

Living on the Waters Edge

Volume 3, Issue 6

November 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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Why Does Balance Worsen With Age?

By: Kathy Hanley

Our bodies depend on input from three different sensory systems for balance. These three are 1) vision, 2) sensory receptors in the skin, muscles and joints, and 3) inner ear mechanisms. The brain must receive and integrate sensory input from all three systems and formulate a motor response from the muscles in order to maintain balance. This motor response requires strong leg muscles with flexible joints. Many of these components can be affected by aging. Vision can become less acute and sensation

diminished with diabetes or circulation problems, in addition, medical problems or medications can affect the inner ear. Brain processes can become slower with strokes, Alzheimer's or other neurological conditions. Muscles can become weak and joints stiff from lack of exercise.

What can you do to maintain or improve your balance? Stay healthy, keep your mind active and exercise regularly. You are never too old to start exercising. Take daily walks, join our exercise classes at Elders Inn or at the Waters Edge Lodge.

Physical therapists can successfully work with people whose balance has decreased to the point that it is starting to affect their performance of everyday activities. If this describes you, talk with Leah or Amanda in our nursing department, or talk with Kathy, Peggy, Laura or Thomas in the rehab department. Balance classes are also a great way to help maintain and improve your balance.

Remember: an ounce of prevention is worth the pound of cure. Take steps to improve or maintain your balance before a fall occurs.

Holiday Reminder

As a reminder to all residents and their family members:

If you are planning to purchase a Christmas tree this season, please be advised that real, cut Christmas trees are not al-

lowed in our facilities due to the fire risk they pose.

Artificial trees are allowed, as well as potted, live Christmas trees. Any Holiday lights used to decorate must be

UL Certified, and must have the tag intact.

If you have any questions, contact the Administrator at your facility.

A Message from Darnelle

We are pleased to announce that Pinky Quintana has resumed the position of Nursing Home Administrator at the Waters Edge Skilled Nursing Facility on October 23, 2006. She came to us last year and spent about two months with us before leaving to pursue her interest in music in Southern California.

Many of you are aware that I will be taking a medical leave of absence due to kidney surgery on November 2, 2006. I have truly enjoyed being the associate administrator, working with Chris at the Nursing Home during the past six months. There were some challenging moments but we made it.

It is difficult for me to give up this position, however, because I know first hand of the quality of caring and competency of Pinky, I feel at peace knowing that the residents will receive the best of care and the staff will be supported in the great job that they do.

—Darnelle Zimmerman, RN

Wash Your Hands

During the cold and flu season it is important for all residents, staff and loved ones to wash their hands. Hand washing helps prevent passing along the germs that cause the cold and flu. So remember to wash up, and keep your germs to yourself.

The History of Physical Therapy

By: Kathy Hanley

Physical Therapy has a longer history than one might think. The ancient Greeks used massage and water therapy as far back as 460 BCE. The earliest documented origins of actual Physical Therapy date back to 1894 when nurses in England formed the Charter for Physiotherapy. In the United States, Walter Reed Hospital graduated its first class of “reconstruction aides” in 1914 to help those coming home with devastating injuries incurred during World War I. This was the beginning of Physical Therapy as we know it today. During World War II, drastic improvements in war-zone medical management and surgical techniques led to increasing numbers of survivors with disabling war wounds. Physical Therapy provided a critical role in the rehabilitation of these veterans and the demand for Physical Therapists and more advanced therapy techniques increased. The polio epidemic of the 1950’s compounded this demand and it is at this point that Physical Therapists progressed from being technicians to becoming professional practitioners. Over the years, the profession of Physical Therapy has expanded and become increasingly sophisticated. Its practice now includes pediatrics, cardio-pulmonary, neuromuscular disorders, orthopedics and sports medicine. In the United States, Physical

Therapists have a Master’s Degree and must take Board Examinations before becoming licensed in a particular state. The American Physical Therapy Association, founded in 1921, is the professional organization for Physical Therapists. Its mission is to promote clinical excellence in Physical Therapy and to expand the profession as new needs arise.

