

Living on the Waters Edge

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January 2008

Established in
January, 1972.

Now in our
Thirty-Sixth Year
of Providing Health
Services to the
Elders of the
Alameda/Oakland
Area.

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Exercise your Well Being

By: Lindsay Jones

For over 100 years research studies have revealed emotional and mental well-being to be a by-product of exercise. This means that you should participate in exercise not only for its preservation qualities and improved bodily function benefits, but for your overall emotional and mental health.

At the end of a 4-month Duke University research study, it was discovered that 60% of depressed participants overcame their depression when exercising 30 minutes three times per week, WITHOUT the use of prescription medica-

tion.

At Arizona State University, a similar study produced this highlight: "We now have evidence to support the claim that exercise is related to positive mental health as indicated by relief in symptoms of depression and anxiety."

Studies regarding the relationship between mental health, emotional wellness and exercise have been conducted since the early 1900s. Here are some findings made by Dr. Daniel Landers from Arizona State University:

Mental Health Benefits of Physical Activity

Reduced Anxiety

Anxiety: A form of negative self-appraisal characterized by worry, self-doubt, and apprehension

Best results with "aerobic exercise" (elevated heart rate, no weight lifting)

Best after weeks of regular exercise

Best benefits to those who are low fit to begin with

Best benefits for those high in anxiety to begin with

Reduced Depression

Depression: A state of being associated

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Power up New Years Resolutions With Affirmations!

By: Nicki Hiemenga

Repeating affirmations is a powerful mental programming technique, which is not appreciated enough and is not

well understood to many. To some, it seems to be a useless and impractical theory, but when well understood, it puts wonderful and pow-

erful tools into our hands.

Affirmations are positive statements that describe a de-

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Power up New Years Resolutions With Affirmations!

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sired condition or situation, and which are repeated many times in order to impress the subconscious mind and trigger it into positive action. To affirm means to “make firm”, which means making firm or real, some desired change. In order to ensure the effectiveness of the affirmations, they have to be repeated with attention, conviction, interest and desire. The results will automatically and involuntarily conjure mental images in the mind. These mental images, if repeated often, are brought into reality by the power of the mind.

Often times, people repeat in their minds negative statements concerning the situations and events in their lives, and consequently bring upon themselves undesirable situations. You reap whatever your conscious mind sows into your subconscious mind. Your often repeated thoughts and words shape your character and your life, according to whether they are constructive or destructive.

Basic Guidelines for Repeating Affirmations or Positive Self Talk:

1. Always phrase your affirmations in the present tense. You want to achieve your goal now—not in some undefinable future time.
2. Use only positive and constructive words describing

what you really want to attain or achieve.

3. Be specific. Tell your mind exactly what it is that you want.
4. It is advisable to keep the affirmations short and easy to remember.
5. Include feelings and strong desire. Try to feel and believe that what you are saying is already true. Feelings and emotions give life to your words.
6. Repeat affirmations at any time you want or at special times during the day. Immediately after waking up and before falling asleep are two good times, as it is easier to get to the subconscious mind at these times.
7. You may repeat them out loud, mentally, or by writing them down. Some like to say them in front of a mirror.

Sometimes affirmations work fast, but often they need time to make changes. Repeating positive affirmations a few minutes, and then thinking negatively, neutralizes the effects of the positive words.

Examples of Positive Affirmations

- I am healthy and happy
- My mind is calm
- My thoughts are under control.
- I radiate love and happiness.
- I let happiness manifest in my life.

- I deserve happiness right now.
- I am developing the happiness habit.
- The healing energies of the Universe are filling my body and mind.
- Day by day my health is improving in some way.
- Happiness always seeks me.

You can use self-talk to your advantage. Fill your mind with positive thoughts and direct their power toward achievement and success. Give affirmations a try. Use some of the ones listed above or create your own. You have nothing to lose, but only to gain. Try them for a couple of months and see if your life improves. Have fun, good

Toys for Tots

This year, a record amount of underprivileged children signed up to receive gifts through the Toys for Tots program. Elders Inn and Waters Edge Lodge were collection sites this year. We collected more than two boxes full of unwrapped toys at each facility. We would like to thank the Residents, Family members and staff who so generously contributed unwrapped gifts to help those in need.

Exercise your Well Being (Continued)

(Continued from page 1)

with feelings of hopelessness or a sense of defeat. People with depression often feel “down” or “blue” even when circumstances would dictate otherwise. All people feel “depressed” at times, but a “depressed” person feels this way much of the time.

