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*A Continuum of Caring,
Since 1972
Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services
Rehab Agency*



Alameda Elder Communities
801 Island Drive
Alameda, CA 94502

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 which provide seniors with a warm and familiar homelike setting. The **Waters Edge Lodge** allows residents maintain and independent and active lifestyle. **Alameda Elder Services Rehab Agency** 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 Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.

Alameda Elder Communities

Living on the Waters Edge

Volume 3, Issue 12

June, 2007

Established in
January, 1972.

Now in our
Thirty-Sixth Year of
Providing Health
Services to the
Elders of the
Alameda/Oakland
Area.

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Exercise: Good for the Body, Better for the Brain

By: Charlene Britton

We have medicine to lower blood pressure, relieve chronic pain and heal rashes. All the medications we have help improve the quality of our lives. The question is how do we help slow down the aging process not just for our bodies but also for our brains? For years scientists have been studying the slowing rate of the human brain and ways of trying to prevent the development of cognitive diseases such as ADHD and Alzheimer's Disease.

During the past 30 years, the rate of di-

agnosed cognitive diseases has grown enormously causing scientists to study exercise and the brain in an effort to find a link between exercise and brain power and as well as the prevention of cognitive diseases. We are all aware of the classic stereotype of the "dumb jock," but studies have shown that an increase in aerobic exercise increases the production of chemicals in the brain called brain derived neurotrophic factor or BDNF. When a person regularly works out they build up their production

of BDNF. Nerves begin to grow and separate to reattach themselves to other nerves. This process is called learning. Whenever a human child, adult, or elder, learns a new fact their nerves branch out leaving more room for knowledge. With exercise there is an increased production of BDNF which allows more room for knowledge.

UCLA neuroscientist Fernando Gomez-Pinilla has conducted a study on rats. All of the rats were running on a wheel for weeks. To test the reaction,

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What's Your Excuse?

By: Kathy Hanley, PT

In my many years as a Physical Therapist, I have heard every excuse for why someone can't or won't do regular exercise. The following are some of

the more popular excuses and my responses to them.

"I don't have time." How much time do you spend watching TV every day?

"I don't like to ex-

ercise." Exercise can be anything from walking, to dancing, to exercise classes, to working out on a weight machine. Find something you like to do and find someone to do it with. Exercise can

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What Makes you Smile?

By: Peggy McCormick

Do you remember your first kiss or your first love? What about the day you were married? Or the day your child was born? Your smile went from ear to ear. The sheer ecstasy of that moment was unlike any other. Joy and love filled your life. There are so many recollections that make you smile. Like the time when you earned your drivers license, or the moment when you crossed that stage and collected your diploma? What about cashing that first paycheck? At that moment you felt so proud of your own ac-

complishments. What about the time when you gave a special gift to someone who you loved? How did that make you feel? No matter what the memory, we all can remember a special point in our lives that made us happy.

Now is a new chapter in your life. You're living with other seniors who share the same fond memories. Like you, they too have stories to tell about family and friends whom they love. Get to know your neighbor and their background. You might find that a person who sits at your table dated your younger sister, or

a member of your exercise class was in your high school class. All it takes is a friendly smile, a warm hello, and you might find that the conversation flows. If you see someone in a crabby mood, give them a smile. It might make their day.

Love your neighbor. I encourage all residents to attend Happy Hour; listen to our talented performers; participate in art class; go on outings; exercise with Peggy; but most importantly live life to the fullest and just smile.

Exercise: Good for the Body, Better for the

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half of the rats were left alone, while Gomez-Pinilla blocked the chemical effects from working out in the other half. He then tested the rats not physically, but mentally, to see how exercise affected their wits. The rats had to find a hidden object underwater. The rats that were left untouched completed the course with ease but the ones that were chemically or BDNF deprived struggled to complete the course.

