

Living on the Waters Edge

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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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The Power of Positive Thinking

By: Kryspin Turczynski

We have all heard the saying, "You see what you want to see."

More than just a lament of near-sightedness and stale thinking, this expression contains a powerful message: we have the power to shape our realities. To a large degree, our expectations truly do determine how and what we perceive, and this is memorialized in popular folk wisdom by other expressions such as "Finding the silver lining in every cloud," and "The glass is half-full, not half-empty." Positive thought is both effective and infectious,

and this ability to transform challenges into opportunities is one of the best qualities of the American experience. Positive thought is essential to the transformation of our elders' communities. People dread the idea of ending up in a typical nursing home, which sustains the body but kills the spirit; and who can blame them? Having lived and loved for many years, seniors deserve much better in their golden years. However, institutions are by their very nature resistant to change, and any mention of it is often met with a shrug of resignation or an au-

thoritative proclamation of tradition: "We've always done it this way!" The situation calls for an honest assessment of the present, and the courage to move towards the future.

Thankfully, we have a strong foundation of compassion upon which to build here at Alameda Elder Communities. I witness it concretely every day: staff providing heartfelt and sincere care to the residents; residents helping each other in numerous, easily overlooked ways; staff supporting one another in times of crisis. We are blessed to be in the midst of

Revelations from a Walker and Cane Clinic

By: Kathy Hanley

Periodically, Cane and Walker Clinics are held at both Water's Edge Lodge and Elder's Inn. The clinics are held by our Physical Therapist, Kathy Hanley. Our

Maintenance Director, Dave Lonsdale, is also on hand to help with any equipment that needs to be adjusted or repaired. Of the 12 people who attended a recent clinic, the following was the case:

- 2 residents were using canes. Both canes were the incorrect height. One cane was gotten at a garage sale; one came from a deceased relative. One cane's tip was worn smooth and a safety hazard.

Positive Thinking

so many warm and compassionate people every day, but we must also recognize that more can be done. We must take further steps to deinstitutionalize our facilities, so that all can thrive and grow as dignified members of a true community, sharing a common mission and vision. Such a transformation will not be quick or easy, but it is one of the most important tasks any of us will face, and it is absolutely achievable with courage, innovation, and a healthy dose of positive thinking!

Quotes from Gandhi

- *Where live is, there God is also.*
- *You must be the change you wish to see in the world.*
- *An eye for an eye makes us all blind.*
- *Action expresses priorities.*
- *Where there is love there is life.*
- *Commonsense is the realized sense of proportion.*
- *Breach of promise is a base surrender of truth.*
- *Culture of the mind must be subservient to the heart.*
- *Each one prays to God according to his own light.*
- *Even if you are a minority of one, the truth is the truth.*
- *Evil is, good or truth misplaced.*
- *Honest disagreement is often a good sign of progress.*
- *I am prepared to die, but there is no cause for which I am prepared to kill.*

Revelations from a Walker and Cane Clinic

- 10 residents were using walkers. Of these only 2 were given to the resident by a healthcare professional. These were correctly adjusted.

The remaining 8 residents had walkers purchased for them by well-meaning family members. Some came from mail-order catalogues, some from medical supply companies and one from Costco. Why were they purchased? Some of the residents' replies: "So that I could have a basket to carry things;" "So that I would have a place to sit if I got tired;" "My son is afraid I might fall;" "I don't know." Most of these walkers were not adjusted to the correct height. Some had a malfunctioning brake. Some were being used by residents who didn't really need them.

Many things go into consideration in choosing the correct assistive walking device. These include balance, strength, gait patterns and everyday activities. Decisions

regarding assistive walking are best made by trained professionals. Kathy Hanley is always available for advice at 521-9200 ext. 105. We are also now offering family conferences to help make cane and walker decisions. These would involve the resident, a family member, fitness personnel, and a Physical Therapist. If you are thinking of adding or changing a walking device, or if you are not sure that you are using the appropriate device, please consider utilizing one of these options. Walking should be one of the joys of life and can be an important factor in maintaining overall health and wellbeing. If you are using an assistive walking device, make sure it is the right one for you.

