

# Living on the Waters Edge

## The Season of Giving

By: Kathy Hanley, PT

Our feet are the road warriors of our bodies. It has been estimated that by the age of 50, most individuals will have put 75,000 miles on their feet. The much underappreciated foot is actually a marvel of anatomical engineering. The foot contains 26 bones (1/4 of the total bones in the body), 33 joints, over 100 muscles, tendons, and ligaments, and an extensive network of blood vessels and nerves. Our feet's primary responsibilities are mobility and walking, but our feet also contribute substantially to our balance and prevention of falls. Although the foot's original ancient owners walked barefoot through savannahs and grasslands, today's foot owners walk the cement and hard floor environments of the modern world; hence the need for shoes. We wear shoes for warmth, protection and support, but often because we put so little thought into what type of shoes we wear, our shoes are hindering rather than helping us.



A recent study published in the Journal of the American Podiatric Association found that only 25% of those surveyed wore appropriately sized footwear. Most were wearing shoes that were too narrow and/or too short for their feet. Yet, poorly fitting shoes are one of the major contributors to foot problems in the elderly. As we age, the muscles of the foot begin to weaken and ligaments become lax. As a result, the feet grow wider and longer. So for most people, the required size of shoe gets larger as they age. Other effects of aging on the foot are thinner skin, less dense bones, thicker and more brittle nails, and arthritic joints. All these age-related conditions make it most important that older people put care, consideration and money into the shoes they put on their feet.

What are you wearing on your feet? If you are not in the "good" category, consider starting off the New Year on the right foot, with a new pair of shoes. For the most part, the phrase "you get what you pay for" applies to shoes. Most inexpensive shoes provide little or no support to the foot, are not made out of materials which breathe and stretch, and are not designed to match the architecture of the foot. So consider investing a little more money in a good pair of

shoes and watch those shoes pay dividends in comfort and ease of walking.

The following are some tips for shoe buying:

- .Shop for shoes later in the day; feet tend to swell by the end of the day and you want a shoe size that accommodates this swelling
- .If you have one foot larger than the other, buy shoes according to the larger foot
- .Select a shoe that is shaped like your foot; avoid shoes with a pointed toe
- .Make sure there is enough space (3/8" -1/2") between the end of the toe and the end of the shoe when you are standing up
- .Make sure to walk around in the shoes before you decide to buy
- .Buy a shoe made of leather; man made materials do not stretch or breathe and so predispose the foot to pressure areas and infections
- .Buy a shoe which cups the heel securely; there should be no sliding up and down of the heel while walking; closed shoes offer much more support to the foot than open heeled or open toed shoes
- .Lace up shoes are preferable because they are easier to get into and can accommodate swelling which can occur as the day progresses
- .Never buy shoes that feel too tight with the assumption that they will stretch with wear
- .Buy shoes that provide comfortable arch support
- .Buy shoes with a non-slip sole
- .Buy shoes with a flat heel
- .Consider buying two pairs of shoes so that you can alternate wearing them.

One final note: Socks are an important complement to the shoes you wear. Cotton socks are strongly preferable to nylon or polyester because cotton absorbs moisture and moisture on the feet breeds infection and bacterial growth. Ideally socks will have extra padding on the bottom to help compensate for the foot's loss of its shock absorbing pads, a normal part of the aging process. Finally, wear socks that fit comfortably into the shoes. So step out with shoes that fit right, support the foot, and are made of quality materials. Make it a little easier on the feet which work so hard for you. You'll be glad you did. May you have many happy miles in 2011!

## Waters Edge Lodge: January Special Activities

Happy New Year on behalf of the entire Waters Edge Lodge community! The holiday season may be behind us, but the fun and festivities continue into the new year. We greet a wintery new January with a Hot and Sour Seafood Soup Social on Monday, Jan. 3rd at 3:00 pm in the Dining Room. The following Monday, we will offer another culinary social gathering, this time featuring Linguine with Shrimp Scampi.

Due to popular demand and robust attendance a few months ago, we are planning another outing to the recently renovated Oakland Museum of California on Tuesday, Jan. 4th. In an effort to offer more options on the weekend and support an important Alameda institution, there will be an opportunity for residents to go to the Mastick Senior Center for lunch and bingo on Saturday, Jan. 22nd. On Monday, Jan. 31st, we will meet again in the Dining Room at 3:00 pm for a Chocolate Cake and Milk Social. With the World Tour taking us to South Asia this month, everyone is invited for a special presentation on Buddhism in the Living Room on Monday, Jan. 24th at 12:45 pm, immediately after lunch. There are also two World Tour-themed lunch outings this month, to India Palace in Alameda on Jan. 6th and to Taste of the Himalayas in Berkeley on Jan. 20th. Our remaining lunch outings will be to Pearl's Deluxe Burgers, Alameda's newest burger joint, on Jan. 13th, and to the ever-popular Sushi House, right on Alameda beach, on Jan. 27th. Just keep in mind that outings



can fill up quickly, so don't forget to sign up in the activity outing book at the Front Desk as soon as possible!

