

# Living on the Waters Edge

Volume 3, Issue 1

June, 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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## Does Weather Affect Your Body?

By: Kathy Hanley, PT

During my 30 years as a practicing physical therapist, I have heard many patients relate increased or decreased pain or aching in their muscles or joints with weather changes. I sometimes felt that my patients were better weather prognosticators than the meteorologists on TV. I recently had the same experience. I play tennis two to three times per week and usually feel some shoulder or knee pain while playing. Recently, I went to Palm Springs to my delight I was able to play tennis without

any pain.

Does weather really affect your body? The ancient Greeks noted the effect of “hot and cold winds” on pain and illness 2, 400 years ago, and folk wisdom says people, especially older ones can “feel the weather in their bones.” Some scientific studies have shown weather-related effects on the body while others have not. For those who are sensitive to weather, *changes* in weather seem to affect them the most.

In particular, the following weather factors may contribute to aches and pain:

**Barometric Pressure:** This is the weight exerted by the air around us. Rapidly falling barometric pressure generally signals the onset of stormy weather and is believed to have a strong correlation with the potential for feeling aches and pains. It has been suggested that changes in barometric pressure may affect the pressure within joint capsules, thus accounting for pain with weather changes.

**Humidity:** This is the amount of water vapor in the air. An increased humidity can lead to more

## Live Oak—An Inspiration

By Patrick McCabe

Live Oak is alive and well at all three facilities. The Circle of Champions meet regularly once a week in each home. Ann Myren, a resident at Elders Inn, suggested on the topic of inspi-

ration, that we ask each staff person and resident who were present in the Circle the questions: “Who and What Inspires us.” Great input followed and everyone shared very well. It was a revealing and interesting session.

Barry and Debby Barkan also participated. It was good to see Barry and Debby back again. Our hearts go out to Barry for great healing.

The same topic was shared at the Circle

aches and pains. Some research suggests a correlation between dry, cold air and migraines.

**Temperature:** Low temperatures may make circulatory conditions worse and may contribute to arthritic joint pain and stiffness.

**Wind:** Wind can carry pollution and allergens far distances, thereby affecting people with allergies or respiratory ailments such as asthma.

Doctors who specialize in chronic pain sometimes suggest that people keep a weather and pain diary to establish a possible relationship between the two. This might be a fun activity to try and see how weather affects you.

### Live Oak: Inspiration

of Champions at the Lodge with even more diverse sharing.

TEAMWORK was the topic suggested by Christina Carter, the Administrator of the Elders Inn. That too led to sharing new ways of building community.

Come along to the next Circle of Champions (Residents and Staff) at the Waters Edge Lodge Thursdays at 1:30 pm, the Elders Inn Tuesdays at 2:30 pm, and Waters Edge Nursing Home on Wednesdays at 2:00 pm.

## Socrates: An Unexamined Life

By: Kathy Hanley

As mentioned in last month's newsletter, Socrates spent his adult life questioning people about the issues he felt were most important to the human experience—things such as justice, courage, wisdom, beauty and friendship. Regarding each of these, Socrates would ask, "What is it?" This would lead to a dialogue between Socrates and his respondent. The dialogue would go on until a satisfactory definition emerged. To this day, this method of learning via question and answer is called the "the Socratic method." Socrates believed strongly that knowledge is virtue. In 399 BCE, Socrates was tried on charges of impiety and corrupting the youth of Athens. He was sentenced to death. Although he had friends who could have arranged a jail escape, Socrates chose to stay and accept execution rather than renounce his teachings and beliefs. His

### June Brain Teasers:

1: What state is surrounded by the most water?

2: They call me a man, but I'll never have a wife.

I was given a body, but not given life.

They made me a mouth, but didn't give me breath.

Water gives me life, and sun brings me death.

What am I?

student, Plato, documented Socrates' death from drinking hemlock in his work, *The Last Days of Socrates*.

Socrates felt so strongly about leading an examined life that he was willing to die for it. Socrates involved all types of people in his discussions including slaves and ordinary craftsmen to generals and politicians. He believed that everyone, not just philosophers, has the ability to examine life and reap the benefits from doing so. In his view, leading the examined life makes people happier, more complete human beings. During his trial, Socrates stated, "An unexamined life is not worth living."

Is your life unexamined? Do you think in depth about your life or do you just spend your days in a mindless series of routine events? Being self-reflective about our lives is an important part of the human experience. Think about your life: What have been the most important things in your life? What does it mean to be in a community with family and friends? Do you strive to lead a life of justice and integrity? Do you see beauty in every day things? Follow Socrates' advice. Make your life happier and more fulfilled by examining your life to see where you have been and where you still want to go. You will be a better person for the efforts.

man

Answer: 1: Hawaii; 2: Snow-

**June Activities**

Don't forget to vote on June 6<sup>th</sup>. The Lodge is your polling place. We will have voting booths in the Café all day!