The next Cane and Walker Clinic will be held at Water's Edge Lodge in February. Elder's Inn will have one in March. Watch your Activities Board for details. Family members are invited to attend.

Should you Exercise when you are Sick?

By: Laura Van Harn

Cold and flu season is just getting under way in the United States. Before it's over, the Centers for Disease Control and Prevention predicts, up to 20 percent of Americans will suffer from the flu.

Regular exercise can keep your immune system healthy. However, when you have the flu, your exercise routine should be put on hold because your immune system is working overtime to fight the virus. When you have a fever, your heart is beating faster because of the high temperature. Adding exercise to this

World Tour: South Asia

I don't know about you, but I sure need a little down time after that whirlwind December that just passed! So much fun! So many activities! Too much good food and drink! Maybe that's why we slow down a bit and cuddle to stay warm in the month of January as we look out over the sleeping lagoon shrouded in gray skies. It seems like the only things working hard are the squirrels and birds as they search for food---thankfully, we get to eat all of the wonderful meals that are prepared here at the Waters Edge Lodge.

This month, we resume our World Tour as we visit the mysterious lands of India, Tibet and Burma. Such wonderful and different countries! In addition to our display and provocative movies, we have scheduled two luncheon outings for the month of January---one for Indian food and a second lunch at a Burmese restaurant. What better way to explore a different culture than through our stomachs? Keep your eyes peeled for the sign up sheets at the front desk---don't miss out on these feasts!

Resident of the Month: Hazel Hull Leitzel

Hazel was born in Gastonia, North Carolina and was the "baby" of the family, having 3 older brothers and an older sister. Her Father was a Manager of a textile mill and her Mother was a hard-working housewife. Hazel went to public schools and was in her 3rd year at Nurse's School when World War II broke out. She went to work out of state as "Rosie the Riveter" in an airplane factory and she remembers those days as the happi-

est days of her life because what she was doing really made a difference. She met her future husband at work and has a daughter who loves here in Alameda and 2 Grandchildren---a Granddaughter 15 and a Granddaughter 11.

Hazel loves to laugh and was very active in the Lutheran Church. She sang in the choir and she says that they couldn't even think of having a choir without her!

December Activities

Although the attendance at the Circle of Elders has grown tremendously, we would still love for more and more Residents to have their voices heard every weekday from 12:30 until 1:30 in the Living Room.

If you have a desire to know what is going on inside the Waters Edge Lodge or around the world, please join David as he presents the forum for all of us to exchange our ideas and thoughts on a wide variety of subjects.

In addition to the on-going discussions, every day a different Department Head comes to the Circle and speaks about a subject of general interest. Every Tuesday is the Nursing department, every Wednesday Housekeeping/Maintenance, every Thursday Dietary and every Friday Administration. Bring your questions and get them answered!

Live Oak

We have added a wonderful activity twice a month---Let's Go to the Movies! We will reserve the shuttle twice a month---probably Tuesdays and go to a bargain matinee movie at the Bayfair Shopping Mall in San Leandro. We are projecting that the best time will be right after lunch and the movie will be chosen by popular demand. Let's see if we can fill the shuttle van with film critics---We can have a discussion group afterward!

On Wednesday, January 24, at 12:30, will be entertained at the Circle of Elders by the Earhart School "Noon Tune" chorus of schoolchildren who will regale us with vocal talent! Mark your calendars!

Don't forget our two lunch outings this month! East Indian lunch on January 23 and Burmese lunch on January 11. Please don't be left out and please sign up early! This is sure to sell out.

