

# Living on the Waters Edge

Volume 3, Issue 2

July, 2006

Established in January, 1972. Now in our Thirty-Fifth Year of Providing Health Services to the Elders of the Alameda/Oakland Area.

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## Are you Drinking Enough Water?

By: Laura VanHarn

Do you ever wonder if you are drinking enough water? As we enjoy the summer months, it is important to make sure that we are drinking enough water. The minimum recommended daily intake of water for a healthy person is eight to ten eight-ounce glasses a day. You need more if you exercise a lot or live in a hot climate.

Your water intake should be spread throughout the day and into the evening. You may be thinking: If I drink this much, won't I con-

stantly be running to the bathroom?

Yes. But after a few weeks, your bladder tends to adjust and you urinate less frequently but in larger amounts.

By consuming those eight to ten glasses of water throughout the day, you could be on your way to a healthier, leaner body. If you're not drinking that much, you could end up with excess body fat, poor muscle tone, digestive complications, muscle soreness -- even water-retention problems.

The human body is composed of 25%

solids and 75% water. Brain tissue is said to consist of 85% water.

It has become a practice to regard a "dry mouth" as a signal of body water needs, which is further assumed to be well-regulated if the sensation of "dry mouth" is not present. A dry mouth is the **last** outward sign of extreme dehydration, however. Damage occurs to the body at a persistent lower level of hydration. Because of a gradually failing thirst sensation, the body becomes chronically and increasingly dehydrated.

## Adopt our Platoon

By: Peggy McCormick  
We are extremely excited to report that we are in the beginning stages of adopting a platoon of soldiers through the Adopt A Platoon program. Between the Waters Edge Nursing Home, Elders Inn and the

Lodge our commitment will be to write letters and send care packages. At this time we are accepting donations. No matter what our individual feelings are about the war, there are thousands of young men and women who are

serving our country and need our support. The platoon we adopt will benefit by suddenly having hundreds of new grandparents! And our residents will benefit greatly by being a part of something so important,

### Water

Signals of dehydration can be any of the following:

- Heartburn, stomach ache
- Non-infectious recurring or chronic pain
- Low back pain
- Headache
- Mental irritation and depression
- Water retention (ironic but true! )

Further problems often develop when the sensation of thirst urges an intake of water, and instead, soda pop, coffee, or alcohol-containing beverages are taken to quench the thirst. While these beverages contain water, they are actually dehydrating fluids. Not only do they eliminate the water contained in them, but they also cause you to lose further amounts of water from your body's reserves!

Daily Water Requirements: Drink 50-75% of your body weight in ounces. Sedentary people: 50%; Active people: 75%

### Help our Troops (cont)

sending love and making the lives of a few soldiers a little more comfortable. Donations can be dropped off at any of our facilities. Our platoon needs things like OTC medications, shampoo, deodorant, chapstick, feminine hygiene products, socks, batteries, games, greeting cards to send home, puzzle books, etc. For a complete list, contact Peggy at WEL.

### Plato: What is Justice?

By: Kathy Hanley

Plato was a student of Socrates who lived from 428 BCE to 348 BCE. Plato did most of his writing in the form of dialogues featuring Socrates and another person whom Socrates is questioning about a particular subject. Most of the dialogues revolve around a "What is..." format. In Plato's most famous writing, *The Republic*, Plato asks the question, "What is justice?" After a lengthy examination of the issue, Plato concludes that justice is when everyone in a society is able to live and work to his highest level of ability. We live in many societies, including our residential communities of Waters Edge Lodge and Elders Inn. The staff of these residences works daily to achieve justice for all of our residents. The Live Oak Project strives to empower our residents to live happy, fulfilled lives. Our Circle of Elders meetings encourage residents to be active participants and decision-makers in their community. The Rehab and Fitness Departments aim to keep residents in optimal physical condition so that they can continue to live and function at the highest level possible. However, we live in a larger society as well. There are

many justice issues facing our society today—issues related to immigrants, educational opportunities, affordable housing, and accessible health care, to name a few. As responsible citizens it is our duty to be informed and to think critically about these issues. We promote justice in our society by our thoughts and actions, by how we vote, and by how we spend our money. Like Plato, enter into a dialogue with your family and friends about these issues and do your part by working for justice in both our residential communities and society at large.

