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of Alameda Elder Communities monthly
 newsletters, please visit our website at:
www.alamedaelder.com

Edited by: Sabrina Britton



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

enjoying companionship in our family or fa
Waters Edge Nursing Home is a 120 b
 certified Skilled Nursing Facility, offering
 rehab and custodial care to all residents.
Inn on Webster is a licensed 52 unit assis
 ferer every resident the opportunity to l
 pendent as possible. The **Elders Inn** alsohed in
 cial care "neighborhood" for the safety an, 1972.
 residents affected by Alzheimer's and de
Waters Edge Lodge is an assisted livin
 cated in a unique and peaceful setting on th
 Harbor Bay. Offering 102 suites which pro
 with a warm and familiar homelike settin
Waters Edge Lodge allows residents maint
 pendent and active lifestyle. **Alameda Eld**
Rehab Agency provides a wellness and fo
 that has been specially designed for elders a
 and older. This facility is both a Medicare ap
 patient Rehab agency, and a Fitness Cent
 affordable wellness and strengthening progr

Living on the Waters Ed

Issue 11

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Walking: Nature's Remedy

By: Kathy Hanley, PT

A recent visitor from Scandinavia told me, "In Norway, no matter what your problem is, whenever you go to see a doctor, the first thing he or she tells you to do is, 'Go out and walk.'" While this may seem to be an oversimplification, it does point out the important impact that regular walking can have on one's health. In fact, a recent study found that dog owners as a group were healthier than non-dog owners. Why? Because dog owners have to walk their dogs once or twice a day. The following are among

the many things that regular walking can help:

Cardiovascular: Walking at a brisk pace for 30 minutes or more can improve the health of both the heart and lungs, which in turn will help to increase endurance and the ability to perform life's many activities. Regular walking has been shown to lower the resting heart rate, decrease blood pressure, and help the lungs to use oxygen more effectively.

Osteoarthritis: Arthritic joints want to be moved. Walking not only enhances

joint movement, strengthens muscles that support joints.

Low Back Pain: Walking is an overall excellent exercise for back movement. It's gentle, no matter how long the way.

Osteoporosis: Walking provides compressive force on leg bones, which promotes bone density and prevents bone loss.

Stress: Walking is a wonderful way to work through emotional and mental stress. Try it—it works!

(Continued)

Our Furry Little Therapists

By: Kryspin

Whenever anyone enters the front lobby of Waters Edge Nursing Home, they are greeted not only by the receptionist, but also with a resound-

cial mascot of the nursing home, Chance is a large, male, tabby cat, who has gained the love and admiration of both elders and youngsters through his

best known resident of Waters Edge, Chance is the only one of his kind in our community. Luck (Chance's Peabody)

Regular general
ch as walking can
l blood sugar lev-

ss: Regular walk-
t way to burn

A brisk walk dur-
can help you sleep
ght.

e walking tips to
rips be more fun
ial to your health:

Walking

ying a good pair of
oes is a worthwhile
in your health.

o get a quality
etic shoes that are
made for walking.

l give good sup-
r foot, have a heel
which provide an

ashion, be rela-
weight, and be

e.

ropriately: Wear
ch allow for free
ovement. In

cooler weather, it may be ap-
propriate to dress in layers so
that outer layers can be taken
off as you warm up.

Have good posture when you walk.

Stand tall--
stooping forward will increase
the energy requirements on
your body and make your
walking more laborious.
When walking take rhythmic,
comfortable strides and swing
your arms freely.

Stay hydrated.

This is par-
ticularly important on
warmer days. Bring a water
bottle with you when going on
longer walks.

Start with a walking distance that you can do comfortably.

After a few
weeks try to gradually in-
crease the distance or length
of time that you walk. An-
other way to increase your
walking workout over time is
to walk more quickly.

Find someone to walk with and set up a regular time to walk.

Most people
enjoy walking more and will

do it more consiste-
have a walking com-
Make walking a reg-
of your daily sched-
find someone who
about the same pac-
tance as you.

Find different routes and Water's Edge walk.

A periodic
scenery will keep tk
esting.

Try to walk at least 30 minutes at least per week.

Daily v-
even better!

Our Fitness Traine
at Water's Edge Lo-
Jackie at Elder's In-
you set up a safe, ef-
walking program.
also help you find s-
compatible to walk
come talk to them a-
your own walking p-

Spring is a wonder-
start regular walkir
weather is warm, tl
out, and the flower-
bloom. What bette-
get out there and g-
As Nike says, "Just

py News

30, we will be hav-
therapy company,
ehab Services,
ur Physical, Occu-
l Speech Therapy
Edge Lodge,
and Water's Edge
me. We would
all the therapists
therapies for the
es they have pro-
residents over
years. We would
cularly acknowl-
ank Fritzie Cristo-

has been a main-
therapy depart-
umber of years
e will be going on
Skilled Nursing
er to her home in
We all wish her

Interested In Tai Chi?

ducting an infor-
to determine in-
ing Tai Chi at
e Lodge. Because
instructor would
le vendor, resi-
l be charged a rea-
y or monthly fee

well. Our new therapist for
Water's Edge Lodge and
Elder's Inn is Tricia Woo
Maski, PT. Tricia has exten-
sive experience in both ortho-
pedics and geriatrics. She has
worked in acute hospitals,
out-patient sports and ortho-
pedic clinics, and adult day
care settings. We welcome
Tricia to our Alameda Elder
Communities family and in-
vite you to introduce yourself
to her when you see her.



for attending the classes
which would most likely be
offered on a twice per week
basis. If interested, please
leave your name with Peggy
McCormick, Wellness Coordi-
nator or Kathy Hanley, Re-
hab.