Elders Inn is proud to have a World War II Physical Therapist in residence. Eleanor Ivers graduated from a 2 year Physical Therapy program associated with UCLA. Originally working for a chiropractor, she tells of how she would apply neck traction by placing a leather halter on a patient and then manually pulling on a rope. Therapists in her time used modalities such as hot packs, diathermy and infrared. She also did massage and taught patients to walk on crutches. In her day, therapists had to wear white nursing dresses, white stockings and white shoes. They also wore a gold pin that had 2 hands imprinted on it, as the Physical Therapy profession was originally described as “the laying on of hands.” Eleanor retired from Kaiser Hospital at the age of 65. All Physical Therapists today, including myself, owe Eleanor and those of her generation a big thanks for laying the foundations for the wonderful profession that Physical Therapy is today.

W/T: Middle East

Who could possibly dislike November at the Waters Edge Lodge? The trees have turned from green to yellow and red around our beautiful lagoon and the Canadian Geese fly high in a V formation in the hazy sky. As we begin to bundle up against the afternoon chill, we remind ourselves how lucky we all are to live in such a pleasant place as Alameda.

As we leave the exotic Orient on our World Tour, we head to the mysterious Middle East for the month of November. Images of sand dunes, camel caravans and desert heat keep us fascinated about this important land that is playing such a large role in determining our future. Let's all learn more about the Middle East during this month as we give thanks for all gifts we have.

Shabbat

We have been blessed with another wonderful person who will be leading us in the delightful tradition of Shabbat. Shabbat is the traditional ceremony of candle lighting on Friday evenings at sundown as practiced by Jews for centuries. Please come and share in the joy every other Friday at 5:45 in the Living Room as Shirah Bell and Marlene Dines alternate leading our Residents in this age old celebration. All are welcome!

Resident of the Month: Ethel Kapler

Ethel Kapler was born in Franklin Hospital in San Francisco on May 24, 1913. Her father was a tailor and, with her mother's help, had a tailor shop in Vallejo.

As a young girl, her family moved to Oakland and she was raised on Seminary Avenue, graduating from Castlemont High School. After graduating from Merritt Business College, Ethel worked for many years for the United Jewish Welfare Fund and the Jewish Community Center. She fondly remembers escorting groups of schoolchildren on trips to Neptune Beach and overnight adventures to Chabot Park. Ethel then

spent 20 years working for the Alameda Library and continues to enjoy her many friendships with people she met at the library.

She met her husband through mutual friends and was married for over 60 years. Ethel dearly loves her 2 children, a son in Emeryville and a daughter in Southern California. Her Granddaughter just graduated from Wellesley College and is in the process of getting her teaching credential from this prestigious Ivy League school.

Special Events

On November 7th, the Waters Edge Lodge is hosting a very special lunch. We will be visited by 25 Japanese tourists who are traveling all the way from Japan to see our wonderful home. They will be bringing traditional desserts for all Residents and performing an Odon dance in traditional costume as well as demonstrating the art of Origami paper folding and other fascinating skills. Don't miss out on this special day!

On November 14, Kathy Hanley will be having a Cane and Walker Clinic at 3pm. All Residents who use canes or walkers should attend this event and learn the do's and don'ts of these important devices.

Live Oak

We may need to rent a tent! The Circle of Elders is growing by leaps and bounds! Each weekday from 12:30 until 1:30, David leads a lively discussion about values, senior empowerment and issues of importance to our home, community and global events. All are welcome to share in the community meeting and learn more about each other and our world. Be sure to stay for a half hour longer on Thursdays as Patrick McCabe leads the Circle of Champions on our mission to become more aware of our differences and similarities and how we can better work at understanding each other. Keep your eyes peeled for the location of the Circle of Champions!

Holiday Reminders

As we all know, Thanksgiving and Christmas Holidays are just around the corner. Time flies especially at this time of the year. We would like to remind everyone to give our nursing department at least 24 hour notice if you are planning to bring your loved one home for the holidays as we have to get an order from the physician for an outing. We also need to prepare the medications for the resident.