### Special Announcement

During the month of July, in celebration of American history, a replica of the original handwritten Declaration of Independence will be on display at Elders Inn. Christina Carter had the opportunity to view the Declaration of Independence in Sacramento last year when the document toured the United States. She purchased a replica and had it framed. The Declaration of Independence was adopted by Congress in Philadelphia on July 4, 1776. For all the history buffs, we will be showing "Declaration of Independence" hosted by Harry Smith at the Elders Inn. This DVD, will provide additional information about the Founding Fathers. For more information, contact the Elders Inn.

### July Brain Teasers:

What never gets any wetter no matter how hard it rains?

Answer: The Ocean

## World Tour: America

Who doesn't love July at the Waters Edge Lodge? We chase away the fog in the morning and it gives way to beautiful blue skies and puffy white clouds in the afternoon. The lagoon looks especially inviting as ducks glide on the water and quack hello to all of our active Seniors as they walk along the shore.

Happy Birthday America! We may have our share of troubles, but Old Glory sure looks good for being 230 years old! July 4<sup>th</sup> is everybody's favorite holiday and we celebrate it in grand style this month with a patriotic display as our World Tour makes a month long stop in North America.

Red, White and Blue are the colors of our month as we honor America with song and remembrances of our proud past. We will be showing patriotic movies all month and having spirited discussions at the Circle of Elders about liberty.

## July Activities

David will be taking a few days off in the beginning of July and that means that everybody's favorite Activity Director, Patrick McCabe, will be filling in for David on July 4<sup>th</sup>. We always look forward to Patrick's special blend of personal experiences and humor at the Circle and he is always welcome. Please put it on your calendar to come and say hello on the 4<sup>th</sup>.

We will be taking a short stroll to the other side of the Lagoon on July 12<sup>th</sup> to enjoy a special Chinese lunch at Harbor View Restaurant. You will still need to sign up so we know how many Residents will be coming, but since we're walking, there is no concern that we will fill the van. Please join us for yummy Chinese food and a great view!

Take me out to the Ball Game! No need to buy peanuts and Cracker Jacks as we enjoy the annual All Star

Game on the Big Screen on Tuesday July 11. Who are you going to root for? National League or American League? Pittsburgh Pennsylvania hosts this year's great tradition and everyone is invited to root, root, root for the home team and if they don't win it's a shame!

## Live Oak

Two Circles are definitely better than one! We cordially invite all Residents and Staff to the Circle of Champions to celebrate our common values. It is amazing as we learn all about each other and discover how similar we are as well as celebrating our diversity. Each week we meet in the Activity Room for half an hour to discuss a topic of mutual interest with emphasis on sharing life's experiences. Please come and join us as Residents and Staff meet to enjoy each others company. Don't forget the daily Circle of Elders every day at 12:30 where we continue to evolve into THE place to discuss any and all matters that pertain to the Lodge.

Lorraine has 5 Grandchildren and 4 Great-Grandchildren. She believe that family is of utmost importance; coming in a close second are the SF Giants, Lorraine can always be counted on to root for the men in black and orange!

GO GIANTS!!!

## Resident of the Month: Lorraine Ortega

Lorraine is a native San Franciscan, born to first generation San Franciscans in 1921. Her mother was a homemaker and her father was a produce buyer for small grocery stores. She was the youngest of 4 children and lost her mother at the age of 12 and her father 2 years later. Lorraine was raised by her oldest brother, and graduated high school. She lived with him until her marriage

to Tony Ortega in 1940. She met her husband at a teen club in St. Peter and Paul's Church. Tony used to walk her home to the neighborhood in which they both lived.

Lorraine worked at a Five and Dime store while her daughter Geri was a young girl. Then she worked at the San Francisco Macy's in Union Square in Personnel for many years.

**July Activities**

7/1: Canada Day: We will talk about why this day is special.  
 7/4: Independence Day: We will celebrate with a party in the Bay Room. We will watch the parade on TV and have a special luncheon.  
 7/16: National Ice Cream Day: Come and celebrate America's favorite dessert with Ice Cream Sundaes.  
 7/23: Birth of the ice cream cone in 1903.  
 7/27: July Birthday Party: Come celebrate our residents' birthdays with cake and ice cream in the Bay Room.