Dads get equal time this month as we celebrate Father's Day on June 18<sup>th</sup>. To honor our hard working and understanding Fathers, we will be having a special lunch on **Wednesday, June 15**. Join us for a cold beer and a hearty sandwich!

June 21, 12:30 pm, talk on Common Cardiac Problems.

We will be celebrating the Fourth of July a little early this year as the Urquart Concert Band, will entertain us in the outside Courtyard with an hour of Patriotic and Popular music. Mark your calendars for Wednesday, June 28 at 7:15 and salute Old Glory.

**Resident of the Month: Jane Palmer**

Jane was born 99 years ago in 1907 on a farm in Tennessee. She had 2 brothers and 1 sister and attended schools locally. She moved to Michigan and was married for 24 years to her first husband, a Vice President of the US Rubber Company based in Detroit. She helped raise her 2 nephews, Barry and Gene. After the passing of her first husband, she remarried and moved to Florida with her second husband and they enjoyed 30 very happy years together until his passing. She then came to Alameda to be closer to her nephew Barry.

Jane likes to tell the story about her Godly Mother raising her in a Baptist home so she will be ready for Heaven when that day comes.

Jane played golf for over 60 years and loves to watch all sports, especially Golf. She also keeps in touch with World Events on CNN.

She will celebrate being 100 years young in March 2007. Jane's message to all of us is "Smile and always dress well".

**Tai Chi**

*Tai Chi is coming to Water's Edge Lodge.* Thomas Devine, a long-time Tai Chi practitioner and instructor, will give a talk on Tai Chi to the Circle of Elders on Thursday June 6 at 1 PM. Come learn about Tai Chi and try a few simple exercises to see if it's something you'd like. Recent studies have shown that Tai Chi is one of the most effective methods possible for improving balance in the elderly and often works better than more sophisticated balance training equipment. Regular Tai Chi classes will begin at Water's Edge Lodge on Tuesday and Thursday mornings at 9 AM in the living room starting Tuesday June 6.

**World Tour: The Mediterranean**

We must be doing something right! Our beautiful weather and the surrounding gorgeous lagoon makes the Waters Edge Lodge a very special place. The month of June is especially awesome and all eyes are watching the ducklings and other birds float effortlessly on the water in front of our very eyes.

We will be heading south this month for Central and South America---land of jungles, the Bossa Nova, beautiful beaches and charming people. Our display will be filled with interesting items from this most fascinating part of the world

and discussions and movies will entertain and educate us about this timeless land.

**Live Oak:**

The Circle of Elders continues to grow and all are welcome Monday through Friday from 12:30 until 1:30 in the Living Room. From the opening greeting of a hearty handshake by David to his customary lousy joke at the end of the hour, it is a wonderful hour of communication, camaraderie and fun for Residents and Staff alike. Bring your ideas and opinions to the Circle!

Thanks to Lodge employee Rosie Mendiola who emotionally spoke at the Circle of Elders on Friday May 5<sup>th</sup>. Rosie told an appreciative audience about the struggles that her family had when they came to America and how important the Immigration issue is to many people. It was a splendid way to celebrate the freedom that Cinco de Mayo represents to the Latin community.

**June Activities**

June 6: National Yo-Yo Day. We will be having a Yo-Yo competition for all the residents.

June 8: Brazilian Luncheon

June 14: Flag Day, what is Flag Day? How, when and why did this day become a national holiday. We will have a group exercise and discuss the history behind the day. We will also have a special luncheon.

June 18: Fathers' Day, Come and Join us for a Fathers' Day celebration in room 308. We will also be having a discussion group in the Community Meeting about the history behind Fathers' day. We will also have a Fathers' Day Luncheon.

June 19: Juneteenth, we will have a discussion as a group about this day, the history behind it, and what it means.

June 21: Summer Begins today. "Thanks for Brightening our day!"

June 29: Special Brazilian Luncheon.

**June Movie Schedule**

June 3: Travel the World by Train: Central America  
 June 10: Monster in Law  
 June 17: Fathers' Day  
 June 24: Titanic

**Resident of the Month: Walter Hubbard**

Welcome to Walter "Buddy" Hubbard, who has been living at the Waters Edge Nursing Home for the past two months.

Buddy was born in November, 1922 in Houston, Texas. He had one older sister named Doris, and a younger brother David.

Growing up, Buddy enjoyed playing hop scotch and jump rope with his sister. He had a wonderful parents, and a happy life with his family.

Buddy married Viola Pearl, but they never had any children.

Buddy was in the Navy for twenty years. After the Navy, Buddy worked with Motor

Trucking, and has been to several different places including the Philippines, Phoenix, and many other states.

