

# Living on the Waters Edge

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## One Flu Over the Cuckoo's Nest

By: David Ruttan

The flu season is from November to April, with most cases occurring between late December and early March, but the vaccine is usually offered between September and mid-November (and may be given at other times of the year). There are two important ways to reduce your risk of catching a flu: getting a flu shot and washing your hands. Getting the shot before the flu season is in full force gives the body a chance to build up immunity to, or protection from, the virus. Although you can get a flu shot well into flu season, it's best to try to get it earlier rather than later.

Given as an injection, the flu shot contains "killed" flu viruses that will not cause the flu, but will prepare the body to fight off infection by the live flu virus. Getting a shot of the "killed" virus means a person is protected against that particular type of live flu virus if he or she comes into contact with it. Even if you may have gotten the vaccine last year, that won't protect you from getting the flu this year because the protection wears off and flu viruses constantly change. That's why the vaccine is updated each year to include the most current strains of the virus.

The flu vaccine reduces the average person's chances of catching the flu by up to 80% during the season. Because the vaccine prevents infection with only a few of the viruses that can cause flu-like symptoms, it isn't a guarantee against getting sick. But even if someone who has gotten the shot gets the flu, symptoms usually will be fewer and milder.

Even if you have been vaccinated for this year's flu, it is also important to practice good hand washing techniques and to wash your hands often. Wash your hands with soap and water, be sure to lather well and to rub your hands vigorously for at least 20 seconds, scrubbing all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. Rinse completely, and dry your hands with a clean towel and if possible, use the towel to turn off the water.



So no excuses!!! Get your flu shot, wash your hands and be well!

## Power Training for the Older Adult

By: Nathan Ubl

*Powering Up*, written by Heather Stringer and published in the July 2010 publication [Sports & Orthopedics](#) focused on this research and discussed power training and older adults. Power training exercises are performed at a high velocity, movements such as: standing on toes, sitting up from a chair, and climbing stairs. According to Michael Puthoff, PT, PhD, GCS, assistant professor in the physical therapy department at St. Ambrose University in Davenport, Iowa, "with power training, you are not only making muscles stronger, but you are also improving neurological control of the muscle." Much of the focus of power training is to help the body recruit more muscles quickly and efficiently. Movement should be planned and muscles should be better recruited to help brace an older adult offering an increase in balance.

In September of 2009 research was published in the *Journal of Gerontology*, after studying two different groups; one group consisted of older adults who performed exercises with barbells and ankle weights at regular speed (strength training), and the other group of older adults performed functional exercises at higher velocity with a weighted vest (power training). The findings showed that between the two groups the group that included power training showed a significant increase in muscle power compared to the strength training only group. While both groups showed increases in muscle power, the group that included velocity training showed a more significant increase in muscle power. Increased muscle power proves particularly important for older adults who are often at greater risk of falls from lack of lower muscle power.

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## Waters Edge Lodge: November Special Activities

The month of November is packed full of events and outings, ensuring a month without any dull moments as we transition towards our Bay Area winter. In honor of November being Peanut Butter Lovers' Month, Monday, Nov. 1<sup>st</sup>, will feature a Peanut Butter Cookie Social in the Dining Room. Being the first Monday of the Month, there will also be a Walker Cleaning! Come to the Living Room between 10:00 and 11:00 in the morning, and enjoy some company while your walker is taken outside and thoroughly cleaned. At the end of the first Saturday in November, don't forget to turn your clocks back one hour, and be thankful that the end of Daylight Savings Time brings us an extra hour of sleep!

This month the World Tour brings us to Eastern Europe, and the countries of Russia, Poland, the Czech Republic, Hungary, Croatia, and Romania. On Tuesday, Nov. 9<sup>th</sup>, we will celebrate the long brewing traditions of the Czech Republic with a Czech Beer Social in the Dining Room. If you are familiar with Eastern European cuisine, you might know that mushrooms make a regular appearance. They will also be appearing here at the Lodge at a Mushroom and Wine Tasting on Tuesday, Nov. 30<sup>th</sup>. Don't miss the lunch outing on Thursday, Nov. 18<sup>th</sup>: we will be enjoying authentic Polish food and hospitality at Chopin Café in Walnut Creek! Our other lunch outings in November will include the Cheese Steak Shop, Café Yasou, and the legendary Acapulco Restaurant, all right here in Alameda.