Resident of the Month

Emily Sosa (nee Diaz) was born in 1929 in West Oakland, and attended St. Patrick's Catholic Church her whole life. Emily attended Prescott School, going on to become a teacher herself, teaching 4th grade at Lincoln School in Oakland for many years. Emily married Manuel Sosa, and together they had two children, Manuel Jr. and Francis. Emily also has 4 grandchildren, with a fifth one on the way! Growing up speaking Spanish at home, Emily appreciates the benefits of being bilingual, and of passing down one's cultural heritage to the younger generations. The most important thing in her life has always been her family, most of whom still live close by in West Oakland. The Waters Edge community is truly blessed to have such a friendly and caring resident as Emily.

From the Dietary Dept.

On January 1st, we will be ringing in the New Year with a special luncheon for residents and family members. On January 9th, we will be featuring a special lunch from the country of Pakistan, sure to be a crowd pleaser. On January 24, we will be serving an authentic Indian Lunch.

The WE Team

The WE Team meets weekly on Wednesdays at 2:00 pm in the Bay Room. Residents and Staff are invited to attend.

Get Involved By Sharing your Culture

Do you love sharing your culture with other people? It doesn't matter if you're from Paris, France, or Paris, Kentucky, everyone has a culture, and all cultures are covered in our World Tour program of cultural exploration. You can present a slideshow of photos from your region, play some songs you grew up with or show some traditional artwork; the possibilities are endless! To assist you, here is the World Tour schedule for the upcoming year:

January – Central/South Asia

February – Africa
 March – British Isles/
 Scandinavia
 April – East Asia
 May – Central/South America
 June – Pacific Islands
 (including the Philippines)
 July – North America
 August – Southern Europe/
 Mediterranean
 September – Middle East
 October – Western/Central
 Europe
 November – Eastern Europe
 December – Holiday Celebrations

A Special Thanks

We would like to convey our gratitude to Marcie Brown, Terrence Brewer, and 4-year old Isabel Brown Lyden for filling our halls with holiday cheer during the special concert they performed on December 11th. Marcie and Terrence are professional musicians from Alameda. You can

read more about them on their websites, www.marciebrown.com and www.terrencebrewer.com. We also say Thank You to our residents, staff, relatives, friends, and everyone who helped make the holidays truly special here at the Waters Edge Nursing Home.

The Good Times Keep on Rolling

The holiday season may be behind us, but the good times keep rolling at Waters Edge Nursing Home. In addition to our regular lineup of stellar performers, we will be enjoying a special theatrical treat in January: Hollywood's Fabulous 40's, a show about classic Hollywood stars featuring songs, stories, humor and more. Friends and relatives are cordially invited to join our residents for this one-hour extravaganza on Wednesday, January 17, at

10:30 am in the Bay Room.

We are also resuming our World Tour, and our focus this month will be on central and southern Asia. In addition to theme meals and movies, residents will also have an opportunity to attend special presentations about India and other countries from the region. Please see the event calendar for details, and contact the Activity Department for the latest scheduling updates (wenhactivity@gmail.com).

Special Activities

.January 01 – New Years DAY - In the United States we celebrate the New Year on the first day of January but not all New Year celebrations take place on the same day or in the same way! Sometimes this is because people in different parts of the world use different calendars. China and Israel keep a lunar calendar. It is based on the movement of the moon around the Earth. Some countries celebrate in the spring when new crops begin to grow or in autumn when the crops are harvested. Adults and children have many different ways of welcoming the New Year. Wouldn't it be fun to travel around the world and celebrate the New Year all year long?

Please come and join with our Resident to have some Sparkling Cider and Peanut Butter cookie at 1:00 pm in the Webster Dining

January 15 – Martin Luther’s King, Jr. Birthday -

Dr. Martin Luther King, Jr. was the most famous leader of the [American civil rights movement](#), a political activist, and a [Southern Baptist](#) minister. King became the youngest man to be awarded the [Nobel Peace Prize](#) (for his work as a [peacemaker](#), promoting [nonviolence](#) and [equal treatment for different races](#)). [Martin Luther King Day](#) was established as a [United States holiday](#), only the fourth Federal holiday to honor an individual; Considered by many as one of the greatest public speakers in U.S. history. On this of celebration our Resident will be watching a movie about Martin Luther King, Jr. with some refreshments in the Buena Vista Lounge at 1:00 pm.

