

# Living on the Waters Edge

Volume 2, Issue 10

March, 2006

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

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## Building Confidence, One Step at a Time

By: Peggy McCormick

When we first began offering our exercise and balance programs, the common theme among the residents was: "I can't," or "I am too old." These statements are guaranteed to hold back residents and people of all ages. If you say that you cannot do something, then chances are you have talked yourself into believing it. Because what we have found is that the first step in convincing anyone that they can accomplish something, is to build up their self-confidence, and slowly chip away at their fears.

An elder may be do-

ing an exercise, and saying to themselves, "I can't do this," but they ARE doing it. The just don't believe in themselves or their abilities. We begin to instill in these exercisers three precious words that seem to change their minds: "YES YOU CAN!" The residents are amazed at their progress, and their strength gains. The feeling of accomplishment, and strength, are worth every minute to them.

Self confidence does not happen overnight. The older we become, and the more aches and pains we have, the less able we are to navigate

through life. It's so much easier to do nothing and be an observer later in life, than to take initiative and start doing something to improve our situations. The hardest part for our residents in joining the exercise and balance programs is convincing them that they can do it. Now, after a lot of practice and positive reinforcement, these same residents are eager to come to class. They push themselves way beyond what the previously thought they could do. They no longer observe life. They live it. Because they believe in themselves again.

## Therapy at the Waters Edge Lodge

By: Kathy Hanley

There is something new at the Waters Edge Lodge—a therapy room. It is located on the second floor in room 22. An Open House on the

February 14th gave interested residents the opportunity to see the new Rehab room. Many residents' families and friends stopped by.

In the past, Lodge

residents needing therapy would go by van to the rehab department located at the Elders Inn. With the new Rehab Room, residents will have the convenience of attending therapy

## Therapy at WEL

in a location that is only steps away. The therapists will also have the advantage of treating residents in their rooms when necessary and of observing residents functioning in their home environment. In order to receive therapy, a resident must have a written order from their physician, and the treatment requested must be aimed at achieving specific functional goals such as improved ambulation or strengthening to improve balance and prevent falls. Our therapy staff consists of both Physical and Occupational Therapists who have specialized in the care of the elderly. They are Kathy Hanley, PT; Stacie Mitchell, DPT; Fritzie Cristobal, PT; Eve Abramowitz, PT; Olivia Chung, OTR.

Any questions regarding therapy can be addressed to Kathy Hanley, Director of Rehab at (510) 521-9200 ext. 105. In addition, Kathy is available at the Waters Edge Lodge for brief consultations at no charge on Tuesday mornings between 8:00 am and 9:00 am in the café. Physical and Occupational Therapy can help people have happier, healthier and more pain-free lives.

## Happy Birthday

The husbands of Marie Lewis and Helen Portillo decided to celebrate their wives' birthday in a unique manner this year. Helen's birthday was Febru-

## An Update from Patrick McCabe

Under the guidance of Barry and Debbie Barkan, the Live Oak Community is growing in each of our three facilities. Staff and residents are meeting and sharing together weekly. The Elders are sharing their experiences with the staff. They agree and agree to differ. All ages and cultures are listening to each other, and sharing their values.

One of the most important things we are sharing is our value systems. It is important to have values in our personal lives, as well in the place where we work, and live. We can change and enhance our culture, and make our 3 communities into havens of joy, love, peace, understanding and harmony.

ary 8, and Marie's birthday was February 11. Frank Lewis and Jose Portillo, who both visit their wives daily, made arrangements to share a delicious Chinese meal with the staff of the Waters Edge Nursing Home, on all three shifts. This was such an unexpected, and greatly appreciated treat for the staff. Thank you both for celebrating your wives' birthdays with us!