Most people are able to maintain a constant level of BDNF but, as they age, their level of BDNF decreases. As this happens, their neurons begin to die. Just recently, scientists

have discovered that the loss of BDNF is not necessarily permanent. An increase in exercise boosts the production of the chemical BDNF causing brain function to increase. Although once a person has developed Alzheimer's, it is sometimes too late, as it becomes harder for a person to be put in an exercise program and the damage in the brain might already be permanent according to Professor Charles Hillman at the University of Illinois. Although his theory might be true it is just one idea. There is still hope for those who have the early signs of Alzheimer's. Scientists are now working on capturing the powers of working out into a pill so all those who are unable to work out will be able to maintain their brain func-

World Tour Answers

- Answers:
1. Mount Pulog
2. Davao City
3. Negros Occidental
4. The yo-yo
5. Carlos Romulo
6. Estimated at 4-5 million

WE Lodge Straw Poll

Question: If the presidential election was being held today, who would you vote for?
Answer:
1. Hillary Clinton (D) -12
2. Barack Obama (D) -5
3. John McCain (R) /John Edwards (R) -4
4. Rudy Giuliani (R) -2
5. Wesley Clark (D) -1
6. Bill Richardson (D) -1
7. Mitt Romney (R) - 1
8. Dennis Kucinich (D) -0
9. Newt Gingrich (R) -0
(D) Democrat: 24
(R) Republican: 7

Iron Person of the Month: Mildred Whitlow

When I first learned that the aunt of Grace Owdom, a resident here at the Lodge, was going to move here I didn't know what to expect. We sometimes have couples or siblings join our family, but rarely an aunt or uncle. Grace explained to me that her aunt, Mildred Whitlow, was 102 and just now beginning to feel her age.

Mildred has been a resident of Alameda for 25 years., but prior to that, she has lived an extraordinary and adventurous life. She was born and raised in Iowa on a farm and was not afraid to work hard at the many chores she had to perform. In 1944, she and her girlfriend Maggie had a taste for adventure and decided to move overseas. After living in Hawaii for a year and working as a stenographer for the U.S. government for 3 years in Japan, Millie and Maggie decided to hop aboard a freighter bound for Germany. They were at sea from the months of July through October. In order to keep themselves entertained for the long trip, they brought a case of liquor aboard and proceeded to drink the first mate under the table. Apparently, he refused to

drink with them again!

Millie has also lived in Dallas, in the Marina District in San Francisco and in Oakland. And while working as a stenographer most of her adult life, Mildred has always had an adventurous and curious side. She says today that she still cannot believe she has lived the life she has lived.

When Millie retired, she started walking everyday, took buses daily and hauled her groceries herself. She remained fit and active and decades younger than her biological age. Since moving into the Lodge, she has become a very popular member of our fitness program and enjoys attending the group exercise classes. I do believe her presence in our program has motivated a great many people to keep pushing, keep attending and strive for a more active life.

While her favorite form of exercise is walking, Mildred also enjoys lifting weights. She may not have the endurance she once had, but this very fit Centarian can be seen doing overhead presses and bicep curls in class and makes everybody push just a little bit harder.

Iron Person (Cont)

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accompanied by his aide. The aide saw Ethel working and was smitten at first sight. He asked to meet her. Ethel was busy for 2 months, working the 3-11 shift. He waited. The big first date was at a bar (she didn't drink); they both ordered cokes.

Soon he left for a year at sea. He was at Pearl Harbor when it was bombed and received a medal for bravery for rescuing a fellow seaman. Upon his return they married and he returned to Hawaii and wowed her with a fantastic honeymoon.

That was, however, her first and last wow. Harold changed his personality immediately upon return. Ethel stuck it out. There were some good times, naval assignments at Treasure Island, San Diego, Guam, and eventually Alameda.

Ethel just celebrated her 100th birthday in March. She walks up and down the patio & the hallways, and is a regular exerciser. She is very limber, as proof her exercising is paying off. Yes, she does use a walker, but this is a very healthy woman!!

Alameda Elder Communities: Thank You to our Valued Staff

Alameda Elder Communities would like to thank the following staff members for their continuing service and dedication. We couldn't do it without them.
1 Year
Eden Park, WENH
Marcus Johnson, WE Lodge
2 Years
Carlette Johnson, WENH
3 Years
Jose Rojas, III, WENH

Monica Johnson, WENH
Peggy McCormick, AES
4 Years
Daine Ambegia, Elders Inn
Ryann Dichoo, WENH
Evelyn Joson, Elders Inn
5 Years
Eddie Bautista, AEC
Guillermina Ramos, WE Lodge
6 Years
Victoria Sanchez, Elders Inn
Annalu Trnjuakio, WENH

Edith Russell, WENH
More than 20 Years
Darnelle Zimmerman, 28 years!

