los Angeles.

Kay and George met at UC Berkeley, where Kay studied sociology and George studied physics. After college, in 1953, they married and moved to Boston where George was drafted into the army.

He served by working in a lab as a physicist. During this time Kay was a secretary at a Tumor Clinic Hospital. Kay and George were involved with The Sierra Club and rock climbing.

Their first child, Karen, was born in 1955. Soon, they moved

to Seattle so George could get his masters in physics. Two more children were born shortly, Nancy in 1957, and Clifford in 1959. Eventually, the Bloom family moved back to the Bay Area where George found work at the Lawrence Livermore Lab. Once the children were all in school, Kay went back to work; she found a job at a small newspaper. She started as a typist, but eventually worked as a proof reader, production technician, bookkeeper, reporter, and writer of feature articles.

Throughout their lives, Kay and George have always

enjoyed the outdoors. When they retired and moved to Alameda, they traveled to many continents. When not traveling, their zest for the outdoors got them involved with East Bay Regional Parks where they both volunteered for public wildlife education and habitat restoration, and George patrolled the trails for safety.

Their lives always had something new whether it was overseeing Bay Scouts planting trees, or counting nesting birds. Anything with the outdoors was “their cup of tea”. As Elders Inn residents, they appreciate the simpler life.

News & Notes from Activities Team

Autumn is in full effect!

The Residents of Elders Inn have been celebrating this beautiful season, with the leaves changing to the most brilliant colors. They have made amazing leaf artwork, which can be found in each of the dining rooms.

This month we will be doing many fun

activities to honor the Marine Corps birthday and Veterans Day, as we did last month for the Navy’s birthday.

Thanksgiving is just around the corner ! At Elders Inn we encourage our residents to have their family & friends join them for our traditional family style Thanksgiving lunch.

To best accommodate you and your guests, please let us know in advance how many people you are expecting or if you are going out for the day. Please RSVP to the front desk no later than November 20!

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



Garden Neighborhood News!

In the Garden Neighborhood, we have been doing a lot of fun new arts and crafts. Did you know that keeping busy doing simple arts and crafts helps you exercise your mind, improve memory, and make you feel the sense of accomplishment?

So bring out the creativity in you and do more arts and crafts.



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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Norma Camacia

Norma Camacia was born in Oakland, CA in Fabiola Hospital---now known as Kaiser Hospital. Her father operated fish stands, owned fishing boats and a manufacturing plant that made fertilizer from fish. He made sure to bathe when he came home! Her mother worked hard at home raising Norma and her 2 brothers.



She attended Santa Fe grammar school, Woodrow Wilson Junior High, and University High

in Oakland and, after graduating, went to work in downtown Oakland at I. Magnin Department Store as a salesperson.

Norma met her future husband through a friend at a party. It was NOT love at first sight, but love eventually persevered. They married in Carmel and settled in her husband's home town---Alameda. Her husband owned a truck repair shop and gave Norma and their 2 boys a wonderful life style.

She and her husband belonged to Italian-American



organizations and the Alameda Elks Club. Norma is a talented creator of china paintings and they proudly grace the walls of her apartment.

Norma has two sons, the eldest is a lobbyist in Sacramento and the youngest is a stockbroker. She is the devoted Grandma of 4 grandchildren---2 girls and 2 boys.

She is delighted to be a resident of the Lodge and we are just as delighted to have her join our family.

Eating Out

On November 13th, we have scheduled a lunch outing to Speisekammer, fabulous German food here in Alameda. On the 21st, we will try out a brand new restaurant---Mama Papa Lithuania. They say the potato pancakes are fabulous!

Sign up early, seats go fast!

Music Appreciation!

To honor America on this month that we give thanks, we thank a great American composer. He wrote not only symphonies, but ballet scores as well. Come to David's Music Appreciation class to find out who he is!

News and Notes from Activities

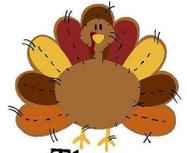
This month we continue the tradition of our wildly successful Veterans' Ball. Join us on Thursday, November 7th as we swing and sway to the music you all remember while we enjoy hors d'oeuvres and libations.

To celebrate and honor our Veterans, on Veterans Day, Monday, November 11th, we will be having a flag raising and award ceremony. We invite all resident families and friends to come out and show your respect and gratitude for all those who



served this wonderful country on their special day.

We will be having our traditional Thanksgiving lunch again this year



Happy Thanksgiving

so we will have more time to work off all of those calories! Please mark your calendars for Thursday, November 28th and bring your appetites. There is a sign-up sheet at the front desk, and we would greatly appreciate it if you would let us know if you are going out so we know how much food to prepare.

Don't forget to come to the Resident Council!

It is always on the First Saturday of the month

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NEWS FROM ALAMEDA ELDER SERVICES 7

Iron Woman of the Month: Martha Bruce

Martha Bruce is this month's Iron woman for her impressive level of participation in activities since joining us at the Waters Edge Lodge several weeks ago. She's an inspiration!

Martha was born in 1926 in Munich, Germany where she lived for 30 years before moving to Chicago. In the United States she worked as a nurse in a trauma center, caring for unfortunate victims of accidents and violence. Martha has three

children and loves arts and crafts. She is extremely friendly and loves making new friends. Be sure to introduce yourself!

Martha is receiving the prestigious Iron woman award due to her motivation and courage to participate in the wellness and activity programs immediately upon her arrival. Like a shark put in water,

Martha moved into the Lodge and started attending exercise classes daily, joined Walking Club, tried knitting, sign language, and participated in the circle of elders. She's a machine! Her kindness and sociability make her an excellent addition to the community. Keep up the good work!



Cardio *continued from 3*

you sweating, huffing, and puffing results in far more calories burned than lifting some dumbbells up and down until your arm is sore.

2. As opposed to other forms of exercise, Cardio specifically targets your body's supply of fat to use as fuel. The "slow-oxidative" process involved with cardio burns fat for energy, as opposed to carbs or protein. If you bicycle yourself to exhaustion over the course of an hour, that energy you spent was mostly calories from fat. Conversely, the "fast-glycolytic" process involved with lifting heavy weights mostly burns carbohydrates or protein that you recently consumed, not the fat stored on your body. In fact, lifting weights will likely cause you

to gain weight in muscle.

3. Cardio is a very natural and enjoyable form of exercising. You could lose a lot of weight just by dancing several nights a week or going for a walk every morning. It's not abstract or complicated. You basically just need to do something! Anything! But do it for a long period of time and do it often.

Are you overweight? Are you looking to lose weight? Use the stationary bike on a low (easy) resistance or go for a brisk walk. Do this for thirty minutes and get yourself sweating and breathing hard for the majority of that time. Do this every day and you will lose weight. Always feel free to consult your Wellness Coordinator for advice.

Walking Club

So far this year the Walking Club at the Lodge has walked **96 miles**.

That is like walking the entire distance of the Berlin Wall (if it still existed)! Or going from Russia to Alaska twice, if you could walk on water to cross the Bering Strait.



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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