January 19 – Hat Day – The enthusiastic turn-out set the standard for Hat Days to come in the future. It will be an exciting activity for our Resident and staff in making a crazy hat at 1:00 pm with Rene Eastridge.

W/T India

The next leg of our journey is to visit India. India comes from the word *Indus* which is named for Indus River. The official name is the Republic of India. India borders China, Nepal, Sri Lanka and Pakistan. India's coastline covers over seven thousand kilometers which includes the Indian Ocean, Arabian Sea and the Bay of Bengal. The capital of India is New Delhi, & the largest city is Mumbai (Bombay). India has twenty-eight states and seven union territories. India declared independence from the United Kingdom in 1947 and became a republic in 1950. The official languages are Hindi, English and twenty-one other languages. The religions of India include Hinduism, Buddhism, Jainism, Sikhism, Islam, Christianity, Judaism, and Zoroastrianism. The population is about **one billion** with most people living in rural areas. In 1947, the literacy rate was 11%. Today the rate has increased to 68%. The Taj Mahal is the country's most popular tourist destination. Indian cinema is becoming more recognized due to the “Bollywood” films. The cuisine of India varies from region to region with wheat and rice being the staple of most people's diets. The food has a wide variety of a vegetarian selection. Field hockey is the nation's sport, with people also enjoying cricket, football and tennis. Come join us as we visit India

Resident of the Month:

By: Holly Howes

Elenor Ivers, was born in Oakland, California. She was the middle child of a clan of five which consisted of 2 older brothers, a younger brother and a baby sister. Her mother was a delicate looking woman who amazed everyone with her innate mechanical abilities. Not only did she cook and clean, but she could eas-

ily fix broken clocks, problem plumbing and all manner of household issues. Elenor’s father was a good natured, fun loving fellow who enjoyed playing with his kids. As a special treat he would often take her roller skating, just the two of them, and she became quite adept at the sport.

Growing up, Elenor spent time in the Bay (Cont. pg. 7)

Good Posture

By: Laura VanHarn

I would like to devote this month's Iron Person article to several people at Elders Inn who are very devoted to their weekly routine of exercise. Clara Clegg, Bertha Golightly, Rose M. Colligan, Lucille Anderson, Nancy Baughman, Mary Bussell, Gertrude Gilbert, Dottie Haak, Glenn Homer, Shirley Hutchinson, Pauline Johnson, Josephine Kirby, Stephanie Kmyta, Susanne Lynch, Axel Ottens, Arza Ralph, Christina Rupkalvis, Vickie Sanchez, Peggy Swanson, Opal Taylor and Fred Volz. Many of these individuals exercise 5 days week and have near perfect attendance for the classes.

These twenty-one individuals are an inspiration for all of us at Elders Inn. Because they are active, their life in the community is much fuller and satisfying. They report that the quality of their sleep has improved. Many have lost weight without changing or decreasing what they eat. The consistent exercise routine has increased their strength, which has improved their balance and functional abilities.

Many of these Iron People have found that their relationships with their family and friends have improved because they have more positive outlook on their daily life. (Continued on pg. 7)

Should you Exercise when you are Sick?

will put to much stress on your heart (Cont. on Pg. 6) and is especially contraindicated for those individuals taking medications for any cardiovascular condition or have pace makers. If you're suffering from chest congestion, coughing and shortness of breath, you also shouldn't work out. And exercising with a stomachache will probably make you feel worse. But if you have the sniffles and milder symptoms of a cold, moderate exercise is probably ok.