It's a new year, so why not throw some new activities into the lineup? On Mondays at 1:30 pm, all poker players are invited to the Cafe for some penny poker. So put on your game face and see if you can wipe your neighbors clean of their spare pennies! The Monday Golf Putting Contest has been moved to Tuesday mornings at 10:30 to accommodate more players. Remember, winner gets to keep the trophy for a week. Likewise, the French Reading Group now meets Wednesdays at 10:45 am in the Cafe, at the round table near the computer. Do you like to play dominoes? Maybe you've always wanted to learn? A brand new domino group will start meeting on Wednesdays at 1:30 pm in the Cafe. Finally, a very important new group is being formed for all those who bravely put their lives on the line for our country. This group is open to anyone who served in the military, and is meant to provide a forum for veterans to discuss veterans' issues, come up with suggestions for the community to better express its patriotism, and to provide each other with support and understanding. If nothing else, it can be a good opportunity for members to share their own stories of service and sacrifice.



## Waters Edge Lodge Resident of the Month: Ruth "Barbara" Gates

Ruth "Barbara" Gates was born in Berkeley, California in 1921. She grew up with her parents, both graduates of the University of California - Berkeley, and her two younger siblings, Everet and Grace. Barbara's father was a forester, while her mother stayed home to raise the children. Barbara always had great talent and passion for art, and even as a young girl, she was asked to paint a mural featuring characters from various children's stories in the gymnasium of her grammar school. After graduating from Oakland High School, she enrolled in the College of Arts and Crafts at San Jose State University. Her college years were some of the happiest of her life, as she was able to focus on her greatest interest, and she was rewarded with a Bachelor of Fine Arts degree. Barbara was also fascinated by history, particularly American and European history, reading a great deal about these subjects. After the war, she was able to fulfill a lifelong dream by traveling to Europe with her husband Jack.

They bought a Volkswagen in France and traveled all over the continent. Barbara found Spain to be beautifully unspoiled, and was delighted to meet some gypsies there. She was surprised to find Vienna still occupied by Soviet troops at that time, with huge posters of Stalin hanging everywhere. Not surprisingly, Barbara visited all the art museums along the way! After her two children, William Louis and Sharon Lee, grew up and became independent, Barbara resumed her European travels, making frequent trips to France, Austria, England, and Italy. She started collecting paintings of well-known French painters, even getting to know some of them personally. Barbara is very active here at Waters Edge Lodge, attending exercise classes, the Circle of Elders, the French reading group, and the History of Philosophy group, among others. We are pleased and honored to have Barbara in our community, and to celebrate her life as our Resident of the Month.

## Elders Inn: January Special Activities

January at the Elders Inn may look dreary from the outside, but inside the Inn it is warm and inviting. The Holiday decorations are being taken down and put away until next year, but the afterglow of a wonderful Holiday season still remains with us. Our wildly popular exercise program is going full speed and just in time to shed an extra pound or two—that one last cookie is the hardest!



Our Wellness and Activity staff rotates the exercise programs so there is always something new at the Inn. Nathan leads the 10:00 am class, followed by a Breathing Class, Monday through Friday

in the Webster Street Dining Room. In addition, everyone is invited to join the Seated Class every Monday through Saturday at 2:00 pm, also in the Webster Street Dining Room. Nancy and David alternate leading this afternoon session and there is always a lot of laughing along with the benefits of keeping your body strong. All are invited—twice a day!

January takes us to the exotic land of India on our world tour and David is in the middle of setting up an informative program in conjunction with Alameda High Leadership. If all goes well, we will be having pres-



entations by these young students who will research and bring some of their individual experiences to our Residents. Keep your eyes peeled for more details. David will announce the happenings at—where else?—the Circle of Elders! Come to the Circle of Elders every Monday through Saturday at 11:15 am in the Buena Vista lounge for the latest news.

Speaking of the Buena Vista lounge, by now all of our Residents should have noticed our grand changes. The inoperative organ has been removed as well as that monster television and our new addition is hanging on the wall. Our giant flat-screen television is up and working just in time for the Bowl Games! Ask David if your home state is playing in one of the thirty-something Bowl games and come root for your team on the big screen!



This month you may also notice that our Administrator has changed. Sabrina Britton will be returning to the Elders Inn for a few months to work on some special projects. Christina Carter will be taking Sabrina's place at the Waters Edge Lodge. Please welcome Sabrina back.

## Elders Inn Resident of the Month: Margie Walsh

Margie Walsh and her brother were born in Provo, Utah, the only children of her accountant father and mother. When Margie was about 5 or 6, they moved to Los Angeles, California and a few years later, they moved to Oakland. She attended Oakland public schools and graduated from Fremont High. Her brother had an opportunity for a job in Washington D.C., and Margie ended up following him there. She landed a fantastic job working for a United States Senator for 2 years!