**Frank Lewis, Helen and Jose Portillo**

A fine example of our new community is a discussion that arose at the Elders Inn, during the Council of Elders Meeting on St. Valentines Day: Patrick went to the meeting and told the residents the story of St. Valentine and his martyrdom. He discussed how St. Valentine died for his beliefs. This sparked a discussion about the young boy and girl from Milpitas that were missing for 24 hours, and found later at a local mall. The residents had a divided discussion about whether or not parents today were doing a good job raising their children. Some of the residents felt that children have too much freedom, and very little supervision. Working moms are a new idea for some residents, and a few have said that unless they are compelled to work outside the home, that moms could serve their families better at home. Animated discussions are always a part of the daily meeting. Chris, Nancy and Rene coordinate the gatherings at the Elders Inn.

Schedule:

WENH: 9:00 am Bay Room  
WEL: 12:30 pm, Living Room  
Elders Inn: 11:00 am, BV Lounge. 9:00 am Garden Neighborhood

## March Brain Teaser

It takes 6 monkeys 6 minutes to eat 6 bananas. How many minutes does it take 2 monkeys to eat 2 bananas?

Answer on Page 7

**World Tour: British Isles**

The British Isles is the World Tour destination for the Waters Edge Lodge this rainy month. As we travel “across the pond” to England, Ireland, Scotland and Wales, our display will showcase the grandeur and long history of this land that is the birthplace of so many of our customs, laws and traditions. So many fine films have been made about the British Isles that David is having an unbelievably hard time choosing them! Will it be King Arthur? Charles Dickens? Prince Albert and Victoria? Monty Python? You’ll just have to wait and see. We will also be celebrating St. Patrick’s Day.

**Resident of the Month: Joan Call**

Joan was born in Gary, Indiana. She went to college at Ball State Teacher’s college in Muncie, Indiana and taught school for 10 years while finishing courses to get her BA at Miami University in Oxford, Ohio. She then taught in Troy, Ohio for 9 years before moving to Fremont, CA, where she taught for 4 years, then she moved back to Troy, where she retired in 1978. She taught 3rd and 4th grades, and she loves telling the story about when she changed from teaching 4th grade to 3rd grade in one year; all her students thought she had failed a grade. After retiring, she worked part time for a health

care service as a companion in Ohio.

During the Summer of 1987, Joan traveled to Europe with her daughters and she has taken 6 trips to Australia to visit her oldest daughter and grandsons who have lived there for 35 years. Joan started snorkeling at the youthful age of 72 during a visit to the island of Roatan off the coast of Honduras and again two years later during a trip to Bonaire, a tropical island off the coast of Venezuela.

We are pleased to honor Joan Call as our March Resident of the Month.

**Circle of Elders**

12:30 pm continues to be the time, and the living room continues to be the place for the Residents to gather for the Circle of Elders. Each month, the attendance grows as the word continues to spread about the culture change movement that is happening before our very eyes. Whether it is the news of the Lodge, the news of the local community, the news of America, or the news of the World, David facilitates the conversation and keeps the flow going.

Guest speakers have been asked to come to the Circle to address specific concerns that have been brought up by the residents . This has proven to be quite popular. As an exam-

ple, certain dietary concerns were recently addressed by Barbara Covington and her staff. It was a productive forum for everyone to share their thoughts and ideas. We will continue to make the Circle the place to be. Maybe we can improve David’s jokes.

**Arthritis**

On Wednesday, March 8, Kathy Hanley, Physical Therapist will give a brief talk to the Circle of Elders at the WEL on Arthritis. What is Arthritis? What are the different types of Arthritis? What can you do about Arthritis? Come and see! All are Welcome!

**New Activities**

David has introduced four new activities to the residents at WEL: a bridge class taught by resident Bill Reed on Tuesdays, a music appreciation class on Wednesdays, a book review gathering on Thursdays, and “chat” time with David on Fridays. There is always something fun and interesting to do at the Waters Edge Lodge.

St. Patrick’s day will be celebrated on March 15th with a serenade for our residents from Earhart School. On March 17th, the Rockridge Choral will continue the festivities with rich vocals. Our own St. Patrick McCabe, will be a special guest at the Circle of Elders on March 16th. Don’t miss out on his special take on his favorite holiday.

**Resident of the Month: Minnie Taplin**

Minnie Taplin was born on February 20 in Tangipahoa, Louisiana. She is the middle child, with 2 sisters, and 1 brother.