Also, if you are planning to attend our Thanksgiving and Christmas Party, please let us know how many of you are attending so that we can make sure we have enough tables and chairs. Please RSVP with Renee McGovern at the front desk or call us at 510-522-1084 before 11/16.

We look forward to having you celebrate the Holidays with us. Thank you for your cooperation and continued dedication and support.

November In-Service

- Week 1: Caring for Confused Residents
- Week 2: Combating Helplessness and Hopelessness
- Week 3: Preventing Pressure Sores
- Week 4: Rights of Dying Patients

Thanksgiving

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.—J.F. Kennedy

Resident of the Month: William Doble

The Waters Edge Nursing Home Resident of the Month is William “Emerson” Doble, who has blessed the Waters Edge Nursing Home with his presence ever since he first arrived here in 2002. Mr. Doble was born in Butte, Montana in 1916, and moved to California in 1923. Mr. Doble attended Alameda High School, where he met his future wife, Dorothy, who passed away in 1996. Mr. Doble and his wife Dorothy had a daughter, Diane, who lives in Apache Junction, Arizona.

Mr. Doble is our resident expert on sailing, and he enjoys telling stories of his many adventures at sea, such as the time he sailed in the Caribbean Sea for two weeks on a

charter ship. Mr. Doble not only has experience sailing ships, he has even built them! He purchased the Alameda Boatworks immediately after World War II and supervised the construction of many fine wooden yachts, some of which may still be found at the marina. His own sailboat was called the Aeolus. Mr. Doble further inscribed himself into Alameda’s history when he purchased the Fortman Marina (then called Alameda Yacht Harbor) in 1954. Under his leadership, “the Harbor” grew to three hundred berths. He is also a lifetime member of the prestigious Aeolian Yacht Club. Mr. Doble celebrated his 90th birthday in September.

From Dietary Dept.

This month, we will be taking a trip to the Middle East on our World Tour, so we will be enjoying a variety of new and exciting foods. On 11/7 we will be serving Middle Eastern Grilled Marinated Fish. On 11/15, we will be serving a mashed Pumpkin Side dish. On 11/22, we will be serving Chicken Tikka, which is chicken with a spicy ginger flavor. On 11/29 we will be serving steamed yams sure to please all the residents who ask for extra yams during the holidays.

Also, don’t forget about our Thanksgiving lunch on November 23. RSVP@ 522-1084

The W.E. Team

The W.E. team is going very well. We are conducting the meetings in the Bay Room and we have a tremendous number of residents joining in. The meeting is being conducted by Patrick who adds to the meeting a lot of special little stories and experiences.

Our group is growing and changing under the guidance of Patrick and Delight. Please come see what we are all about. We meet on Wednesdays in the Bay Room at 2:00 pm.

See you there...

World Tour: Middle East

Prior to World War II, the Middle East region was known as the Near East or "Levant". The Middle East is "a country without borders" meaning that it is cultural description of a region and not a country. Today, the Middle East includes countries in Southwest Asia and parts of North Africa.

Religion plays a vital role in the history of the Middle East. Christianity, Islam and Judaism are the three main religions.

The foods of this region covers many countries. The cultures and climate differ, but similar ingredients are utilized such as honey, mint, parsley and sesame seeds.

Middle Eastern cuisines include Arab, Greek, Persian and North African. Arab cuisine includes Indian foods and Lebanese foods. In North Africa, Moroccan cuisine is influenced by many regions. The meals are a combination of Berber, African, Middle Eastern and Mediterranean. Chicken is a staple meat of the Moroccan diet. Spices are used extensively with cinnamon used to flavor meat.

