

Living on the Waters Edge

Alameda Elder Services: How to Stay Active at Elders Inn

By: Nathan Ubl

There are numerous ways we can stay physically active and, as the body ages, it may become necessary to adapt activities to best help your health. The elderly can face many challenges trying to stay active with an aging body and at the Elders Inn, we attempt to account for the variety of challenges the elderly might face when we design the fitness activities.

Some of the physical ailments that could effect the elderly are: Parkinson's, stroke, joint replacements, arthritis, spinal stenosis, or general muscle weakness. At Elders Inn, we offer Monday morning stretch, walking club, adapted exercise, strength training, balance class, spin class, and a farmer's market walk.

On Monday morning, a resident at Elders Inn can begin with a morning stretch. After spending time with family and friends on the weekend, your body can feel stiff and tight from not having your regular exercise. The morning stretch will offer an opportunity to help slowly prepare your body for the week by applying just the right amount of intensity in the class. In the afternoon, Monday through Saturday, there is an adapted exercise class that is designed to accommodate the needs of those who have extreme difficulty transferring from a seated position. Tuesday and Thursday mornings there is strength training, which offers the ability to use dumbbells for increasing strength and power in the upper body. Wednesday and Friday, we offer balance training, specifically targeting increasing strength in the hips and overall power for the legs.

In addition to the traditional exercise classes, the walking club on Monday, Wednesday and Friday offers residents who are uncomfortable walking longer distances on their own an opportunity to stretch their legs with Elders Inn/AES staff nearby to lend a helping hand if needed. Tuesday and Saturday we offer a spin class that utilizes the pedaling motion, which research has shown can be helpful in slowing the progression of Parkinson's disease. Elders Inn also has the unique opportunity to be able to offer a morning walk to the local Farmer's Market, allowing not only a chance to stretch their legs, but also an opportunity to purchase locally grown fruits and vegetables. The memory care unit at Elders Inn also offers a wide range of physical activities such as: traditional exercise classes challenging the unique needs of people with dementia and other activities including dance and spin. Heavy emphasis is placed on the use of music, which has shown to have a profound positive impact on those with dementia.

An active person has a range of diverse physical activities to help maintain an active lifestyle at Elders Inn, but for those who have trouble finding the motivation to be active in the group setting, we also offer personal training, which provides a more private intimate environment for the resident to excel in. At Elders Inn we strive to do what we can to promote an environment for the resident to be as independent as possible and offer physical activities to provide an opportunity to help keep the physical body as strong as possible, maintaining your independence.

The Christmas Pony

A family had twin boys whose only resemblance to each other was their looks. If one felt it was too hot, the other thought it was too cold. If one said the TV was too loud, the other claimed the volume needed to be turned up. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist. Just to see what would happen, on Christmas, their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse manure. That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly. "Why are you crying?" the father asked. "Because my friends will be jealous, I'll have to

read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken." answered the pessimist twin. Passing the optimist twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked. To which his optimist twin replied, "There's got to be a pony in here somewhere!" So remember, in this holiday season of hope and anticipation, that no matter how messy our lives may get, there are always ponies to be found, and love to be shared with those closest to our hearts. We wish you a very blessed and peaceful holiday season!

Waters Edge Lodge: December Special Activities

The holiday season is upon us, and the Waters Edge Lodge activity calendar is packed with all kinds of festive events. On Sunday, December 4th, children of neighboring Temple Israel will come over before lunch-time to lead the residents in singing and an art project. In the evening of Wednesday, December 7th, our good friends, the Urquhart Concert Band, are coming back to perform holiday songs in a big brass band version, to usher in the season with a real bang. On Friday, December 9th, Girl Scout Troop #32971 will be at the Lodge to provide us with vocal entertainment before dinner. The following day, Friday, December 10th, East Bay Harmony is coming, as they do every year, to share their vocal talents with us. On Wednesday, December 14th, the Lodge is hosting its annual Holiday Party extravaganza! All residents, staff, and their families are invited to join us for live music, hors d'oeuvres, and splendid company, beginning at 6:30 pm. If you've ever attended our Holiday Party before, you know that this is one event you will not want to miss! On Thursday, December 15, residents will have an opportunity to attend the Holiday Program at nearby Gardner School as their guests of honor (please sign up at the front desk to reserve your spot). On Friday, December 16th, Alameda's Chinese Baptist

Church is coming in the afternoon to lead our residents in caroling. On Tuesday, December 20th, members of neighboring Bay Farm Community Church will visit us before lunch for more caroling, along with songs to recognize the start of Chanukah later that night. As every year, the menorah in the Living Room will be lit nightly to commemorate the eight days of Chanukah. On Christmas Day, John Heleen will be at the Lodge in the afternoon to perform all our favorite holiday songs and bring cheer with his comforting presence. Here at Waters Edge Lodge, we are blessed to have many good friends and neighbors who remember our elders during these holiday times and donate their time and talents to make sure that their holidays are joyful. On behalf of all of us at Waters Edge Lodge, we wish you a blessed and safe holiday season!