Minnie graduated from high school, and married her husband Henry Floyd in 1941. Minnie and Floyd had one daughter named Rachel Delores Floyd. Minnie and Henry stayed married for 25 years.

One of Minnie’s favorite hobbies was teaching Sunday School at the Providence Baptist Church.

Minnie worked as a beautician for 52 years, in a shop operated by Henry Floyd. The shop was located in Atlanta,

GA.

Minnie has three great grandchildren: Scottie, Kevin and Alicia.

Minnie enjoys reading the bible. Her favorite scripture verse is: Psalms 46: “God is your refuge and strength, a very present help in times of trouble.”

Minnie enjoys watching the Price is Right. Her favorite color is purple, which to her symbolizes royalty. Her favorite food is fried chicken. Minnie loves participating in therapy and rehab, because it is helping her a lot. She is now able to walk better.

Minnie has been living at the Waters Edge for one year. She

likes staying here. She thinks the staff, the food, the nurses and the CNA’s are very kind.

Minnie wants to thank her daughter, Rachel for taking such good care of her.

**The WE Team**

In an effort to keep educating our staff, we present a weekly in service to our staff on a specific topic.

This months topics include:

Week 1: Harassment

Week 2: Fall Prevention

Week 3: Transfers/Lifting

Week 4: Social Service Behavior Intervention

**World Tour: British Isles**

The British Isles comprise an archipelago located in north-western Europe. There are two large islands, Britain and Ireland, and a large host of small ones; these include the Shetland, Orkney, and Hebrides groups, as well as numerous others. The British Isles is a disputed historical name given to Great Britain, Ireland, and surrounding islands. It is rejected by many inhabitants of the Republic of Ireland as it is considered that Ireland is in no sense “British.” The term should not be used in Ireland if you do not wish to be offensive.

During the month of March, we are visiting the British Isles in honor of St. Patrick’s Day. Please come and join us for our special theme meals and activities.

**From the Dietary Dept.**

This month takes us to the British Isles. On March 9, we will be having Fish and Chips. On March 17, we will be serving a traditional St. Patrick’s Day Meal of corn beef and cabbage. On March 22, we will be featuring Irish Stew. This month our menu is filled with new flavors. Our featured luncheons help us to break from our regular menu, and our staff enjoys making for you.

**March Movie Schedule**

- 3/4: Best of Travel in Europe with Rick Steve’s British Isles
- 3/11: Coal Britannia (2004)
- 3/18: Chicken Run
- 3/25: Hope and Glory (1987)

**March Activities**

March 1: We will be discussing the history of the Catholic season of Lent; and how Ash Wednesday became an official observance in the Catholic Church in 1901.

March 14: We will be discussing the history behind the Jewish holiday of Purim, which begins at sundown on the 13th.

March 17: We will discuss the history of, and have some fun activities to celebrate St. Patrick’s Day.

March 20: Spring Begins! We will be talking about this season of new life with the residents.

## Resident of the Month: Pat Sorondo

Margaret "Pat" Cleary was raised in Oakland and in Alameda. She graduated from Notre Dame High School in Alameda, now known as St. Joseph Notre Dame, in the late 1930's.

At the age of 10 years old, Pat began working as a dancer, entering and winning competitions to help support her family during the Great Depression. In 1939, Pat danced at the World's Fair held on Treasure Island.

In the early 1940's, Pat moved to New York where she worked as a professional dancer, appearing in many productions. She was in the chorus line of the Broadway Show "Hellzapopin'."

Pat's brother, Tom Cleary, was a Marine during WWII.

He fought in the South Pacific. Pat became a member of the W.A.C. (Women's Army Corps) during WWII. She was stationed at Fort Bliss in Texas. While in the army, Pat used her show business experience to entertain the troops. When the War was over, Pat moved to Hawaii, where she worked as a secretary for Walter Dillingham. She has pictures of herself taken on Waikiki Beach, Honolulu, when it only had one Hotel on the beach. My how times have changed!

