

Living on the Waters Edge

Ribbon Cutting Ceremony to Open the Senior Walking Course at Waters Edge Lodge



The Waters Edge Lodge is proud to present our new Senior Walking Course located at 801 Island Drive. This walking course was specifically designed for the senior population with the goal of preventing emotional, physical, and mental atrophy. As people age, they tend to become less active, participating in fewer outdoor activities. Additionally, seniors need to build core strength to help aid in balance, prevent falls and accidents, as well as to promote recupera-

tion in the event of an injury.

The different components of our new walking course work collectively to increase and maintain core strength. The change of grade enables users to practice walking on uneven surfaces and the gravel used for the path allows smaller muscles to work efficiently. Different stations have been strategically placed throughout the path for stretching exercises and each of the seven stations was designed with our Physical Therapists to target different core areas of the body. In addition to the physical benefits, the Walking Course also promotes activity in its users while encouraging them to participate in outdoor activities.

Please join us as we proudly celebrate our new Senior Walking Course at the Waters Edge Lodge on April 22, at 3:30 PM. Learn about our Senior Walking Course's benefits and how the different components maintain and increase core strength in the Senior population. After the Ribbon Cutting Ceremony, join us for drinks, food, and great company to continue the festivities.

Alameda Elder Services Iron Person of the Month: Estar Baur

Estar Baur's uninhibited attitude allows her to use different exercise equipment and techniques to develop her strength and flexibility; this is why we are honoring her as April's Iron Woman of the Month.

Estar was born in Ohio, in the year that women were granted the right to vote. Maybe it was the energy of America at the time that gave Estar such a resilient spirit. Growing up, she had a strong passion for being involved with the progression of our rights as citizens. Through circles, she met her husband who shared the same passion and they had two daughters. They moved to Detroit where Estar got degrees in History and Library Science. When they retired in 1972, they moved to Berkeley where the peace and social justice movement was happening. Estar has "more nerves than brains" and was arrested a couple of times supporting social justice. Her fearless spirit and attitude, amongst many others of this era, made northern California a haven for communities of vibrant and diverse artists, scholars, scientists, environmentalists, musicians, healers, etc. Her daily ac-

tivities of raising two daughters, gardening, and maintaining a household kept her body active while participating in book circles, community work, and library work kept her mind active. When the time came for her to move into a facility to assist her, she moved into Elders Inn, with her husband, Erwin. Her drive to keep up with the world makes her a necessary energy to our community.

At an age where most are content staying home and resting, Estar was determined to stay involved and keep her mind active with current issues. Because of this, her strong mind takes control of what her body does not want to do. With the effects of aging, her mind pushes her body to work hard, stay focused, and stay consistent with her personal training sessions. Some days she'll come in completely exhausted from running errands but she'll still give 110% at her workouts. Estar is a great example of an elder whose strong mind overcomes an aging body.

Waters Edge Lodge: April Special Activities

The activity program here at the Waters Edge Lodge has been going through a bit of a makeover, and we are excited to announce some new offerings for our residents and their guests. There is now live entertainment every day at 3:30 pm in the Living Room. The diverse entertainment lineup includes jazz, classical, folk, blues, a variety of ethnic musicians, and even hula dancing! (Please note: on Thursdays, Happy Hour with live music will still be held from 3:00 pm to 4:00 pm in the afternoon.) There is now an arts & crafts group that meets daily at 9:30 am in the Activity Room, followed by Nintendo Wii sports at 10:30 am. We are also promoting new small group activities, including Yarning Club, Literature Club and Civic Action Club, to add to the successful small groups already in existence, like our various language classes. With more options to choose from and more uniform scheduling, it is now easier than ever to lead an active, social lifestyle at the Waters Edge Lodge.

Spring is here again, bringing all its sunshine and warmer weather to the Bay Area, which lets us bring back some popular activities that were put on hold over winter. We'll have our first Ice Cream Social of the season on Monday, April 19th. Our other outings in April include a trip to the DeYoung Museum in San Francisco, a cross-bay shopping trip via ferry, and a trip to Fenton's for lunch and ice cream. Please con-

sult the activity calendar for more information, including dates and times.



Fentons Immortalized By Pixar!

The World Tour takes us east this month, far east to such countries as China, Korea, Japan, Thailand, and Vietnam. As always, our World Tour Display offers an abundance of information about this part of the world, and a special luncheon will feature ethnic food and music. This month, the World Tour also offers an opportunity to visit some of the many fine Asian restaurants in Alameda. This time, we'll dine at East Ocean Seafood Restaurant for Chinese, Toomie's for Thai, Kamakura for Japanese, and Dragon Rouge for Vietnamese. Don't forget to sign up in the activity binder by the front desk.