Holidays:

11/14--Anniversary of the birth of the Late King Hussein of Jordan

11/18--National Day (Oman)

11/19--Birthday of HM Sultan Qaboos (Oman)

Special Activities

November 1: All Saints Day

November 2: Day of the Dead

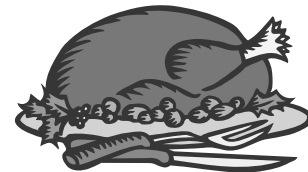
November 7: Election Day (Don't forget to Vote)

November 11: Veterans' Day—Honor the veterans that have served in the Armed Forces. We will discuss the contributions that veterans have made—on Friday November 10.

November 20: Revolution Anniversary

November 23: Thanksgiving Day—A fantastic Thanksgiving meal with all the trimmings will be served during the noontime meal.

November 24: Christmas Shopping Season Begins—This is the best bargain shopping day of the year...



Holiday Reminder

The holidays are here. Visiting relatives and sharing good times are a vital part of this season. If you are planning to take your loved one away from the facility, please notify the Resident Care Coordinator 24 hours in advance so that we will have the medications ready for your family member. Thank you for your cooperation and allowing us to take care of your loved ones. Happy Holidays!!!

Resident of the Month: Shirley Hutchinson

Shirley Hutchinson was born on July 30 and raised in Alameda. She went to college at UC Berkeley and a year later began working at the Naval Air Station. She later met her husband and had two wonderful children: John who is a lawyer in Danville and Nancy who works for the Alameda Library.

After she married, Shirley moved to Alamo and Danville, California. In Alamo and Danville, she was part of a women's club. She had fun and continues to have friendships to this day with members of the social group. She and her husband enjoyed traveling, and their many

travels included several trips to Europe. Sadly, her husband passed away after celebrating fifty years together. At Elders Inn, Shirley comes to a majority of our activities. She attends Bingo and enjoys music. She has also become somewhat of an "Ambassador", introducing new residents to the community until they become familiar with their new surroundings. She introduces herself to new residents, helps them find their new apartments and escorts them to activities. We at Elders Inn are very honored to have Shirley reside in our community.

Iron Person

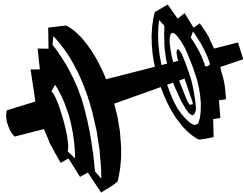
By: Tom Devine

Lee Tarloff is this month's Iron Person. She is a woman with an interesting history. Lee was born in Chicago (on Christmas day) and grew up in the Chicago area. Lee was a musical performer for many years and sang in nightclubs. She put out an album on Columbia records in the 1950's. Her late husband, Frank Tarloff, was a successful screenwriter in Hollywood. Among his credits are 'Father Goose' (starring Cary Grant) for which he won an Oscar. Another of his screenplays was for the movie 'A Guide for the Married Man' which starred Gene Kelly and Walter Matthau.

Lee has always been physically active. Her main activities were tennis and dance. She now regularly attends exercise classes at Elders Inn. She also comes for individual fitness sessions with Laura and Tom in the Elders Gym twice weekly. In the individual sessions, Lee does exercises for muscle strength, flexibility and balance.

Lee feels that exercise is extremely important. She says that without exercise you are not prepared for the day.

Congratulations to Lee Tarloff for being this month's Iron Person of the Month!



Moving Forward

By: Peggy McCormick

We are pleased to announce that our fitness program has produced and continues to produce success and accomplishments. Many residents have exceeded their fitness goals, therefore reducing their risk of falls. Participants have gained strength and confidence. The most noticeable thing is the understanding that exercise and wellness is a necessity and the results are obtainable for everyone at any level and any age.

Because of the success we have seen, it is necessary to change some of the classes to accommodate those who have reached their goals and to also encourage others to work harder. Therefore, we will be adding more challenging exercises to create a more advanced class, while also changing some of the exercises for the standard class. We are in the process of testing residents using the Senior Fitness Test to see which class each person will best fit. It's a very exciting time for us and we are proud of the work our residents have done to make

these changes necessary.

Some of the new goals of our fitness buffs are to be able to get out of a chair without pushing off anything, marching in place for 2-3 minutes without stopping, as well as increased flexibility and balance techniques such as: standing on one foot while very lightly holding on to the bar.