Buddy loves to eat an food, as long as it tastes good. His favorite hobby is playing the piano, which he does to entertain some of the residents.

He loves to travel, and moved here to California because he was stationed here in the Navy.

Buddy is sweet, fun and friendly. We are lucky to have him here with us.

Buddy would like to thank all of his family members and friends. He is also grateful to the staff for being so kind.

**World Tour: Latin America**

Central and South America offer a truly enriching visit with beautiful landscapes, tropical rainforests and abundant wildlife, remote coasts and mysterious civilizations. A Central America tour can take in the Incan ruins of Machu Picchu, the Caribbean beaches of Costa Rica, and the much more.

**The WE Team**

Our group now includes more residents, staff, and Patrick. We send our best wishes to Barry as he heals. We send him our thoughts and prayers for a swift recovery. Please Join us on Wednesdays at 2:00 pm in room 308.

**June In Service Schedule:**

Week 1: HIPAA  
 Week 2: Keeping the Mind Active  
 Week 3: Skin problems  
 Week 4: Hospice

**Happy Birthday**

6/10: Shirley Claussen  
 6/14: Lena Looney  
 6/14: Michael Mastoras  
 6/17: Beulah Neiger  
 6/18: Max Shaiken  
 6/19: Evelyn Lowell  
 6/20: Helen Medved  
 6/20: Herman Fairman  
 6/25: Fay Willis  
 6/26: Lawrence Rubin  
 6/27: Margaret Moreira  
 6/28: Elizabeth Borton

## 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 pe-

riod of time. Memorials are held so that residents, family members and staff members could come together and have closure.

The Hug Squad meetings continue to bring forth interesting topics and ways to im-

## World Tour

The World Tour this month is Latin America. We will be planning a special luncheon to the new Mexican Restaurant, Otaez, just down the street from the Elders Inn, on June 27, 2006.

## Special Activities

June 2 & 3: The Jewish holiday, Shavuot begins.

June 6: The twelfth annual Banana Split Festival. To help commemorate this, we will be celebrating with a Banana Split Party on the Patio. We will be serving a variety of ice cream with all the trimmings. Musical entertainment will be provided by Karl, the accordion player. So come for the music and the ice cream, or just come listen to the music and enjoy the sunny weather.

Fathers' day is June 18. We will be having a barbecue on June 16 to celebrate. Families, friends and mothers are invited to attend. We will be having musical entertainment.

## Summer Safety

By: Janean Hamilton, R.N.

As the days become longer and the temperatures soar we have a tendency to spend more time outdoors at picnics, walking, or sunbathing. Getting fresh air is a definite benefit to our health but we need to take precautions if we are going to be spending an extended amount of time in the sun. The first thing we can do is apply sunscreen to all exposed areas. An SPF of at least 30 is recommended.

When we get overexposure to the sun and become sunburned. Not only is it painful but it can heat up the body temperature which thickens the blood and cause a variety of problems depending on the

severity of the sunburn. Also over exposure to ultra-violet rays can over time cause a variety of skin cancers. Elderly persons, small children, people with chronic illnesses, those on certain medications or drugs (especially tranquilizers and anticholinergics) and persons with weight and alcohol problems are particularly susceptible to heat reactions. Especially during a heat wave where a normally moderate climate prevails.

Some Heat wave and summer safety tips:

**Slow down.** Strenuous activities should be reduced during extreme heat .

**Dress for Summer** Lightweight, light colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.

**Drink plenty of Water** Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.

**Wear a hat** wearing a hat will help to protect the top of the head and face from becoming sunburned.

Fun in the sun is important for all ages. Exercise and fresh air are keys elements to a healthy outlook on life but just remember to be safe and smart when spending time outdoors.

Tai Chi is a centuries-old system of exercise that is originally from China. The movements of Tai Chi are slow, circular and gentle. You can think of it as a slow-motion choreographed dance routine that takes some time to learn. Originally a philosophical martial art, Tai Chi was based on the theory of Yin and Yang, or complimentary opposites. Tai Chi is now mainly practiced in China as a way to achieve good health. Many studies in China and the U.S.A. verify the health benefits of practicing Tai Chi regularly, including improved bal-

ance and lowered blood pressure.

There are 5 main styles of Tai Chi in China, and many variations within those styles. Fundamentals that are the same regardless of style are:

1. Circular or Curved Movements
2. Slow and Relaxed (avoiding unnecessary tension) Movements
3. Continuous Movements that are without pause.
4. Upright Posture (with the waist as the central axis)
5. Deep Breathing in harmony with the movements
6. Coordination of all body

parts

For seniors, it is important to adapt exercises to suit your ability level. This includes adapting your practice of Tai Chi. Many of the basic movements can be done while sitting in a chair. As my Tai Chi teacher (who is 85 years old) says, there is nothing magical about Tai Chi. The benefits come from daily practice over time (just like other forms of exercise). One of his favorite sayings is "Persistence is victory". By persisting in the correct practice of Tai Chi we can learn the true meaning of balance in our lives.