**From the Dietary Dept.**

On July 4, we will be having our American Barbecue with Hamburgers, Chicken, American Fries, Coleslaw and Apple Pie.  
 On July 11, we will be featuring Canada as our North American Country. We will serve homemade Canadian Cheddar Cheese soup.  
 On July 25, we will feature Canadian Honey Dijon Chicken, with Baked Potato, Asparagus and a Fluffy Jell-O Dessert.  
 Congratulations to Gilbert Camacho, who just became a new father to a beautiful Baby Girl. Gilbert is the newest member of our Kitchen Staff.

**Live Oak**

Please join us for our WE Team meetings on Wednesday at 2:00 pm. Residents and staff are welcome. We are connecting and learning from one another.

**Resident of the Month: Herman Fairman**

This month we are honoring Herman Fairman as the WENH Resident of the month. Herman was born in June, 1924 to Mary and Henson Fairman. He was the first of three boys.

Herman grew up with his brothers, Luther and Willie, in Brookhaven, Mississippi. They were very active in their church. Herman went to school in Mississippi, but when he was in eighth grade, he had to quit to help take care of his family.

At the age of 18, Herman joined the Army, and served for four years.

Herman married Beatrice, the love of his life. They were

married for fifty years.

Herman and Beatrice moved to St. Louis, where they had three daughters: Delores, Joann and Janet. They later moved to California, where their son, Jimmy, was born. All three of his daughters graduated from nursing school.

Herman supported his family by working as a mechanic. In 1955, he became a Maintenance man at Highland Hospital. He worked there as a supervisor for 27 years.

Herman enjoyed working on cars, and spending time with his friends.

Herman enjoys playing a card game called Whisk (which he says he will teach us).

Herman has fourteen grandchildren.

Herman is proud of his family, and loves them very much.

**World Tour: North America**

This month, the residents of the Waters Edge Nursing Home will be staying right here in North America for the World Tour. We will be studying the various countries that make up our continent including Canada, Greenland, Central America, the Caribbean, and (of course) the US.

**July Movie Schedule**

7/1: Travel the World by Train: North America  
 7/4: Yankee Doodle Dandy  
 7/8: 8 Below  
 7/15: Our Town  
 7/22: The Pride of the Yankees  
 7/28: Cinderellaman

**Happy Birthday**

7/1: Jeanne Burnett  
 7/6: Marcie Drumm  
 7/12: John Minor  
 7/13: Ellen Littrell  
 7/15: Melba Teague  
 7/29: Emily Sosa

**July In Services**

Wk 1: Hydration & the Elderly  
 Wk 2: Depression & Anxiety  
 Wk 3: Fire Safety  
 Wk 4: Communication and Culture

## World Tour: North America

How did North America get its name? It has been widely believed that the mapmaker Amerigo Vespucci was the namesake for this New World. Another belief, is that we were named after Richard Amerike, an English Merchant that financed John Cabot's voyage from England to Newfoundland in 1497. A new belief, is that we were named for a Spanish sailor, Amairick.

North America is beautiful and has many attractions for people to visit. In South Greenland, in *Qaqortog*, there is a Inuit (Eskimo) museum for all to see. Also, located in Nuuk is the Greenland National Museum.

In Canada, there is the world famous, Niagara Falls. For skiing, Whistler, is home to one of the top three resorts in the world. The United States is full of attractions; the Statue of Liberty, the Washington Monument, the White House, the Liberty Bell, Yosemite Park, the Grand Canyon, Mt. Rushmore and many others. In Mexico, you can visit beautiful Cancun and the Pyramids of Mexico City.

For the world tour of North America, we are planning a luncheon to Nations Restaurant in Alameda on Webster Street. Bring your appetites!

## Residents of the Month: Del and Lucille Anderson

This month, we have chosen to have two people as the Resident of the Month. Their names are Lucille and Ricardo (Del) Anderson. They compliment each other very well and will soon be celebrating their 35th Wedding Anniversary together.