Fitness

According to the Na-
stitute on Aging the
areas of fitness esse-
your health. These
ance, strength, flex-
balance. Each of th
obtained through e
Endurance comes f
bic activity, which i
as anything that inc
your heart rate and
Examples of this ar
dancing, and partic
an exercise class. S
can be obtained by
out on the machine
fitness room. The s
growth in muscle m
improve our ability
from a chair or clin
Building your stren
also increase the bo
tabolism, which he
weight and blood s
sues. Flexibility is g
from stretching exe
which are good for
with arthritis, and
Balance, which is c
lated to strength, h
vent falls. Check ou
ness program to lea

ay, Do You?

gallerini

st what you need.
aying tennis with-

g or even leaving
What if Wii had a

ey right here in the
a balls light enough

Ping Pong so do Wii. Wii
bring the sports and games to
you. It's easy to play and fun.

Wii can now Bowl without ac-
tually going to the alley, pay-
ing a fee and wearing those
silly shoes. Some of the resi-

eye out for times w
play.

For those who don
what the Wii is, it's
simulation system
Nintendo, a Japan
company that start

der Communities
o thank the fol-
members for
uing service and
We couldn't do it
m! The following
ers are celebrating
ersary during the

- 3 Years**
Moira Morris, Alameda Elder
Communities
Dale Figueroa, WENH
- 4 Years**
Ma. Elena Yparraguirre,
WENH
Jun Garcia, Elders Inn

- 5 Years**
Karla Rodriguez, V
Edge Lodge
- 6 Years**
Antonio Espinosa,
Nenita Aligada, El
More than 20 ye
Bing Cortes, WENH

ke to welcome
o Elders Inn.
in the South,
last name was
l as "Vy", however,
oved out West, his
as pronounced as
e prefers that we
is name as the lat-

tour of duty in the Panama Canal which lasted for six years. He was also stationed in Korea and Vietnam . Ernie met his wife in Japan and they had their wedding at the American Embassy in Japan. He and his wife traveled across the United States. He would stop at various rest stops/diners and would call his mother and let her know which state they were . Ernie has been retired since March 1970. Mr Via is a kind, caring man with a big heart.

An incredibly diverse life a whole lot which lures its visitors for their human every corner, Central and South America people react to truly enriching vision of these animals beautiful landscapes, some re-rainforests, abundant concern instead. remote coasts and have these ancient-civilizations. Our fragile elderly On May 18 at 11:00 birth dealing with will be taking some primary issues? What Residents to have lies? Such ques-at Otaez Restaurant rfectly under-ster Street. Given that our pri- is the care of r community. It ful, then, to re- onale behind pro- for the elderly,

non-judgmental companionship and serve as an outlet for elders to display their affection. Studies show that most elderly are touch-deprived, so petting a cat or dog is a great source of tactile stimulation. Whenever an elder is able to participate in the caretaking of an animal, this provides the elder with an enjoyable and meaningful task that goes a long way in mitigating the feeling of helplessness. Finally, humans have lived with animals since the beginning of history, so the presence of animals adds a natural element to an environment that all too often is cold and sterile.

gies. At Alameda communities, we believe these are risks that carefully managed avoided outright. are de-clawed to maintain the highest risk of accidental standards of health and residents that to cats are placed in rooms that are off- these curious critters maintain the highest dards of health and ness for all our animals make sure that they become a source of anyone in our community. We take the time to do all this so that our residents may benefit tremendous therapeutic potential of pets. While are not the ultimate to any and all problems are little rays of sunshine many individuals' are proud to have their members of our community.

Activities

Annual Firefight-observed each 4th. On this date ted to remember fighters who have serving our com- edicated their ecting the safety the same time, we ur support and ap- o the firefighters who continue to o well throughout proudly wearing ing blue and red ned together or by g in a memorial or event, we can atitude to fire- rywhere.

a regional holiday celebrated in the Mexican state capital city of Puebla and throughout the state of Puebla, with some limited recognition in other parts of Mexico, and especially in U.S. cities with a significant Mexican population. To celebrate Cinco De Mayo, we invite you to come and join us to break a piñata and have Refreshments with our residents in the Garden Neighborhood at 1:00 pm.