After a couple of years in Hawaii, Pat returned to California. She married, and had one daughter, Debbie. Then Pat went to work for Alameda County, where she worked for almost 30 years, before retir-

ing at the age of 62. After retiring, Pat completed her college degree in Political Science, graduating from U.C. Berkeley, with honors, at the age of 65.

Pat's daughter Debbie is the Chief Operating Officer for the Sierra Club. She lives in Mill Valley with her husband Bill Verelley, and their son Matthew. Bill is an Architect, and Matthew, who is becoming an expert mountain biker, is attending Mill Valley Middle school.

Pat loves reading, music, travel, politics and history.

## Exciting Activities at the Elders Inn

By: Darnelle Zimmerman

February was an exciting month at the Elders Inn. We implemented a new activity and exercise program. Make sure you get a copy of the daily activity calendar to make sure that you attend all of the exciting activities and exercises listed. All activities listed on the daily activity calendar are free of charge unless otherwise posted.

Chris Lonsdale will continue working at the Elders Inn on Thursdays and Fridays all day, and half day on Wednesdays. Chris will be leading

some of the activities and exercises. He will also be available to work with residents on the computer. A few of our residents have already started sending and receiving e-mails from their families and friends. The computer in the Lobby Café is available for all residents to use. We encourage you to talk with Chris to learn how to send and receive e-mails. Our receptionist, Daine, is also available to help you.

If you want to send an e-mail with suggestions on the improvement of our the activities, please contact me at [aecurse@gmail.com](mailto:aecurse@gmail.com).

## Please Join Us

Just a reminder to everyone, we have added many new activities for the Elders Inn, and we want to invite everyone to come and check them out. Life stories has been going well, we are going to start compiling residents' stories to put together in a book. Anyone who wants to talk to participate should contact Chris. "Be the Storyteller" has also become popular. Residents are able to use their imaginations to create an interesting story to share with other residents. The Sharing Circle is also popular. Residents are invited to come and share their own treasures with everyone. We are also trying to start playing Board Games, anything from checkers to Yahtzee. The craft circle is also a great place to visit with other residents. Join us.

## The Benefits of Exercise

A study published in the New England Journal of Medicine randomly placed 100 frail nursing home residents aged 72-98 years of age into exercising and non-exercising groups. Those in the exercising group did strength training on a leg press machine. The study lasted 10 weeks. The results: muscle strength increased by 113% in the exercisers; speed of walking increased by 11.8% in the exercisers, but decreased by 3% in the non-exercisers; stair-climbing power improved in the exercisers by 28%; the general level of physical activity also increased in the exercisers. Think what exercise can do for you. Talk to Peggy McCormick, Fitness trainer at WEL, and Laura VanHarn, exercise physiologist at Elders Inn for info.

## What is Occupational Therapy?

By: Kathy Hanley  
Occupational Therapy is skilled treatment that helps individuals achieve independent and satisfying lives. For example, an Occupational Therapist (OT) might work on skills such as dressing, showering, toileting, transferring and moving on various different types of surfaces, such as beds and chairs. The OT can also work on energy conservation techniques to help an individual function in the most efficient way possible. This is particularly helpful for people whose medical situations limit their endurance and ability to perform activities of daily living (ADL's). Occupational Therapy services typically include:

- Customized treatment programs to improve one's ability to perform ADL's.

- Comprehensive Home Evaluations with adaptation recommendations to promote safe efficient functioning within their home environment.
  - Adaptive Equipment recommendations and training.
  - Guidance to families and caregivers
- OT's hold either a Bachelor's or a Master's Degree from an accredited Occupational Therapy Program. Beginning next year, all OT's must complete a masters degree. In addition, OT's must complete and internship, and pass a national exam.

Olivia Chung is the OT for the WEL and Elders Inn. Olivia is happy to answer any questions about our OT services. She can be reached at 521-9200, ext. 105.

## Iron Woman of the Month: Betty Keith

By: Peggy McCormick

Our March, Iron woman of the month is someone who welcomes new residents to the Waters Edge Lodge, remembers and acknowledges every resident and staff birthday, while giving encouragement and help to all.