Del, this year will be celebrating this 100th birthday. Upon his request he asked that we do not make any special celebrations for his birthday. Del and Lucille would prefer that we focus our prayers for peace, justice, compassion.

Del works at his office writing many letters. He works hard at spreading the word of God

to others. In his correspondence, he sends out love and prayers to others. Del has a newsletter that he founded and publishes, called "Spirit of Action". He is a lifelong member of "Camps Farthest Out International" (otherwise known as C.F.O.I.) which is located in Nairobi, Kenya, and dedicated to helping others.

Lucille attends some of the activities. Lucille is a kind and loving woman. She enjoys the time that she and Del have together. On her birthday, she and Del will be married for 35 years. Del and Lucille are a very loving couple.

## Special Activities

July 4: Independence Day, we will be celebrating by watching the Alameda Parade, followed by a Barbeque at Elders Inn.

July 17: 51st Anniversary of the Grand Opening of Disneyland. Celebrate Disney with ice cream in the Main Courtyard.

July 24: Parents Day, we will be celebrating with tea, apple cider and pastries. Please come celebrate with your loved ones.

## The Hug Squad

At our recent Hug Squad meetings, we have had some hot topics. We have been discussing teamwork and how everyone's role is important to the success of the community and to providing care to our residents. As a result, our resident attendance has increased and our residents look forward to coming to the meetings!

We have also broached the subject of dealing with grief. It is very difficult for our residents when their friends pass on and we also realize it is a time of loss for the employees. It is natural to be sad after losing someone that you have taken care of over a period of time. Memorials are held so that residents, family members and staff members could come together and have closure.

Please join us on Tuesdays at 2:30 pm.

## What is Physical Therapy?

Physical Therapy is basically a “hands-on” profession with the therapist working directly with the patient doing either therapeutic techniques, such as soft tissue and joint mobilization, or therapeutic exercise. However, in addition to this “hands-on” treatment, Physical Therapists may use as an adjunct equipment called modalities. The following is a list of modalities that our therapists use in the therapy departments at Water’s Edge Lodge and Elders Inn.

**Ultrasound** is literally a high frequency sound wave produced from a vibrating crystal inside a soundhead. The sound wave causes a vibrational heating of the soft tissues, such as muscles, tendons, ligaments and fascia. Ultrasound causes a much deeper heating than hot packs or heating pads and so promotes blood flow and healing in the deeper soft tissues like muscles and

tendons close to the bone.

**Moist Hot Packs** are packs containing a gelatinous material that absorbs the hot water that the packs soak in. When placed on a patient, this moist heat is transferred to the patient. Hot packs are primarily used for muscle relaxation and pain relief and are a more superficial form of heat. Heat causes the blood vessels to dilate so hot packs are also used to promote healing by increasing circulation to an area.

**Cold Packs** use cold to decrease pain and muscle spasms, and to treat acute injuries such as sprains and strains. Cold tends to cause the blood vessels to constrict and therefore is often used to decrease swelling after an injury.

**H Wave** is a form of electrical stimulation used to decrease pain and muscle spasm, increase blood flow,

increase ROM, and train muscles. H Wave is often used in conjunction with hot or cold packs.

**Light Therapy** uses infrared light to decrease pain and muscle spasm and to increase blood flow. Because of its ability to increase local blood flow, light therapy is often used to promote healing in wounds such as decubitus ulcers.

**Paraffin Bath** is a hot wax dip used primarily for arthritic and/or painful hands.

Please contact our rehab department if you feel you could benefit from Physical Therapy or to schedule a free screening/consultation. Call Kathy Hanley PT at 521-9200 ext 105 or talk to the nursing department at Water’s Edge Lodge or Elder’s Inn and ask for a referral to Physical Therapy.

## Iron Woman of the Month: Arza Maude Ralph

Arza Maude Ralph is our **Iron Woman** for the Month of July 2006. Arza was born on April 1<sup>st</sup>, 1915 in Pocatello, Idaho in her grandparents home. When she was 2 years old her family moved to Berkeley, California. Shortly afterwards they moved again to Fresno, when her father, a surveyor, was given the task of building all of the roads in Fresno County. Arza went to

Fresno State College where she earned her Bachelor of Arts degree in Public School Music. She then went on to Scarritt College for Christian workers in Nashville Tennessee to earn her M.A. in Sociology. The Southern Methodist Women’s organization owned the college at the time. This group was responsible for sending many women to missions around the world dur-

ing the early 20<sup>th</sup> century.