Waters Edge Lodge Resident of the Month: Anna Andersen

Anna Andersen had, in some ways, a fairy tale birth. She was born in 1923 on a Danish farm, just 20 miles away from Odense, the hometown of Hans Christian Andersen. Rumor has it that it was snowing at the time. The third oldest of four boys and three girls, Anna and her family had to endure five years of Nazi occupation during the Second World War. Life during the war wasn't easy, because the war machine ate up a lot of resources and created shortages for civilians. Anna knew many people who were involved in the underground Danish resistance movement.

After the war, she worked in Copenhagen as a maid in a big villa. It was then that Anna decided that Denmark was too quiet for her, and decided to move to the United States, where she had relatives. She finally got her chance in 1949, when her relatives sponsored her to come live with them in Salinas. In 1952, Anna moved to San Francisco, and she loved the city so much she would spend the next 58 years living there. She met a Danish-American man in San Francisco; they got married and had a daughter named Monica. When her husband wouldn't stop gallivanting around with his Irish buddies, constantly leaving her home

alone with the baby, Anna declared the marriage pointless and proceeded to divorce him. She raised Monica by herself, and was able to support herself and her daughter by working in the orthodontic department of the UC Medical Center. She learned to operate an entire array of the most technologically advanced x-ray machines, and enjoyed a 30-year career there. She never re-married, since "once is enough!" She moved from San Francisco to Alameda in 2010 in order to be closer to her daughter, who now has two daughters of her own (Olivia, 19, and Audrey, 15).

Anna always loved traveling and the outdoors, including road trips and camping. Since retiring in 1988, she has taken many trips, among them to Bali, Hong Kong, and frequent visits to her native Denmark. She looks back with fondness on her little black poodle by the name of Bella. Anna has been a delightful addition to the Waters Edge community, making many friends, engaging in numerous activities, and even putting on a dancing clinic during the Veterans' Ball! It is with great joy that we celebrate the life of Anna Andersen, our Resident of the Month for December 2012.

Elders Inn: December Special Activities

Can it possibly be? December already??? Where did the year go? It seems like just yesterday the trees were starting to bloom and now the leaves have fallen. It is the Great Cycle of life being acted out in front of our very eyes and I know that all of us are grateful for all we have this holiday season. When you pick up a newspaper and read about all of the troubles in the world, we are humbly thankful for our warm surroundings at the Elders Inn.

Mark your calendars! Our annual Holiday party is Thursday, December 8th! From 6:30 until 8:30 pm, our TWO dining rooms will be transformed into a winter wonderland. In years past, we held the party in one dining room and we have decided that spreading it out will double the fun! Residents, families and friends can attend the party in either dining room or go between the two. Refreshments and drinks will be served in both venues as well as entertainment! John

Heleen, our family troubador, will be one of the musical presentations and Todd Hammerle will be the other. They will alternate between the dining rooms so no one will miss out on any fun! Please let us know how many of your family will be joining us for this annual gala!

Also mark your calendars for more musical treats. The talented choir from Alameda Christian Church has graciously offered to come entertain us with a concert of songs and tidings to celebrate this festive season. Bring your voices and join in the fun by heralding the holidays on Saturday, December 10th at 2:00 pm in the Buena Vista Dining Room. While your pen is in your hand, also mark down Tuesday, December 13th at 3:45 for a special show by Dave Alt and his amazing brass section and a very special return on Christmas Day by our own musical Santa, John Heleen at 2:00pm. Quite a lineup!

Elders Inn Resident of the Month: Georgie Lee Paul

By: David Ruttan

Georgie Lee Paul is a native of Southern California, who grew up in Venice and attended local schools. She was a tomboy as a child and never grew out of it. She lived by the ocean most of her life and was an avid body surfer—she intends to do it again when she feels better! Georgie graduated from UCLA with THREE majors—Music, Psychology and English. After college, she worked as an elementary school teacher for a year during World War II. She was beloved by her students for doing cool things like taking them to the local swimming pool and roller skating with them in the hall.

Georgie married in her mid-twenties. Paul, her husband, always said that he was waiting by the delivery

room for her to be born. He was right, because their mothers were very close friends and she determined that Paul was hers when she was just a little girl. Paul became a real estate appraiser and they settled in Hermosa Beach. Their daughter Dorothy teaches visually impaired children and now lives in Oakland with her wife Judith.

Georgie was a character actress who appeared in many plays and a few musicals. She also appeared on TV in Kojak, Mannix, The Jeffersons and other shows.

Georgie loves anything to do with the sea. She is also passionate about Native American history. She has a wide variety of interests, used to read 3 to 5 books a week, and we are delighted to showcase her as the Elders Inn Resident of the Month.