Special Activities

June 12--Ice Cream Social @2:00 pm. Music with Karl on Accordion.
June 14--Flag Day. Show pride of United States. Staff and Residents to wear Red, White and Blue
June 15--Father's Day BBQ in the Main Courtyard @ 12:00 pm.
June 20--Root Beer Floats at Happy Hour with Glenn on Piano. Celebrate Summertime!
June 27--Special Band Entertainment in Main Courtyard @ 7:00 pm.

At the Movies

June 2--Celebrate the birth of the Superman Comic Books with the Superman Movie @ 2:30 pm.
June 9--Dean Martin's Birthday. We will be showing a Dean Martin movie @ 2:30 pm.
June 16--South Pacific @ 2:30 pm.
June 23--Father Goose @ 2:30 pm.
June 30--Spiderman Movie @ 2:30 pm.
All movies are shown in the Buena Vista Lounge

In Service

At our Circle of Champion meetings, we have been focusing on growth and development. We would like our residents to have a voice and provide input to enrich their lives. To achieve this, Elders Inn is conducting a monthly activity review at the Circle of Elder meetings. We will review the monthly calendar with our residents and get their input on which activities they liked and which ones they didn't. The goal is to continue to be resident-focused.

Resident of the Month

Helen Bartholow was born on August 27. In her adult life, Helen spent many years as a Registered Nurse. Helen worked as a nurse in the Alameda School District, Alameda Hospital, Alta Bates and UC Hospital. As a nurse for Lincoln School, Helen recalls a time when a student jumped from the second floor to the first floor and **lived!**

Helen also traveled to Europe and piloted her own plane. Helen's hobbies include reading mystery books, knitting, crocheting and she enjoys talking with people. Helen, she will try anything once!

Helen has two sons. She also had two husbands, she loved them both very much. Helen is such a remarkable person and her family is great.

Iron Person: Ethel Leonard

By: Jacqueline Fay

Being an Iron Person at Elders Inn doesn't just start with gym use or morning exercise class. It starts long before that, possibly at birth. Ethel Leonard started this interview saying, "At 15, I walked away from home." It would have been 1922 in Ohio City, Ohio. As she walked, she found a penny, a symbol of good luck; then she sold a light bulb for 25 ¢.

At the next town, there was an employment agency but it was close to closing and the woman would not help her. Just then, a woman walked in who needed care for her mother. That job lasted 3 months. Then she took a job at a restaurant for a whooping big \$10.00 a week. The YWCA was \$4.00 a week so she was able to save \$6.00 a week. They loved her there but soon her brother found out and came in to charge his meals on

her account. Time to move on!

She moved to Indiana, Notre Dame county, and found a job in the Catholic hospital associated with the university. The Mother Superior noticed her good work and compassion and asked if she would like to enter the nursing program. She said yes, and upon graduation, passed her final nursing examination.

She left Indiana soon after and took the Greyhound bus to Chicago. Her first job was in a Lutheran Hospital, a dilapidated building that needed to be torn down. However, a new hospital was being built, which also paid more salary (all of \$125.00) per month. Her room was \$10.00 a week. She would ultimately spend 30 years as a nurse there.

One Sunday evening an officer from the Great Lakes Naval Air Station came into the hospital

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What's your Excuse? (Continued)

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and should be fun; sometimes you need to be creative.

"I get so busy I forget to exercise." Make exercise a regular, scheduled part of your day and week. Put aside time specifically for exercise and stick to it.

"My hip/knee hurts so I can't exercise." Actually, reasoned exercise is the best thing for arthritic joints. It keeps them flexible and strengthens the muscles that support the joint. Many studies have shown that regular walking and exercise actually help to *reduce* joint pain.

"The last time I tried to exercise I couldn't move the next day." Many people overdo it on their first exercise attempts and so are sore or painful the next day. Some soreness is natural after starting a new type of exercise but pain means you overdid

the exercise or did it incorrectly. Always start slowly and build up the exercise regime over time.

"I never exercised before in my life; I'm too old to start now." You are never too old to start exercising. People in their 80's and 90's have started exercising for the first time in their lives and love it. Try it and see what you've missed all these years. Your body will thank you for it.