It's interesting to look back and see how far we've come in just over a year. Initially a handful of residents would take the van to the Elders Inn for an exercise class. Interest in fitness was very low and the majority of residents felt that they didn't need to exercise at their age, but over time, that has changed. Fitness classes were created here at the Lodge, word has spread and now we have a successful program. Residents are happier and look forward to challenging themselves everyday through exercise. We are so pleased that the exercise program is so popular, and hope that it continues to grow.

November Funny...

A policeman had just finished his shift one night and was at home with his wife. "You won't believe what happened tonight," he says. "In all my years on the force I've never seen anything like it." "What happened?" she asks. "I came across two fellas

down by the water-front," says the cop. "One of them was drinking battery acid and the other was eating fireworks."

"What did you do?" asks his wife.

"Oh that was easy. I charged one and let the other off."

Congratulations:

Alameda Elder 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 November:

1 Year

Thiesta Brown, WENH
Leah Belimac, Elders Inn
Lucina Partido, WENH

2 Years

Mariel Flores, WENH
Cora Angeles, WENH

3 Years

Jennifer Galban, WENH
Aniceta Sacro, Elders Inn

4 Years

Angie Trias, Elders Inn
Bert Camit, Elders Inn
Renee McGovern, WENH
Jessica Cortez, WE Lodge

5 Years

Elvie Flores, WENH

6 Years

Laura Becerra, WE Lodge
Lupe Mendoza-Sanchez, WENH

Aleth Briones, WENH
Felisa Ganutan, WENH

10 Years or More

Gabriela Cortez, WE Lodge 12 years

20 Years or More

Tessie Toribio, WENH— 21 Years

Kryspin Turczynski

I was born in Poland in 1980, and fled the communist regime with my parents less than a month before martial law was declared. After almost a year in an Austrian refugee camp, we arrived in the United States. We first lived in Green Bay, WI, later moving to Chicago. My parents now live in Poland again, along with my younger sister, Patricia, who emigrated there to study law in Krakow.

I attended the Illinois Mathematics and Science Academy in Aurora, Illinois, before beginning my undergraduate studies at Northwestern University. I pursued a broad liberal arts education in college, studying classical languages and history, and spending a year in Berlin, Germany, before returning to graduate with a major in German literature. In 2002 I entered the Society of Jesus, a Catholic men's religious order better known as the Jesuits. As a Jesuit, I had the opportunity to pursue ministry in many diverse settings.

I left the Jesuit order in January 2006, and moved to the Bay Area in September with my fiancée Bridget. I enjoy traveling, hiking, good food, and the company of animals. I love stories, whether in written or cinematic form. Most of all, I have a keen interest in people, their histories, and the wisdom they have gained through their particular experiences.

Welcome Back, Pinky Quintana!

Pinky Quintana jokingly calls herself the prodigal Administrator. She was briefly the Administrator of the Waters Edge Nursing Home last fall, but she left in December 2005 to go to Hollywood in pursuit of her other passion in life – songwriting. She released a CD entitled “Hoping for a Miracle” while in Los Angeles, CA.

Working with the elderly has been the Number One passion in her life. She started as an accounts payable/payroll benefits coordinator at Pine Ridge Care Center in San Rafael, later becoming the Business Office manager at Northgate Care Center, where her Administrator, Kevin Hogan, eventually became her mentor and preceptor. She was then the Executive Direc-

tor at Park Sacramento Assisted Living prior to joining us last year as Administrator at the Waters Edge Nursing Home. After nearly a year away, Pinky is glad to be back at the Waters Edge. When asked how she feels being back, she smiled and said: “It feels like only yesterday when I was here. It feels like I never left.”

Pinky expresses her gratitude to Chris and Darnelle Zimmerman for making her a part of Waters Edge Nursing Home family again and to all the staff who have been very kind, supportive and warm in welcoming her back as their Administrator. She also wants to thank the staff for giving her a surprise birthday party on October 30th!!!

**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 facility 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 to maintain an independent and active lifestyle. Alameda Elder Services and the Elders Gym provide 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 pro-



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