In addition to the aforementioned socials and outings, there are even more special events and outings



planned for November! On Wednesday, Nov. 17<sup>th</sup>, residents will have an opportunity to visit the Pardee Home Museum, the beautiful home of former California Governor George Pardee, which is now a historical landmark in the heart of Oakland. Our group will not only receive a guided tour of the mansion, but also be served a formal light tea in the Governor's Dining Room! Space is limited so please sign up now - there is a fee which must be paid in advance, please see Kryspin for more information. If this does not sound like your cup of tea and you are a Lodge resident of the male gender, consider going on our monthly Men's Excursion! On Monday, Nov. 29<sup>th</sup>, the men will go to Harry's Hofbrau in San Leandro for some lunch and good cheer.



Then there is Thanksgiving, of course. We know that many residents like to go out and spend Thanksgiving with their families, but there will be some special events planned for those who plan to stay here as well. As always, the Thanksgiving Luncheon will be held at noon, and is a great way to grab a bit to eat with your neighbors before going out and eating some more later in the day! For those of us spending our afternoon at the Lodge, we will gather around the fireplace with some hot apple cider and recount our favorite memories of Thanksgiving. Please inform the Receptionist at least 72 hours in advance if you plan on missing any meals at the Lodge that day. And above all, let's be thankful for the many blessings in our lives!

## Waters Edge Lodge Resident of the Month: Nancy Estabrook

Nancy was born in Boston in 1920. Her parents were investment counselors, and she grew up with 2 older sisters. The three girls were all close in age, so they liked to compete over boys. Nancy attended occupational therapy school in the Boston area, and worked in numerous hospitals. She met her husband Reed at a party, and they had two daughters and one son, who live in the area. Her husband worked in the plastics industry, which was new and exciting at the time, and Nancy was able to frequently travel all over the country with him. Nancy's passion is gardening, and she eventually changed careers to become a garden

designer and started her own landscaping business. She recently moved from Boston to California, and loves the climate here. Not only is it nice year round, but it's a gardening paradise, allowing horticulturists to work with a greater variety of plants. Nancy loves living at the Lodge, and enjoys the wide variety of activities available daily. She recently even took up Wii Bowling! Nancy's outgoing personality and natural curiosity make her a delight to live with, and it is with great pleasure that we honor her as our Resident of the Month.

## Elders Inn: November Special Activities

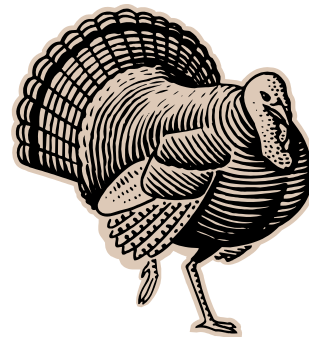
November at the Elders Inn is truly a special time. The trees in our beautiful patios have gone golden and red but the days are still warm enough for all of our residents to enjoy some sunshine. Come down to the two ground floor patios with a friend and enjoy a cup of coffee or tea—you'll be glad you did!

During the month of November, we will be continuing our short walks down the street to the Alameda farmers market. The bountiful harvest will include golden pears, brown tender figs and most beautiful of all—apples! Green, red and gold gorgeous crisp apples direct from the grower—life doesn't get any better than that! Bring a dollar or two and treat yourself to a local, naturally grown treat.



To celebrate the fall harvest, we will be serving refreshing bubbly apple cider and treats during our Happy Hour every Wednesday at 3:00. Join your friends in the Webster Street and Buena Vista dining rooms and enjoy the mu-

sic of Claudio and Jaime. We will be opening up our recipe books for more delicious ways to take advantage of the fall harvest and will keep you posted on our progress. Get your napkin ready!



Another Elder's Inn tradition is our annual Thanksgiving feast Thursday, November 25<sup>th</sup>. Because it is such a lot of delicious food, we serve the big meal at noon to allow plenty of time for all of our Residents to digest it all! Did you know that the annual per person consumption of turkey has steadily risen over the years? In 1980, Americans ate 8.1 pounds per person; in 1990, 13.8 pounds; in 2002, 13.8 pounds and finally in 2007, a whopping 18 pounds of turkey per person! Do your part, eat a lot of turkey, enjoy our celebration on Thanksgiving and let's all give thanks for all we have.

## Elders Inn Resident of the Month: Peter Hassenmueller

Peter Hasenmueller was born in October 1926, in Zeeland, North Dakota. Zeeland is a small town on the border of South Dakota and of its 102 citizens (as of the 2000 census), 90% are of German ancestry. Peter remembers the temperature dropping to a minus 40 degrees in the winter. When asked what he would do when it got that cold, he replied, "Make the best of it, have dinner and go to bed!" Peter is one of 11 children—4 boys and 7 girls. His father was an attorney and kept the books for government agencies and his mother was very active in the Democratic Party. They were invited to many inaugurals and Democratic functions in North and South Dakota.