Through this organization Arza was commissioned to work in the Belgian Congo just before the start of WWII. However, when the war started, she was not able to go to France to learn French or proceed on to Africa. Instead she went to Middlebury College to learn to speak French in preparation for her mission and spent two (Cont. pg. 7)

## Congratulations:

Alameda Elders Communities would like to thank the following staff members for their continuing service and dedication. We couldn't do it without them! The following staff members are celebrating their anniversary during the month of July:

### 1 Year

Jessica Martinez, WE Lodge  
Adam Ramos, WE Lodge  
Alicia Elphick, Elders Inn

### 2 Years

Cherry Davis, WENH  
Arsenia Estunilo, Elders Inn

### 3 Years

Milagros Baniago, WENH  
Elizabeth Mediran, WE Lodge  
Claudia Fonseca, WENH  
Tianti Phillips, WENH  
Yolanda Gipson, WE Lodge

### 4 Years

Li Yin, WENH  
Marita Porcadas, WENH  
Edward Catamen, WENH  
Joy Hill, WENH

### 5 Years

Leonarda Villafior, WENH

### 6 Years

Antonio Salindo, WENH

### 10 Years

Leticia Gomez, WE Lodge

Lauren Zimmerman, Alameda Elder Communities

### 11 Years

Jeronika Captain, WE Lodge  
Rolando Villanueva, WENH

### Over 20 Years

Hellane Merchant, WENH,  
22 Years!

### Over 25 Years

Larry Merchant, WENH, 27  
Years!

Didi Cahiles, WENH, 27  
Years!

CONGRATULATIONS and  
thanks again!

## Iron Woman of the Month: Arza Maude Ralph (Cont. pg. 7)

additional years teaching at a boarding school in Wolf County, Kentucky.

When she was finally able to go to the Congo, she remained there for three years. During this stay Arza worked with young girls in the Batatela Tribe, which was one of the many Bantu tribes in Africa. She learned to speak Otatela, which was the native language of the tribe.

Upon returning to her home in California, she was asked to speak about her experiences in the Congo at many Methodist Church functions in California. She met her late husband William Ralph at one of these events, in Oakland. They were married in 1949 and moved to Berkeley and where they remained for 48 years. William was asked to take over a small parish in

Vallejo and Arza became the choir director and organist. She also gave one sermon a month. Arza and William had two children, William Edgar and Arza Elizabeth. So far, her daughter Arza has given her two grandsons.

When her husband William passed away in 1997, Arza moved to Elders Inn. She also sought a local spiritual community and joined Twin Towers Methodist Church, here in Alameda. Arza sings in the choir every Sunday and she was recently asked to give a lay sermon. Arza maintains a extensive yearly travel schedule, which takes her around the United States and on an occasional international adventure. You would not suspect that someone with a history of several lower leg injuries who must use two

crutches to walk could keep such an active schedule but she does. How? She works out at least 5 days a week. Her goal is to continue to travel and remain active in the church choir every Sunday. To accomplish this, she must do strength and balance exercises, which have been specifically designed for her by Dr. Laura VanHarn, our Wellness Director. Laura remarked "One only has to look at the strength and character of Arza's past accomplishments to understand why she is so successful at being able to participate in a full and active life today".

Congratulations, Arza, you are truly inspirational and our Iron Woman for the Month of July 2006.

**Alameda Elder Communities**

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Edited By: Sabrina Britton



*A continuum of Caring, since  
1972*

*Waters Edge Nursing Home  
Waters Edge Lodge-011440777  
Elders Inn-015600526  
Alameda Elder Services*

*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 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 the unique and peaceful setting of the Lagoon at Harbor Bay. Offering 102 suites providing seniors with a warm and familiar homelike setting, the Waters Edge Lodge allows residents maintain and independent and active lifestyle. Alameda Elder Services and the Elders Gym 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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