Best after weeks of regular exercise

Best when done several times per week

Best with more vigorous exercise

The benefits of exercise are very similar to those that one would receive for traditional depression and anxiety treatment, which includes medication and psychotherapy. This proves exercise to be one of the most cost-effective and convenient treatments for those suffering from depression or anxiety. Collectively, medication, psychotherapy AND exercise are have been proven to have a greater effect on the symptoms, than exercise alone. However, this triple-threat arsenal of therapy is not always allowed in one's schedule. How many residents would be able to commit to seeing a therapist or counselor as recommended AND would be interested in adding another medication to the already exceptionally long-list of medications they are prescribed. Not to mention having to break their hesitancy or

insecurity regarding exercise, in which lies the next exercise benefit to be addressed: improved positive self-esteem.

The analysis also has brought attention to the symbiotic relationship between activity and positive self-esteem. If you are active, you have a higher self-esteem than someone who is less active. If you have a high self-esteem, you are apt to have higher level of activity than others that may have a misperceived conception of their self-worth. But exercise, rather than plain old activity, is proven to boost your confidence levels even higher than activity alone. And in this case, two is better than one; it is most beneficial to have an activity AND exercise. And by activity, I mean something ACTIVE that requires your physical effort. Exercise may be the catalyst to bring forth your self esteem, letting your confidence shine for everyone to see, and inspiring others to achieve the same.

And what contributes to an overall feeling of wellness more than a great night's sleep? Activity also contributes to a more restful sleep. And I don't mean that you sleep MORE, but with regular exercise you would have increased total sleep time and sleep duration. Sleep is compensatory to exercise. If you physically fatigue yourself during the day with exercise, your body will have a higher demand on it to achieve

nighttime rest that is recuperative and restorative. I have had so many residents complain of not having a restful night, and that is their excuse for not participating in exercise classes. There are many things that contribute to a restless sleep, even a few that are not improved with exercise, and those things you will need to address with a different solution. But if, in general, there is no particular reason why you are restless, then you should try applying exercise to the equation. If you exercise regularly, and for some reason you take time off from exercise, you will likely recognize what is and isn't "restful" sleep. Experience says if you have a restful sleep, you'll feel like a million bucks when you wake. And if you feel like a million bucks, you may just feel like engaging your million dollar body in daily activity and exercising your million dollar body in group exercise classes!

And finally, with your newfound self-confidence, higher self-esteem, restful nights and your perceived million-dollar body, you can combat stress easier than before you exercised. Yes, exercise improves the ability to respond to stress appropriately. So the next time you stress out about coming to exercise class, remember the more you participate the less you will experience anxiety, depression, exercise deprecation and restless nights in your life.

ROM: Mildred Whitlow

Mildred was born in December 1904 in Milo, Iowa. She is the youngest of eight children all of whom grew up on the farm. "I was in charge of taking care of the chickens, collecting the eggs and sometimes quieting them when we were trying to sleep." Mildred graduated from Milo High School in 1923 and then went on to study in Des Moines, Iowa at the Capitol City Commercial College. After college, Mildred worked in a Law Firm and then for the IRS. "I also worked overseas in Japan for three years and also in Europe for three years. Then I worked for the Department of Agriculture in Dallas, Texas." Mildred then moved to the Bay Area where she worked her last job for the United States Air Force. "After that I retired and lived in Oakland." Mildred moved to the Waters Edge Lodge on the 24th of February of 2007. Grace, a current resident here at the Lodge, married Mildred's older nephew. "She's my niece by marriage."

Mildred is currently 103 years old and when asked about that she replied, "I always walked a lot and ate healthy food. Growing up on the farm we didn't have much money but we had good food." We here at the Waters Edge Lodge would like to honor Mildred Whitlow as January's resident of the month.

World Tour: India

Is another year gone already? Impossible! It seems like just yesterday it was summer! They say that time flies when you are having fun and 2007 was an action packed and fun year for all of us. Maybe that's why it seemed to fly by! We wish you a peaceful and healthy 2008 and we are starting it off with a bang on our World Tour!

We will be spending the month of January in one of the most exotic and interesting areas of our world---India and the surrounding regions. Be sure to stop by our display and enjoy the visual array of artifacts that will showcase this wonderful part of our globe! Our Activity

Director, Dave Ballerini, has planned a couple of food outings in January and if they are anything like previous years, a culinary treat is in store for all of us with delicious curries, nan, dal and many more mouthwatering gourmet delights from India and Afghanistan. These savory taste sensations are unique and shouldn't be missed. Be sure to sign up early so you won't be left out.

**January Wii Tourney**

Let the games begin! As far as I know, we were one of the Pioneers of offering the Wii electronic system for bowling, tennis and golf and now that's all we hear about in other Senior Living Facilities! Score another one for the Waters Edge Lodge! We will be offering even more Wii games beginning in January with the introduction of tennis on Mondays. The Wii bowling is such a hit that we will continue the Staff versus Resident Tournament on the last Thursday of the month---this month on Thursday, January 31st at 1:30 in the Activity Room. If you hear a lot of loud cheering, come and check out what the excitement is all about!