May 08 - **Chili peppers** have been a part of the human diet in the Americas since at least 7500 BC and perhaps earlier. There is archaeological evidence at sites located in southwestern Ecuador that chili peppers were already well domesticated more than 6000 years ago

vated crops in the Chile peppers are the least five times by peoples in different South, Central and America, from Peru south to Mexico in and parts of Colorado New Mexico (Ancient People). Residents ing Chili Pepper Art Rene Eastridge at

There are obviously risks involved with putting elders and animals together in the same environment. Animals can misinterpret an erratic action and be frightened into a defensive maneuver that may harm an elder, and careful attention must be given to issues of sanitation and aller-

vite all residents a to try out this revolutionary product. Wii will be in the activity room the activity calendar scheduled times are Wii look forward to you there.

May 13 - **Mother's** Please come and join have cup of tea and 3:00 pm outside in yard.

Do You? (Continued from Pg. 2)

igned the Wii to be active rather to the couch. This lation system in- t arm movements te real situations. t great alternative niors who often

in that 30lb fish. The Wii brings these games right here to the Activity Room at the Waters Edge Lodge, so you don't need to worry about going to the Bowling Alley or Tennis Courts. The versatility of the system and its components are unparalleled. It will improve your health, co-

Quote of the Prior to coming to Inn, I was merely

Lodge Resident
asked us to have
regarding the up-
residential election.
on was to be held
would you vote

Rudy Giuliani,
ain, Mike Huck-
t Romney

Hillary Clinton,
ma, Dennis
John Edwards

eed to you're your
e ballot! Just leave
with the front
e will publish the
month. This
interesting!

We will be celebrating Mothers Day with special joy this May. On Thursday, May 10th, we will be repeating an immensely popular outing to Treasure Island for a Mothers Day luncheon. This excursion has sold out in years past, so sign up early! The only thing more beautiful than the view is the food! The price of \$13.00 per person includes all food and tip.

We can't forget our Dads, and we can't wait until next month to give them equal time. We will also be repeating last months outing for gourmet hot dogs on Wednesday, May 16th as we go to get our "fix" of

Person of the Month: Carl Wesenberg

rn in Toledo, Ohio
is the Father of 5
Gloria June, Bar-
, Celia and Carl Jr.
is children have
egrees and Gloria
PhD in Bio-
eedless to say, Carl
y proud of his chil-

Marys where he studied Navigation and Aerology, and eventually graduated from the University of Illinois.

He has traveled around the world and has lived in places such as Spain, Shanghai and Germany, but he loved Spain's climate and people the best of all of the places that he has been. He has been a Navigation Officer of a squadron, worked for the Internal Revenue Service and has also been a stockbroker. He came to Alameda on active duty as a Personnel Officer at the Alameda Naval Air Station and his hobbies are his children and playing the stock market

the Navy in April
he proudly served
forces for 26 years.
ned and "plugged
NY plane ANY time
here, including fly-
ne during World

originally sent Carl

sausages, mustard
As if that wasn't er
when we return, t
an ice cream social
all the Residents!
ber---you don't ha
Mom to go to Trea
land, and you don
a Dad to go for a h

As a special treat, r
ranged for a stroll
to entertain us at
Mothers Day lunch
Lagoon View Dinis
Barbara always pu
beautiful affair an
one tour with addi-
promises to be the
meals, and
yet! Please join us
movies every Sat-
ers Day on Sunday

World Tour of the Month: Sally Bazzell

Do you remember
game "Mother May
played it when we
asking permission
forming an act. I d
that game right no
permission of Mot
to dance by the be
goon, lie on the gr
at the clouds and b
warm sunlight!

As the weather war
in Alameda, we wil
ourselves away to
tral and South Am
our World Tour th
Patrick and Dave E
their heads togeth

ate a beautiful dis
casing the art and
this fascinating reg
ed. I joined progressive
before they were
he was a staunch

The past month has seen the introduction of two new social events for residents, Happy Hour and Afternoon Tea, and both are successes! Happy Hour features wine for those residents with doctor's orders, as well as sparkling cider and hors d'oeuvres for all in the cozy confines of Room 308. Afternoon Tea features a variety of gourmet teas and cookies served in our spacious garden patio. These two events alternate on Thursday afternoons at 3:00 pm, and both offer residents and their guests an opportunity to enjoy each other's company in a

The WE Team

This month, our Journey adds an ex element to our cult process. May 13-19 National Nursing Week, which is an opportunity for us recognize not only who are the reason existence, but also devoted staff, with our mission and vis never become a rea

Progressives as well as the People's Party. She majored in sociology at the University of Wisconsin in Milwaukee, and in 1949 she married her husband Kenneth. Unlike some people, whose rhetoric about social justice finds no parallel in action, Sally prefers to "practice what I preach", as shown by the fact that her husband Kenneth was African-American. Sally and Kenneth began a family (they would have 3 boys and 3 girls in all), but that didn't stop Sally from furthering her education. She attended graduate school as a mother, earning a Master's degree in Urban Affairs and a PhD in Urban Studies, both at the

Sally retired at age decided to move to warmer climates o nia, where her son lived. She initially Isla Vista, an uninc community next d University of Calif Santa Barbara. Th spent much of her tributing food to t cally disadvantage age came further h lems, and Sally me the Bay Area to be to her son Barry. listen to piano mu even plays a bit of self!), and is the u champion in trivia Edge. We are bless Sally in our comm