"I'm old and tired; I've earned the right to just sit and do nothing." Sitting and doing nothing leads to muscle weakness, stiff joints and balance problems. Like it or not, life involves movement, whether it be walking from one place to another, reaching for something you need or just normal activities of daily living such as dressing and bathing. All these will become more difficult if you "sit and do noth-

ing." Life will become more of a struggle than a joy.

Residents at Waters Edge Lodge and Elders Inn are doubly blessed with having access to both Fitness and Rehab programs. If you have pain or serious medical or balance problems, consider seeing our Physical Therapist who can work with you on these problems. If you just haven't exercised for a while or don't know where to start, talk to your facility Fitness Coordinator: Peggy at Water's Edge Lodge and Jackie at Elder's Inn. Your therapist or trainer can ensure that your exercise program is done in as safe and efficient manner as possible.

Exercise is good for your health, good for stress, good for weight reduction and good for overall well-being. So stop making excuses and start exercising. You'll be glad you did.

World Tour: Pacific Islands (See page 2 for Trivia Answers)

From Central and South America, the World Tour now takes us west to the Pacific Island region of the world. From the exotic fauna of Australia, to the country with the world's largest Muslim population (Indonesia), this part of the world boasts an amazing diversity of both nature and culture. In addition to our regular lineup of riveting documentaries and scrumptious theme meals, there will

be special festivities around June 12, the Independence Day of the Philippines, which is the homeland of many of our staff.

- Trivia:
1. Mount Apo is the highest mountain in the Philippines. What is the second highest mountain?
 2. What is the largest city in the Philippines by area?
 3. Which province in the Phil-

- ippines has the greatest number of cities?
4. Which popular toy was invented by 16th century hunters in the Philippines?
5. Who was the first Asian to become United Nations President in 1949?
6. How big was the crowd in Luneta Park in Manila in 1995, when Pope John Paul II made the Guinness Book of World Records for largest papal crowd?

Live Oak

The momentum continues to build for the Circle of Elders every weekday from 12:30 to 1:30 in the Living Room. Residents now have the pleasure of hearing not only David Ruttan, but Patrick McCabe and David Ballerini as well! Each of the Staff brings a special touch to the Circle and with the addition of Key Staff joining in to answer questions about their area of expertise, the Circle is now, THE place to be to get your questions answered. Come join us as we change the world one step at a time by empowering Elders to have a say in their environment!

World Tour: The Pacific Islands

It's a wonderful Summer now and the weather is warm at our beautiful Waters Edge Lodge. Life seems to be going a little bit slower at this time of year. Ducks glide aimlessly on the Lagoon and the birds in the sky make us want to take flight with them. Let's hop aboard one of those gorgeous Canadian Geese and whisk ourselves off to the Pacific Islands of Hawaii, Tahiti and all of the other little Gardens of Eden and lay in the sun all day!

We will be having a beautiful display of Island art on the World Tour this month as Patrick and Dave Ballerini collaborate to create an attractive area to learn about this fascinating part of our world.

We had the most wonderful Mothers Day lunch on Treasure Island last month and now it's time to honor our Dads with a outing for lunch on Friday, June 15. We will be going to The Englander in San Leandro for some delicious "pub" food and a cold beer or two. Please sign up at the Front Desk as this outing is very popular and we don't want anybody to miss out! We'll leave on that day at 11:30am sharp!

Both Dads and Moms are invited on Thursday, June 14 as we celebrate the cuisine of Hawaii with an outing for a Polynesian lunch at a local restaurant. Again, sign up early and we leave at 11:30am sharp!

Residents of the Month: The Marzolfs

Roland was born in New York in September 1915 and has four siblings. Alma was born in Pennsylvania in October 1917 and has three siblings. They have been married for 15 years. Alma mentioned how compatible they were because they "like the same things." They both like watching the Oakland Athletics, participating in the weekly putting contest, happy hour and shopping trips. Between the two of them, they have won the putting competition ten times.