All Aboard

Who can resist the allure of train travel---the clickity clack of the rails and the mournful wail of the steam whistle? We have arranged a fabulous train trip that all Residents are invited to enjoy on Tuesday, January 22nd at 9:30am. We'll take our shuttle bus to the Oakland Jack London Train Station and board Amtrak for the one hour scenic ride along San Pablo Bay to Martinez. We'll have over an hour to stroll the antique shops and get a bite to eat before we reboard the Capitol Corridor for our return ride home. The train is very friendly for those Residents who use walkers so sign up now---don't be left out!

Ring in the New Year

Before we look ahead to 2008, we'd like to acknowledge everyone that made the last month of 2007 so special. Thanks to Myra Lander for explaining the meaning of Hanukkah at our menorah lighting ceremony. Thanks to Alameda musicians Terrence Brewer, Marcie Brown, and Isabelle Brown-Lyden for the wonderful holiday concert. Thanks to Peggy Hulse and her Garden Club for their horticultural program, which is so fun and therapeutic to our residents. Thanks to the Criminal Investigation branch of Oakland's IRS office, for their very generous donations to our residents. Thanks to the Sugarplum Elves of San Francisco for coming down here to Alameda to spread some unforgettable holiday cheer. Thanks to our therapy dog Buddy and his caretakers, George and Kathleen, for visiting our residents not once but twice in the month of December. Thanks to the Red Cross Youth for always remembering our residents. Thanks to our fantastic lineup of musicians, both the new ones and the seasoned veterans, for filling our home with music all throughout the holiday season. Thanks to all our volunteers for their precious time. Thanks to all those that left anonymous gifts of food and sweets for our community. Thanks to all the staff of Waters Edge Nursing Home for their great holiday spirit,

which was on impressive display during the Holiday Party. Most of all, thanks to our residents, our beloved elders. It is an honor and a privilege to spend our days together with you: talking, singing, eating, playing, sharing, laughing, and crying - every moment is precious. May the coming new year be filled with light and grace and new experiences for us all.

Speaking of the new year, 2008 promises to be another fun-filled one, starting with a classic Hollywood show by Gloria Heidi on Wednesday, January 16 at 2:00 pm. Gloria put on a great show for us last year in January, and we are happy to welcome her again this year. And of course, our regular lineup of incredible performers, including guitar, piano, keyboard, violin, and vocals, adds up to six days of live music every week. Remember, relatives and friends are always very welcome to attend any activity, so if you're in the mood for some foot-stomping, mood-lifting, hip-swinging good music, come on over to the Waters Edge, where everyone's part of the family.

New Years Quotations

Youth is when you're allowed to stay up late on New Year's Eve.

Middle age is when you're forced to.

Bill Vaughn

An optimist stays up until midnight to see the New Year in.

A pessimist stays up to make sure the old year leaves.

Bill Vaughn

New Year's Day is every man's birthday.

Charles Lamb

May all your troubles last as long as your New Year's resolutions!

Joey Adams

Good resolutions are simply checks that men draw on a bank where they have no account.

Oscar Wilde

A New Year's resolution is something that goes in one Year and out the other.

Anonymous

Cheers to a New Year and another chance for us to get it right.

Oprah Winfrey

The King of Culture Change: MLK, Jr.

By: David Ruttan

As supporters of the Live Oak Movement, we can think of no better Representative of culture change than Martin Luther King Jr.

Martin Luther King, Jr., was a great man who worked for racial equality and civil rights in the United States of America. He was born on January 15, 1929, in Atlanta. Martin had a brother, Alfred, and a sister, Christine. Both his father and grandfather were ministers. His mother was a schoolteacher who taught him how to read before he went to school.

Young Martin was an excellent student in school; he skipped grades in both elementary school and high school. He enjoyed reading books, singing, riding a bicycle, and playing football and baseball. Martin entered Morehouse College in Atlanta, Georgia, when he was only 15 years old. Martin experienced racism early in life. He decided to do something to make the world a better and fairer place. After graduating from college and getting married, Dr. King became a minister and moved to Alabama.

During the 1950's, Dr. King became active in the movement for civil rights and racial equality. He participated in the Montgomery, Alabama, bus boycott and many other peaceful demonstrations that

protested the unfair treatment of African-Americans. He won the Nobel Peace Prize in 1964. Dr. King was assassinated on April 4, 1968, in Memphis, Tennessee. Commemorating the life of a tremendously important leader, we celebrate Martin Luther King Day each year in January, the month in which he was born. August 28, the anniversary of Dr. King's 1963 *I Have a Dream* speech, is called "Dream Day."