She returned to Oakland and worked for the City of Oakland in the Public Works Department for over 30 years as a secretary and we are told that she is a whiz at shorthand!

Margie met her future husband while at a dance at the Ali Baba nightclub in downtown Oakland. Henry kept asking her to dance and, after 3 refusals, she finally said yes. They dated for 10 years before finally marrying and they enjoyed 40 wonderful years of married life. They traveled extensively, mostly with good friends and relatives, throughout the United States. Margie loved to dance, even tap dance, and roller skating.

She has an adoring step-daughter, step-granddaughter and a step-great-grandson and is delighted to be making new friends at the Elders Inn. We are also delighted that Margie is here and salute her as our Resident of the Month.

## Waters Edge Nursing Home: January Special Activities

Waters Edge Nursing Home would like to wish our residents and their loved ones a Happy New Year. In January, the Residents of the Waters Edge Nursing Home will be travelling to Southern Central Asia on our World Tour. This region includes: India, Pakistan, Afghanistan, Bangladesh, Nepal, Tibet, Mongolia and Kazakhstan.

Our special activities for the month of January are:

On January 4<sup>th</sup>, Spirit Care Ministries will visit.

On January 18<sup>th</sup>, we will have Flower Arranging in the

Bay Room. Join us to make a beautiful bouquet.

January 1<sup>st</sup>, & 15<sup>th</sup>: Classic Opera Show

January 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>: Harmonica with Jerry Gee

January 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup>: Guitar with Jimi James

January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>: Andean Flute with Jaime

January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>: Piano with Miles

January 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 22<sup>nd</sup>, & 27<sup>th</sup>: Guitar with John

January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>: Live Saxophone

January 31<sup>st</sup>: Live Jazz with Ann

## Waters Edge Nursing Home Resident of the Month: John Armstrong

John Henry Armstrong was born in November, 1928, in Salem Massachusetts. His parents, James and Diana Armstrong had five children: four boys and one girl. James worked with railroads, steam fitters and pipefitters. "My father worked hard for our family," said John. Growing up, John recalls many good times with his family. Some of the things they did together were fishing, boating, sailing, playing basketball and baseball, and going on family picnics. John attended Salem Vocational High School, where he took up wood working. In 1944, he enlisted in the US Navy. After his discharge, John worked for the United Shoe Machinery Corporation where he made the machinery used to make shoes. "I have always loved working

with machinery and my hands," John recalls.

In 1961, John married and had one daughter. In 1967, he had had enough of the cold weather and headed west to the Sunshine State, settling in El Monte, California. John said only two words describe California: "Palm Trees." In his later years, John enjoyed the pleasures of traveling, especially to Mexico and Canada, as well as going to the Casinos.

John is also a proud grandfather of two. He enjoys eating spaghetti and meatballs. John joined the Waters Edge Nursing Home Family in September, 2010. He enjoys our musical entertainment program, exercise programs and staff commitment.

## AES: Iron Man of the Month—Maggie Walker

By: Rosemarie Caigoy

Lately, I have been interested in cultures that incorporate more mindful aspects to their overall well being. Cultures, such as the Japanese, that keep a "Wabi Sabi" mentality- finding beauty and appreciation in the imperfections of weathered materials, including ourselves. They understand the aging process of our bodies and take in wisdom with great humility. Maggie Walker, despite the tribulations of aging, maintains her grace, overcomes her trials, and carries on with such a peaceful demeanor. When I am around her, I feel a calm and peaceful resonance.

Maggie Walker was born in Toledo, Ohio, in the Great Lakes region of the United States. Majoring in Fine Arts at the local University, Maggie developed a passion for writing and reading. After college, she worked as a news reporter for a small town paper in Concord, Ohio. She then met her husband, whose career as an electrician brought them all around the state. They had four children, 2 girls and 2 boys. Maggie and her husband both enjoyed traveling the US so much in their yellow road van that after retirement they shipped it over to Europe and continued on

their road trip journey! They spent a year and a half on the road in Europe, covering most countries, except those in Scandinavia. Watching Maggie reminisce of their holiday with a spark in her eye, she claims that France was their favorite country to know by way of the road. While overseas, they grew an appreciation for bird watching. This mindful habit of silently watching nature could have been what helped build the foundation of her peaceful, calm, and observant manner.

Maggie's artistic mind opened her up to many types of music throughout her life. She enjoys everything from Jazz and Bop to Chorales, as well as Classical- Bach being one of her favorites. Her film taste matches her favorite reading genre: Noir and Mysteries. I think Maggie has settled in nicely here at Waters Edge Lodge and you can find her attending the morning stretch classes daily, bingo, and the various musical entertainment we have every afternoon. She is a great balance to our facility with her patient energy, calm manner, and open heart.