Waters Edge Lodge Resident of the Month: Catherine "Kitty" Garcia

Catherine Bridget Garcia (née Bolger) was born in 1928 in Kilkenny, Ireland. She was the third of three girls and one boy, and everyone always called her Kitty. She attended a Catholic boarding school run by nuns until the age of 18. Kitty loved going to school there, and was so impressed by the good nuns that she briefly considered becoming one herself! Kitty always looked small and young for her age, so her mother would give her a chocolate bar from the family store everyday to fatten her up, probably contributing to Kitty's lifelong love of chocolate. After boarding school, Kitty returned home and attended a type of vocational school, where she learned typing and cooking. Soon, Kitty got her first job as a salesperson in a store. It was a little too boring for her, however, just sitting there and waiting for someone to walk in. She found a different job as a correspondence assistant, receiving and writing letters on behalf of her boss.

In her mid-twenties, Kitty came to the United States. She ended up the San Francisco Bay Area, where she

met her husband, Nick Garcia, at a Catholic singles mixer. They were married soon afterward, and adopted two children, David and Linda. Kitty was happy to stay home with her children until they went to school; she then went to work for a telephone company in customer service. Kitty has visited Ireland a number of times since moving to America, even visiting places on the island that she never had a chance to visit as a kid. Kitty has loved knitting since she was a child, and also enjoys attending Catholic Mass and communion services. When asked if she's kissed the Blarney Stone, she'll tell you, "No, I didn't have to! Everyone in Ireland talks this much!" Kitty does indeed love talking to people, and anybody lucky enough to be on the receiving end quickly realizes what a kind, sincere, and cheerful soul they have encountered. It is an honor to present Kitty Garcia as our Resident of the Month - *Sláinte!*

Elders Inn: April Special Activities

The Saints may have won the Super Bowl in February, but at the Elders Inn, we have the Saints every week, all year long! Our fabulous volunteer, Roxanne Childe, brings the lives of the Saints to life every week as she reads stories of their personal upbringings and adventures. This very popular event happens every Thursday at 2:30 in the Buena Vista Lounge and at 3:00 in the Garden Unit. Come say "Hi" to Roxanne and enjoy some fascinating history.

We have expanded our movie series, and now present three movies a week, each of a different genre. On Wednesdays we focus on an area highlighted by our World Tour, Saturday we present a newer release, and Sunday we show a movie clas-

sic. The start times are now at 5:45 PM in response to all Residents who have asked for more activities in the later afternoon and evening. Please join your friends in the Buena Vista Lounge and take in some movie magic—now three times a week!

Some of our Residents are having very enjoyable visits from folks at Alameda Friendly Visitors and spend an hour or so chatting and reminiscing with them. Friendships have been forged and many pleasant hours have been spent in their company. Are you interested in having someone come and chat with you? Please see David and he will arrange the details.

The Hummingbirds are Back

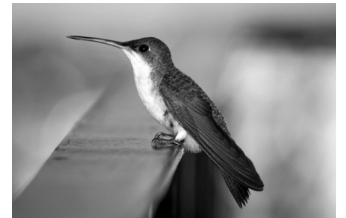
The Elders Inn may not be exactly like Capistrano and their swallows, but we do share something in common. Just like last year, we have been blessed with a mama hummingbird building her nest and raising her babies in one of our beautiful patios. You can stand in the hallway window and watch mama feed her two babies high up in a bamboo tree. We hope that this will become a spring tradition at the Elders Inn and we invite all Residents and families to stop by and say hello to our visitors before they grow up and fly away.

A few hummingbird facts:

- There are more than 325 hummingbird species in the world. Only 8 species regularly breed in the United States, though up to two dozen species may visit the country.
- Hummingbirds have 1,000-1,500 feathers, the few-

est number of feathers of any bird species in the world.

- Hummingbirds lay the smallest eggs of all birds. They measure less than 1/2 inch long but may represent as much as 10 percent of the mother's weight at the time the eggs are laid.
- A hummingbird's wings beat between 50 and 200 flaps per second depending on the direction of flight and air conditions.
- An average hummingbird's heart rate is more than 1,200 beats per minute.



Elders Inn Resident of the Month: Elaine Mirick

Elaine Mirick is an actual native Alamedan, born, raised and educated in the Island City! Her father worked for Pacific Telephone as a repair foreman and her mother was quite busy raising Elaine and her older sister. She attended Longfellow, Washington and of course, Alameda High.