New Games

You asked for it and we listened! The residents at Elders Inn requested more mental stimulation activities. We now have **interactive** Wheel of Fortune and Jeopardy games, which means that residents, staff and guests can participate as if they were contestants on the show. We will now include Wheel of Fortune and Jeopardy as part of our Activities Program. Come and test your knowledge!

Resident of the Month: Margreta Sullivan

Margareta Sullivan was born on July 19th in Switzerland. As a young girl, her family moved to Panama where they owned and managed a ranch. Margereta is bi-lingual, she speaks Spanish and English fluently.

Later, when Margareta was a young adult, the family moved from Panama to California. They settled in Berkeley, California. They purchased a house and set it up as a boarder home. Helping her parents manage the home was a very good experience for Margareta. She learned how to make her own clothing and cook. Most of the renters were young college students who mostly attended Armstrong College in Berkeley. The very first tenant was a very, nice young man whom would later become her husband.

Margareta and her husband both worked. Margareta worked as an office worker. She decided to leave her work when she was told that she would have to learn computers. She later was employed by Kaiser Aluminum and preferred that job better. She still is a very active member in the Eastern Star. She was Worthy Matron, which is the highest position in the Eastern Star. Now as Past Worthy Matron, she attends the meetings and keeps the chapter going.

This is one lady who always has a delightful smile to pass on or even share a story of her happy life. At times, she wears the beautiful outfits that she made. We are pleased to have Margareta Sullivan as the Elders Inn Resident of the Month for January 2008.

Senior-Fitness-A-Thon

By: Lindsay Jones

Most residents that participated in the impromptu fitness tests we administered in late December are curious as to why the fitness department sprung the tests on them and one particular resident questioned "What is the purpose of all this?!" Now that the senior fitness test chaos has passed, we will explore what the test, why we implement it at Alameda Elder Services, and the timing, planning and "purpose of all this." Please also note this is an honest attempt to dispel rumors, as I'm sure some have been circulating!

The senior fitness test is a functional fitness test which contains a battery of 6 different test items or exercises of upper and lower body strength, aerobic endurance, upper and lower body flexibility and balance and agility measuring the capacity to perform everyday tasks safely and independently without undue fatigue. Alameda Elder Services facilities have been implementing these tests since the birth of our fitness program. Lindsay Jones, senior fitness specialist at Waters Edge Lodge, has a goal set to complete 5 tests per week. This is a great goal for testing the non-exercising population, which is typically hard to catch because they avoid exercise like the plague (which still amazes me). But what is more amazing is that, with limited man-power (only 3 test administrators) and pure cooperation of the exercising population, we were able to complete 8 weeks of testing in one 8-hour day, with 40 tests on our first day! Some residents shared their feelings of exhaus-

tion from the testing, and they weren't the only ones! The administration side was overwhelmed too! Through exhaustion, I will share the intention driving these tests.

The first purpose of the test is to collect information regarding the physical abilities of residents, especially those of current exercise class participants. Once we have this information, we can use it to analyze the effectiveness of our current programs. When we have a clear picture of previous and current scores, a before and after, we can make program adjustments as needed to help residents remain physically active and independent in the future. Other program adjustments we will make in 2008 will be modeled after a successful fitness program with an 80% participation rate based out of a Pennsylvania nursing home. Some things being implemented are goal setting, attendance and performance monitoring, incentives for attendance and performance, and advancement or regression based upon your abilities. Helping residents remain physically active and independent is the number one goal of the wellness department at Alameda Elder Services, and we can only achieve it with the willingness and dedication of our residents.

Another purpose of the test is to assess which participants are regressing, maintaining or progressing. Many residents are physically unable to fully participate in a class that years ago matched their physical fitness level, and they may find their dwindling rank a source of fierce

frustration. We're talking about regression. It's an ugly word, but we must face the fact that our bodies are deteriorating and weakening constantly. And for those of you who do not participate regularly in exercise, disciplined exercise, you will deteriorate four times faster than your dedicated exercise fanatics. Just the same, exercising is not a fountain of youth; it slows the aging process, but it does not prevent it.

After we assess the ability levels of participants and determine who "made the team", the classes will be reorganized accordingly. This means you may have to attend a different class at a different time; this means you will have to change the schedule you've been sticking to for years! After the initial shock of change subsides, we will have contracts in which you will actually sign up to be a part of the "team".

How will you react when the results of your test tell a story of a below average or at risk functional fitness level, indicating that you should be bumped down to a physically less demanding class? Will you ask questions about how you can work smarter, not harder? Will you sign a contract that commits you to attending exercise class EVERY day? Will you promise to make your fitness, your health, your wellness your first priority? Will you finally believe in the validity of your participation fitness? We hope so.

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For free copies of Alameda Elder Communities monthly newsletters, please visit our website at:
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*A Continuum of Caring,
Since 1972
Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services
Rehab Agency*

*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 Rehab Agency** 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 Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*



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