He attended the University of South Dakota in Vermillion, received his Bachelor of Science degree in Education, and continued his education in Graduate Studies. He taught in many cities in the Midwest including Ipswitch, Aberdeen and Vermillion before moving west, taking teaching positions as they became available, including teaching on Indian Reservations.

When he finally landed on the West Coast in Hay-

ward, California, he met his wife, Laurella, who was teaching 1<sup>st</sup> grade in the same school where Peter was teaching 4<sup>th</sup> grade. Love bloomed behind the blackboards and they were married for many years. After 35 years of teaching, Peter and Laurella traveled extensively every summer, visiting such wonderful places as Russia, Germany, France and England. When they weren't traveling, they collected antiques and Peter has many of his favorites in his apartment.

Peter is fiercely proud of all of his "kids". When you figure that, as a teacher, he averaged 35 kids per year times 35 years, he has a right to be proud of what a strong influence he had on 1225 young boys and girls!



## Waters Edge Nursing Home: November Special Activities

Our Thanksgiving Luncheon will be held on November 25. Family and friends are welcome to join us, but you must sign up, in advance. Please sign up with the Receptionist by 18<sup>th</sup> of November.

Nov 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, & 22<sup>nd</sup> Jimi James will be performing  
 Nov 2<sup>nd</sup> Spirit Care Ministry at 10:30 a.m.  
 Nov 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>, Incan Flute with Jaime  
 Nov 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup>, Live Piano with Miles  
 Nov 4<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup>, & 27<sup>th</sup> Live music with John  
 Nov 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup> Live Saxophone with Dave a  
 Nov 6<sup>th</sup> & 20<sup>th</sup> Classical Opera Show

Nov 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>, Jerry G on Harmonica  
 Nov 16<sup>th</sup> Flower Arranging at 2 p.m.  
 Nov 29<sup>th</sup> Live Jazz with Ann

Check out your Activity Calendar for more information.

**Save the Date: Our Annual  
 Holiday party will December 22<sup>nd</sup>  
 more details to come!**



## Waters Edge Nursing Home Resident of the Month: Leon Olsen

Leon Olsen was born in Hawks, Michigan, in 1928. He was raised with his 5 brothers and 2 sisters, and together they enjoyed the endless woods of northern Michigan. After graduating from high school, Leon joined the Navy and spent 14 months in naval photography school in Pensacola, Florida. His stint in the Navy took him all over the Pacific Ocean, where he used his newly acquired skills to perform such important tasks as aerial mapping and taking pictures of naval air sorties on aircraft carriers.

After 2 years in the Navy, Leon returned to Hawks and helped his parents move to southern Michigan. Leon himself stayed up north, where he worked on a Great Lakes freight ship and met his future wife, Jackie. Leon and Jackie married in 1950, and moved to Taylor, which was not too far from Detroit. He started working for Ford Motor Company as a quality control inspector, and after 5 years, Leon became a salaried quality control engineer. Leon looks back fondly on his time with Ford, which also allowed him to purchase their vehicles at the manufacturing cost. After 30 years, Leon retired, and he and Jackie, moved north to Gladstone, in Michigan's Upper Peninsula (the UP).

When their youngest son finished high school and left home, Jackie saw an opportunity to leave the frigid climate of Gladstone, and so they moved back south to Boyne City in mainland Michigan. They lived there for 11 years before they decided to come live in Alameda, where their daughter and grandson were living.

Leon likes California, though he admits that he misses the Midwest snow. This is understandable, since he's been an outdoorsman his whole life. Some of his hobbies include snowmobiling (he owned 3 at one point), hunting (deer, partridge, and an occasional bear), and ice-fishing. Leon and Jackie have taken cross-country train trips, first traveling north-south and then traveling east-west. They have 2 daughters and 2 sons, as well as 6 grandchildren and 4 great-grandchildren, most of whom live in the Detroit Metro area. Leon's favorite baseball team is the Detroit Tigers. Leon is a very soft spoken, enjoyable, and caring resident and that is why he is our Resident of the Month for November.

## Power Training for the Older Adult (Continued from Page 1)

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To introduce power movements to an older adult who has never preformed functional high velocity movements, he or she is often taken through slower functional movements, allowing the person to build a base strength level and build confidence toward increasing the speed of the movements later in the supervised program. It has been noted by physical therapists currently using power training with their patients that they have seen significant positive

changes in their patients and in some cases a reduction or elimination of walking assist devices, such as; canes and walkers. When power training has been done, older adults have felt rewarded by the experience from both the completion of the movements and the increase in self confidence from additional muscle power gained from the exercise.