After graduation, Elaine briefly attended college then worked for Hale's Department Store in downtown Oakland as a comptometer operator—the pre-cursor to computers—for 3 years until she met her husband Clifford. They met at the Oakland Ice Rink and Elaine won't tell if she fell by accident or on purpose! She

will only say that she fell for him!

Clifford also worked for Pacific Telephone and was in charge of the entire phone system for the Kaiser Center in Oakland. They spent every spare moment in their beautiful getaway in Bethel Island on the Delta. Elaine fondly remembers paying a whopping \$20 for their lot! They loved to fish and she could always be found with a book in one hand and a fishing rod in the other. There aren't too many fish at Elders Inn but Elaine still loves to read, and her apartment is stocked by a mini library.

Waters Edge Nursing Home: April Special Activities

This month on our World Tour at the Waters Edge Nursing Home we travel to East Asia where we will visit China, Japan, Thailand, Vietnam, and Korea. East Asia has a population of about 1.6 billion people, which is approximately 22% of the World's population. The major religions of this region are: Buddhism, Confucianism, Taoism and Christianity.

The Waters Edge Nursing Home has a busy schedule this month, including our Easter Luncheon, Live Music daily at 2:00 pm, and a variety of other special activities, in addition to our regular daily activities. On April 3, we will be having our Bingo Bonanza with the youth from the Red Cross. Please join us for fun and games.

On April 6, Spirit Care Ministry will visit at 10:30 am.

On April 20, we will have flower arranging in the Bay Room. Please join us as we create beautiful floral arrangements together.

Join us for Happy Hour on the first and third Thursday of each month and for our Tea Social on the second and fourth Thursday. Meet your fellow residents for some conversation.

On April 29, please join us for a special Birthday Party to honor the residents who celebrate their birthdays during the month of April.



Patricia, The Sing-a-long Gal: A story by Resident Bernard Welz



In the Bayroom at Waters Edge, about forty residents form a circle and Patricia leads a sing-a-long rendition of "Let Me Call You Sweetheart." Rough high notes from the singers are forgiven in the joy of contribution. The singers clap their hands with the music. No one is alone. That is the secret song. Friendships are made—it is as if they were singing in their own living room at home with friends. The singers let themselves go and new friendships are made. Prior to the singing, exercise classes are held. Exercise is a warm-up to the singing. Patricia calls out numbers one to ten and people move their arms and legs and count.

Then a ball is tossed around from person to person, with lots of laughter. Elders are like children again—having a good time.

Patricia is a CNA, when not singing in a sing a long, can be heard with two other nurses singing for the residents: "Take me out to the Ballgame," "You Are My Sunshine," and other old favorites, which brings applause. Often Patricia may play word games. She writes a word like "Discombobulate" on a blackboard and Seniors form words from the letters, words like commute and bob. Synapses snap in the brains and the game becomes a tool to assist those whose memory is fading with age.

Waters Edge Nursing Home Resident of the Month: Harvey Witnov

Harvey Witnov was born in East Los Angeles, California to parents Anne and Isaac Witnov. Anne worked as a housewife, while her husband, Isaac worked as a live poultry dealer. Harvey was the youngest of two boys. He and older brother Michael grew up in the Post-Depression Era. "Seeing prices on things you wanted was hard because you knew you could not afford them," recalls Harvey. "There was no money."

As a child, Harvey enjoyed reading mystery books and collecting pennies. He attended Kingsburg High School where he was a singer in the Chorus for all four years. He also worked with his father and brother in the poultry business. After graduation, Harvey attended University of Southern California, where he studied Pharmacology. "I loved it. To this day, I am still good friends with some of people I studied with." Harvey later joined the Army, where he was in the Anti-Aircraft Division. After leaving the Army, Harvey, re-

turned to work in the poultry business with his father and brother.

Harvey married his wife, Sylvia, "the love of his life," and they had four children together: two boys and two girls. "She was such a wonderful person. We always got along very well," he remembers. Harvey and his wife enjoyed traveling, and one of his favorite places to travel with his family was the Grand Canyon. "The children were enticed by the animals."

Harvey has been a resident of the Waters Edge Nursing Home for over a year, and often delights his roommate and staff with his discussions. "The staff here is great because they are good people." Harvey is active, often wheeling himself around the building sharing his polite and friendly attitude. This month, we are pleased to honor Harvey as our April Resident of the Month.