## Iron Man of the Month: Fred Volz

By: Tom Devine

Fred Volz is our Iron Man for the Month of June. Fred moved to Elders Inn one and 1/2 years ago and as soon as he did, he discovered the gym. Fred has been working out 3 to 5 days a week and has logged an impressive 200 workouts in the last 15 months. Fred is 92 and has had both knees and one hip replaced. I would say he is truly a man of steel, not to mention all the pounds of steel he has lifted in his workouts, so far.

Fred loved to sail for sport and fun in his younger days. If anyone has done any sailing, they know it takes a great deal of strength, endurance and quick thinking to control a sailboat. Sailing is also very

technical and requires a vast knowledge about the equipment on the boat and navigation of all types of waters. Maybe that is why Fred has mastered the weight machines and can navigate through all of his exercises without assistance with such good form.

Fred was born in Indiana but moved to San Jose when he was a young boy. He said he had several careers but ended up making most of "his buck" as a realtor. He lived in San Jose with his second wife, Ruby until they both came to Alameda to live at Elders Inn in 2004. Ruby was here with Fred for 3 months before moving to Alameda Care. Fred took the shuttle 3 days a week to see her. I was surprised to see him the day after

she passed, on March 18<sup>th</sup> this year, but he insisted that his workout routine was the thing that would keep him going, because seeing Ruby and working out were the best part of his week.

Fred has four sons by his first wife, Fred Jr., Dick, Steve and Doug. The boys, as he calls them, live in the Bay Area and are all very proud of their father's regimen of working out and enjoyment of his life here at Elders Inn.

Congratulations, Fred, you are truly and inspirational Iron Man for the Month of June 2006.

## 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 April:

### One Year:

Olivia Chung, AEC  
Lisette Nieves, WE Lodge

Carlette Johnson, WENH

### Two Years:

Connor Lonsdale, WE Lodge  
Jose Rojas III, WENH  
Monica Johnson, WENH

### Three Years:

Daine Ambegia, Elders Inn  
Ryann Dichoso, WENH  
Evelyn Joson, Elders Inn

### Four Years:

Edgardo Bautista, AEC

Guillermina Ramos, WEL

### Five Years:

Victoria Sanchez, Elders Inn  
Evangalina Garcia, WE Lodge  
Annalu Tanjuakio, WENH  
Edith Russell, WENH

### More than Twenty Years:

Darnelle Zimmerman, AEC  
27 years

Congratulations...

## Water Edge Lodge Gym News: Walking Group

By: Peggy McCormick

Now that the rainy days seem to be over people have an extra hop to their step. There are more smiles blossoming along with the flowers. And, we are getting out more often and enjoying our beautiful surroundings. It's the perfect time of year to start participating in the Walking Group offered at the Lodge on Tuesdays and Thursdays at 1:30pm.

There is so much to see along the lagoon, including the 8 new baby ducks born recently. They have grown so fast and are now teenagers. We enjoy stopping and admiring the flowers, our neighbors gardens and the refreshing breeze that blows through the trees along our walks. And of course there are the squirrels, who upon thinking you have some morsel for them, will sit on their 2 hind legs and pose for you.

The water and wildlife aren't the only things to see and do here. Often we will walk along the shops, browsing at the jewelry in the window or exploring the gift shop. If people have things they need to pick up at Safeway or Longs we will stop there, and run their errands.

It is very important that if you join the walking group you have good walking shoes on. The pavement in this area is uneven. There may be obstacles like tree branches, bicyclists, dogs or even squirrels and ducks. Quack! Quack! Having the proper shoes on will give you the added support you need, as well as stability on the pavement and extra confidence in your stride. So before you join the walking program, please make sure you have the proper shoes.

Finally, as the temperature outside heats up it is vital that all of us stay hydrated. Most

people don't drink enough water and think that their coffee, tea, juice or other liquids are just as efficient in hydrating the body. But that's not true. Juices are usually very high in sugar, which is the last thing we need one a hot and humid day. And coffee and tea can actually dehydrate us even more.

There is no substitute for water. If you don't like tap water, keep a large water bottle in your fridge so that you have access to nice cool water anytime. Try to carry a small plastic water bottle on your walks and be sure to drink plenty of water before and after exercise.

There is a saying amongst exercise enthusiasts that goes something like this, "More water in, more water out". While it may feel like you are filling your body with too much fluid, water will help flush out your system and keep it running efficiently.

**Alameda Elder Communities**

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*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 a unique and peaceful setting on 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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