They were each married for about 50 years prior to meeting one another. Roland had worked for General Motors on the assembly line, eventually becoming a shipping foreman. Alma was a stay at home mom. Alma has one son and one daughter, while Roland has

two sons and two daughters. Roland and Alma met when Alma's daughter married Roland's son. Through the years, Alma and Roland became good friends. After the deaths of their spouses, they began spending more time together. Alma proposed to Roland, and soon after they got married at Discovery Bay. They then traveled around the country in a motor home visiting 40 states. "It was a lot of fun" Alma recalls with a smile.

They moved to Alameda in 1999, purchasing a home on Bay Farm Island. They moved to the Waters Edge Lodge in January of 2007. When asked how they liked living here, Alma replied, "I like everything. The people here are thoughtful and kind." We are delighted to honor the Marzolf's.

Special Activities

We will be attending another Oakland A's baseball game on Wednesday, June 20. Root, root, root for the home team as they play the Cincinnati Reds! We have 8 tickets available and preference will be given to Residents who were "shut out" of attending the first game last month. Please sign up early and don't miss out on a great game! See the Front Desk for details and we leave at 11:30am SHARP!

We will be going on an outing to the Farmers Market to check out the produce and excitement on Tuesday, June 12 at 9:30am. The fruit should be in high season and you'll be the envy of all the Residents as you bite into a juicy peach fresh from the farm! Sign up early!

World Tour

The month of June will bring us summer, and with it, warmer weather and the start of our field trip season!

On Monday, June 11, our Alameda kids group will accompany some residents on a trip to the new shopping center on Blanding Avenue to see the new stores (Nob Hill) and the beautiful waterfront patio area.

On June 14, we are planning some special activities to celebrate Flag Day and, of course, we will honor all our resident patriarchs with a special Fathers' Day Luncheon on June 17.

As always, friends and relatives are welcome to join us for any of these events!

Special Activities

May was an eventful month here by the Park Street Bridge. In addition to our regular panoply of birthdays, happy hours, tea socials, entertainers, art classes, fitness groups and mental exercises, the month began and ended with a bang. We kicked off May by celebrating Cinco de Mayo, for which the Bay Room was turned into a festive sea of red and green. The month culminated in a wonderful Mothers' Day Luncheon, immediately followed by National Nursing Home Week (May 14-18). In appreciation of the unique gifts everyone brings, members of the community were treated to an ice cream social, raffle prizes and a barbecue. Thank you to all who make our home warm and inviting!

The WE Team

The Thursday afternoon social events continue to be a big hit with consistently good turnout for both Happy Hour and Tea Social. We have also started to work on jumbo crosswords together in the Bay Room on Wednesday afternoons. Residents, staff and relatives all have a great time working on them together, but they're not easy, so please come help us! The Waters Edge Olympics series began with a wheelchair challenge in which residents were timed making a small loop around the nurses' station and back into the Bay Room. The winners of the challenge were Jack Bacon, Stanley Chrobak and Lee Weatherby. The Olympics will continue this month with a challenge on June 22nd. The action will begin in the Bay Room at 2:00 pm, don't miss it!

Resident of the Month: Verlene Baker

Verlene Baker (nee Kunz) was born on July 3, 1925 in Bern, Idaho, a small town with just one street. On an interesting note, Bern was named after the capital of Switzerland by Verlene's great-grandfather, who was himself Swiss, as were all four of her grandparents. Verlene was the youngest child in a family of three girls and one boy. At the age of 2, Verlene moved to nearby Montpellier and at age 8 her family moved to Salt Lake City. There, Verlene finished high school and attended a business college, where she received a degree in account-

ing. She went on to work at several law offices and eventually met her future husband, Stanley. He served in World War II in the Merchant Marine and married the 19-year old Verlene in 1945. They moved to his hometown of Alameda where Stanley joined the police department and Verlene did secretarial work for various banks, lawyers and doctors, all of whom appreciated her advanced skills in shorthand and typing.

After twenty years of marriage, Stanley joined Verlene's

church, the Church of Jesus Christ of Latter-Day Saints, and served in important positions, including Bishop. They both spent time as missionaries in Billings, Montana, where they worked in the church office as bookkeepers. Verlene has three children, two sons and one daughter, as well as thirteen grandchildren and two great-grandchildren. Verlene leads a busy social life here at Waters Edge, between her frequent family visits and participation in numerous activities. The Waters Edge community salutes