

Living on the Waters Edge

Volume 6, Issue 6

January, 2010

Established in
January, 1972.

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

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Walking : Nature's Remedy

By: Kathy Hanley, PT

Are you feeling a holiday hangover from too much eating, drinking and sitting? Then the best way to start off the New Year is to get out of that chair and get walking! Walking is a simple, inexpensive way to take off those extra holiday pounds and get yourself into a healthier lifestyle for the New Year. A visitor from Scandinavia once told me, "In Norway, no matter what your

problem is, whenever you go to see a doctor, the first thing he or she tells you to do is, 'Go out and walk.'"

While this may seem to be an oversimplification, it does point out the important impact that regular walking can have on one's health. In fact, a recent study found that dog owners as a group were healthier than non-dog owners. Why? Because dog owners had to walk their dogs once or

twice a day. The following are among the many things that regular walking can help.

Cardiovascular:

Walking at a brisk pace for 30 minutes or more can improve the health of both the heart and lungs, which in turn will help to increase endurance and the ability to perform life's many activities. Regular walking has been shown to lower

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Claim the Upper Hand In Your Health

By: Rosemarie Caigoy

The new year is upon us and it is time for us to get into gear and start knocking out those resolutions, which hopefully includes "getting stronger." Many Residents think that their weak state is inevitable because of their age, but not participating in fitness can also have a negative effect.

Strength training at an older age can reverse the adverse effects of aging. Luckily, the fitness department has

decided to dedicate the month of January to upper body strengthening. Maintaining upper body is extremely important. Keeping our muscles and bones strong is crucial for our activities of daily living such as bathing, dressing and eating. It also helps prevent diseases like osteoporosis and decreasing our chances of an injury. Continuing to strengthen our upper bodies should relieve any aches and pain we have in this area, as

well as melt away any tension we keep stored there. Another reason to build upper body strength is to maintain our posture. It not only makes you feel better and gives your lungs more room to expand but it also makes you look confident and happy. Residents should look out for fitness classes that are geared to maintain and strengthen their upper body. Its never too late to start exercising.

Walking: Nature's Remedy (Continued from page 1)

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the resting heart rate, decrease blood pressure, and help the lungs to use oxygen more effectively.

Osteoarthritis: Arthritic joints want to be moved. Walking not only enhances joint movement but strengthens the muscles that support the joints.

Low Back Pain: Walking is the best overall exercise for back pain. It gets the back moving in a gentle, non-stressful way.

Osteoporosis: Walking puts compressive forces on the leg bones that help promote bone density and prevent bone loss.

Stress: Walking is a wonderful way to work through both physical and mental stress. Try it—it works!

Diabetes: Regular general exercise such as walking can help control blood sugar levels.

Weight Loss: Regular walking is a great way to burn calories.

Sleeping: A brisk walk during the day can help you sleep better at night.

Here's some walking tips to help your trips be more fun and beneficial to your health:

Wear good walking shoes. Buying a good pair of walking shoes is a worthwhile investment in your health. Make sure to get a quality pair of athletic shoes that are specifically made for walking. They

should give good support to your foot, have a heel and sole which provide an adequate cushion, be relatively lightweight, and be comfortable.

Dress appropriately: Wear clothes which allow for free and easy movement. In cooler weather, it may be appropriate to dress in layers so that outer layers can be taken off as you warm up.

Have good posture when you walk. Stand tall--stooping forward will increase the energy requirements on your body and make your walking more laborious. When walking take rhythmic, comfortable strides and swing your arms freely.

Keep your eyes looking straight ahead. Many residents fall into the bad habit of looking at the floor or ground when they walk. This not only promotes bad posture but it deprives the body of the visual input so important to our body's balance mechanism.

Take long strides when you walk. Walk with as long of a step length as you feel comfortable and balanced with. Long strides help to keep the hip, knee and ankle joints stretched out and operating effectively. Try to avoid short, shuffling steps.

Stay hydrated. This is particularly important on warmer days. Bring a water bottle with you when going on longer walks.

Start with a walking dis-

tance that you can do comfortably. After a few weeks try to gradually increase the distance or length of time that you walk. Another way to increase your walking workout over time is to walk more quickly.