Betty Keith, 82, is one of the original members of the pilot exercise program. She says at the beginning, the gym was lucky to be able to sign up ten residents, but she took it upon herself to convince residents how beneficial exercise

is and encouraged others to sign up. Now that the classes are full, Betty often gives up her seat in on class so that someone else can attend, and then she waits patiently for the next class.

What Betty enjoys most about exercise is the social aspect of it and how it brings residents and community members together. She also is now able to do things she was unable to do for a long time, and her family is thrilled. Betty says that exercise is the highlight of her day, and while she may

have setbacks now and then, she wouldn't give it up for the world.

The aerobics portion of the group classes and working out on the equipment are Betty's favorite movements and she excels at them. We are proud to say she is one of the strongest people here. While genetics does play a part, her determination and work ethic are what drive her to succeed each and every day.

Thank you Betty for being our inspiration.

## Congratulations:

Alameda Elders Communities would like to congratulate the following staff members for their years of service. The following staff members are celebrating their anniversary during the month of January:

### One Year:

Antony Love, WE Lodge  
Lehuanan Akoteu, WENH  
Shardha Dahal, Elders Inn  
Kathryn Hanley, Alameda

Elder Services  
Xiamoe Ren, WENH

### Two Years:

Sabrina Britton, Elders Inn  
Zenaida Mabagas, WE Lodge

### Three Years:

Maria Jane Collins, Elders Inn  
Dexter Dichoso, WENH  
Martha Holeman, WENH

### Four Years:

Salvador Hernandez, WE Lodge  
Zoya Spivak, WENH

### Five Years or more:

Cayan Garcia, WE Lodge 6 years  
Lillian Wafula, WENH 7 years  
Gertrude Calibuso, WENH 7 years

## One Family, 104 Years of Service

For 26 years, one family has given so much to the residents of Alameda Elder Communities. With six family members each offering their own special gifts and talents to our residents.

**Larry Merchant:** Larry has worked for the Zimmerman Family since July 28, 1979. Currently he works in Environmental Services, and he is the driver for the Elders Inn. The resident enjoy his conversation, and appreciate his politeness. The residents and staff love his smiling face, and teddy bear hugs.

**Rodney Williams:** Rodney started working at the Waters Edge Nursing Home on February 2, 1982. He is the supervisor of the Environmental Services department, and uncle to Larry, Hellane, Savina, Christine, and Tianti. Rodney is best known for his kind heart and amazing sense of style (which he has passed on to Tianti).

**Hellane Merchant:** Hellane started as a dietary aid on July 25, 1984, before becoming a cook at the Waters Edge Nursing Home. In 1990, when the Lodge opened, Hellane became a CNA, and began working at the Waters Edge Lodge. She then decided to come back to the Nursing Home, where she is now an RNA (Restorative Nursing Aid). Hellane loves working at the Nursing Home. Her smile is contagious. Hellane is loved by all.

**Savina Moore:** Savina started working at the Waters Edge Lodge when it opened in 1990. When the Elders Inn opened in 2001, Savina transferred there. She then took the CNA class, then moved to the Waters Edge Nursing Home. Savina said that when she was a little girl, she would go to the nursing home and participate during special holidays and events, which brought her very close to the residents and the staff. Sav-

ina, like her Aunt Hellane has a contagious smile, and a great heart. It's no wonder the residents love her.

### Christine Merchant:

Christine started working at the Waters Edge Lodge on September 10, 1991. She then transferred to the Elders Inn when they opened in 2001. Like Rodney, Christine is known for her sense of style, and spoiling her nephews. She is kind to all the residents, and helpful to new staff.

### Tianti Shamor Philips:

Tianti started volunteering at the Waters Edge Nursing Home when he was five years old, helping his uncle Rodney in the environmental department. He now works in the activity department and is currently a junior at Cal State East Bay. Tianti is known for his kind heart, and his sense of style. He is loved by all.

## March Brain Teaser

Answer: 6 Minutes

**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 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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