GREETINGS!

Who's that struggling person at our door? Santa? Not yet! It's the U.S. Mail delivering holiday cards to our residents!

Given the popularity of greeting cards, it's no wonder why it's a multi-billion dollar industry. The ancestor to modern greeting cards is the vintage Christmas card, which paved the way for the cards we send today, and opened the door to fun, everyday cards and thank-you notes. History in the making!

In 1843, the Christmas card was invented by a man named John Calcott Horsley, who lived in Italy. He was

hired by Sir Henry Cole in an effort to depict the desolate living conditions of the poor. The idea was to raise awareness and encourage people to help those in need. Ironically, the result was a card portraying a happy family, including a child sipping wine! Scrawled across the front of the card was "A Merry Christmas and a Happy New Year to You." This led to criticism as it was not socially correct for a child to drink alcohol. Despite this, the Christmas card was a hit and manufacturers found it difficult to keep up with the demand. By 1880, the Christmas card business was big and growing rapidly.

(Continued on page 4)

Waters Edge Nursing Home: December Special Activities

December is a busy month, filled with fun and festive activities to celebrate the holiday season. At the Waters Edge Nursing Home, we will be celebrating the Holiday season with our Annual Holiday Party at 2:00 pm on December 15. We are pleased to announce that Elvis Presley will be returning to entertain us. If your family or loved ones would like to attend, please RSVP by December 13.

On December 11, the Central Baptist Church, who offers a church ministry program on Sunday After-

noons, will be here to celebrate Christmas.

If you would like to join us for lunch on Christmas Day, please RSVP to the front desk by December 15, 2011.

On December 22, we will be celebrating Hannukkah with a special dinner. If you would like to celebrate with your loved one, please RSVP by December 12.

As always, we will continue to have live music daily at 2:00 pm. Come and see your favorites!

Waters Edge Nursing Home Resident of the Month: Zaragoza Garza

Zaragoza Garza was born on a ranch near the small village of Nuevo Leon, Mexico in 1923. Zaragoza, his mother, and four brothers raised goats and chickens, and grew corn and beans on their ranch, while Zaragoza's father worked as a carpenter, a barber and a musician to support the family. Zaragoza also enjoyed working with wood like his father. He especially enjoyed making his own toys out of wood, and his favorite creations were cars.

At the age of fifteen, Zaragoza's father became very ill and as the oldest child, Zaragoza became the head of the family. In 1938, he quit school and crossed the border into the United States of America in search of work. Like many Braceros or "strong arms," Zaragoza worked in the citrus groves of Mission, Texas. He worked during the day, and by night, he slept on a cardboard box under the trees. His job was to irrigate the orange and lemon groves, to drive the tractors and to ferry other workers to different job sites. On weekends, he worked in a small store near one of the orchards, and he sent money home to his family.

In 1950, while driving his best friend and his friend's fiancé on some pre-wedding errands, he met a close friend of the bride. Her name was Irma, and eight months later, she and Zaragoza were married. At the urging of Zaragoza's younger brother, who was living in Michigan, and with the hopes of securing a better

job, Zaragoza and Irma moved with their infant son to Detroit in 1953. He was immediately hired by Ford Motor Company, where he worked for thirty years. Zaragoza worked as an assemblyman, then as a repairman, fixing and building many different models including the Mustang and Custom Vans.

Zaragoza and Irma had three more children, and thirteen years after moving to Detroit, they purchased a house in the suburbs. Zaragoza loved the new house. He enjoyed tending the lawn, listening to baseball (Go Tigers!) on the radio, grilling burgers in the backyard, playing dominoes with family and friends, and watching his children and four grandchildren grow up. His other favorite activities are watching Spanish-language movies, and watching the Lawrence Welk Show and other variety TV shows. His most favorite hobby was, and still is listening to music, and dancing.

In 2007, Zaragoza and Irma moved to California to be near their children and grandchildren. In February 2011, Zaragoza moved to the Waters Edge Nursing Home. He continues to enjoy music and dancing and can often be seen dancing with the staff or keeping time with the musicians who play daily. We are pleased to celebrate Zaragoza Garza as our December Resident of the Month.

GREETINGS (Continued from Page 3)

(Continued from page 3)

In 1862, Charles Goodall created cards that said "A Merry Christmas" and soon, religious-themed cards followed. Mangers, the baby Jesus, and Mary and Joseph were often the subject matter. Until 1865, Americans imported the cards from England. Later that year, Louis Prang opened his own shop to print off Christmas cards. By the year 1881, he had sold nearly 30 million cards, a booming success!

Why not share some tidings with friends you haven't heard from in a while? Our staff is able to help you search for addresses and assist with sending the cards. We even have stamps available at the Front Desk. We will also be making Holiday cards in our weekly art class every Friday at 3:00 in the Webster Dining Room.

Share the holiday season with a handmade greeting card!