Fever also causes dehydration and electrolyte imbalance. So, be conscious of how much water you are consuming and even drink more if you have a fever. You need to keep your hydrating fluids high and your dehydrating fluids, caffeine and alcohol, very low, especially when you are sick. Warm herb tea is a great winter addition and more exciting than plain water all of the

time.

The other issue is spreading germs to others who are around you in exercise classes or in the "gym". If you are unfortunate to be around others who are sneezing, coughing or exercising with the flu, be sure to wash or sanitize your hands after using the same equipment.

Finally, use common sense for your recovery and return to exercise with a moderate approach. If you have any other questions or concerns, please consult Peggy at the Lodge or Laura at Elders Inn, Kathy Handley PT or a nurse.

All of us in the Wellness Department wish you a wonderful Holiday Season and Happy Healthy New Year.

New: Monthly Pain Clinics

We will now be having monthly pain clinics at both Water's Edge Lodge and Elder's Inn. These clinics will be led by our facility nurses, Amanda at Water's Edge Lodge and Leah at Elders Inn, and by Kathy our Physical Therapist. The purpose of these clinics will be to help our residents who have either new or chronic pain to lead as pain-free lives as possible.

The Pain Clinic will be held at Water's Edge Lodge the 2nd Wednesday of each month from 1:30-2:30. The first clinic will be held January 10. Pain clinic times will be announced for Elder's Inn shortly. If you would like to sign up for the Pain Clinic, please speak to your nurse. Family members are welcome and encouraged to attend with the residents.

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 January:

1 Year

Esperanza Candelario, WE Lodge
Christina Carter, Elder Inn
Laura Mendoza, WENH
Laura VanHarn, AES
Janet Shin, WENH
Kristy Khanthavong, WENH

2 Years

Sun Lee, WENH

3 Years

Bertha Zamora, WE Lodge
Orlando Yparraguirre, WENH
Connie Quinto, WE Lodge

4 Years

Tiffany Reed, WENH
Nona Mejia, WENH
Rosie Mendiola, WE Lodge
Susan Ikonomou, Elders Inn

5 Years

Santana Navarro, WENH
Lilibeth Puzon, WENH
Irma Hammerle, WENH
Marieta Aguinaldo, EI

6 Years

Edna Magno, Elders Inn
Milon Celindro, Elders Inn

10 Years or More

Francisco Trujillo, WE Lodge
12 Years !

Elders Inn: Elenor Ivers Cont.

Area, up the coast in Fort Bragg, in Los Angeles and in a small town near San Jose called Agnew. Graduating from Oakland High School, Elenor went directly to Heald Business School. She decided that regardless of the economy, current events or where she was geographically, one could always find work with decent office skills. When she wasn't working, she was dancing. She loved ballroom dance and that was where she met my grandfather. After getting married, they decided to explore other parts of the country. They spend several years working and dancing their way through different states, but after my father was born it was time to put down some roots. My grandmother decided to move to

L.A. and go back to school to become a Physical Therapist. She enjoyed the work and when she moved back to the Bay Area to care for her parents, she found a position at Kaiser Hospital where she stayed until retiring. After which, she devoted a great deal of her time to traveling and continuing to spoil her two granddaughters in new and inventive ways.

I owe much of who I am and how I receive the beauty of life to my grandmother. She has had a tremendous impact simply by observing how she makes choices and handles the experiences of her life. I learned to love fully with great compassion and without fear of loss by seeing her talk with great joy about the love of her

Iron People at the Inn

In fact, they all have said that they look forward to their time spent in exercise or in activities, which get them out of their chairs.

All of us in the Wellness Department would like to encourage everyone, who has not joined in our programs, at the Lodge or Elders Inn to join us as soon as possible. We think if you try it you will like it.

Warm for the Holiday Season to you all and a huge round of applause to the Elders Inn Iron People of the year. Congratulations.

**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 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 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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