Find someone to walk with and set up a regular time to walk. Most people enjoy walking more and will do it more consistently if they have a walking companion. Make walking a regular part of your daily schedule. Try to find someone who walks about the same pace and distance as you.

Find different routes to walk. A periodic change of scenery will keep things interesting. These routes could be inside or outside of the facility.

Join your facility's walking club. At Waters Edge Lodge, Rosemarie or Kryspin take groups of walkers out walking along the lagoon Monday through Friday at 3PM—meet at the reception desk. At Elders Inn, David's group of walkers meet at 9AM Thursday mornings.

Make a New Year's resolution to walk every day. Start with a distance and pace that you feel comfortable with and increase both as your walking fitness improves. The human body was designed for walking. So get out of the chair and start walking. You'll be glad you did.

Social Networks=Emotional Conduits

By: Kryspin Turczynski

This winter, we'll hear a lot about contagion in reference to the flu and other somatic diseases. We'll see signs at work reminding us to wash our hands frequently, and newscasters warning us of an impending epidemic. Surely, we must take the flu and other communicable diseases quite seriously, and take all the precautions we can to prevent the spread of illness. There is another kind of illness, however, that spreads from person to person, and can have a detrimental effect on an entire community: Loneliness.

A recent study by Cacioppo, Christakis, & Fowler studied the effects of loneliness on social networks. They found that if you know somebody that is lonely, you have a 50% greater chance of feeling lonely yourself. This effect even works indirectly - if a friend of a friend is lonely, you still have a 25% greater chance of feeling lonely. Their conclusion is that

loneliness can spread through a social network just like any other emotion (or virus). The idea is that lonely people display certain behaviors that can negatively influence others: if we run across a grumpy person at home or work, we're more likely to be grumpy to the next person we see. It is important to realize that loneliness, as defined in the study and in this article, is not simply a measure of how many people are around you. You can be surrounded by people all day and still feel lonely if you lack a deeper connection. As a matter of fact, lonely people may actively seek out company, and thus contribute to the spread of negative feelings through the community.

The implications for any community are far-reaching. First, we must remember that no man (or woman) is an island. We are affected by others in our midst, not just by their germs but also by their

emotions and feelings. It is important to reach out to the lonely figures on the periphery of our communities, not only to help them but also to protect ourselves from eventually sharing their fate. Second, loneliness can only be healed by the quality, not quantity, of relationships. We all need people in whom we can confide, on whose shoulders we can cry, with whom we can share our ups and downs of life. Such strong emotional bonds not only support our emotional health, but has even been shown by research to promote better physical health as well. For many elders, a decline in mobility and communication (hearing, etc.) pose formidable obstacles to socialization. Living in a community setting, however, is a golden opportunity for seniors to make friendships, engage in common hobbies, and forge strong bonds that will serve them well in this new stage of life.

Boots

By: Bernard Welz, Resident

I wasn't feeling well, Boots, a registered nurse at Waters Edge Nursing Home said I would have to see a doctor and get a prescription. Boots said she would arrange transportation on a Waters Edge van and I would have an assistant to accompany me.

On the day of my appointment a young man came into my

room. He told me he was my assistant and wheeled me into the lobby. He sat beside me and we talked. His name is Alvin. He had been working in a warehouse but had been laid off. Wheelchair attendant was the only temporary work he could find. He sounded very concerned. A wheelchair van came with the Waters Edge logo on the front side doors, (a red heart in a black house.) We hurried out. The driver low-

ered a wheelchair elevator at the rear of the vehicle. I was wheeled onto it and pushed into the van and my wheelchair tied down.

For over a year, I hadn't been on Park Street. It was great seeing the familiar stores and sights again. The Market Place, Starbucks, Subway. We turned up Central and soon saw the recently refitted Alameda

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January Activities

After all the excitement of the holiday season, we now return to the comfort of our everyday routines. No need to fear boredom, however, since we have a full slate of events and outings for the coming month. We have added some new performers to our regular lineup of entertainment. After entertaining us so brilliantly at the Holiday Party, Jaime Alvaro will now be coming to the Lodge every first Friday of the month at 4:00 pm (next performance: Friday, January 1, 4:00 pm). Don't miss the unique sounds of the Andes, brought to us by Jaime from his remote mountain village in Peru.

Also coming back is Roxanne Angeles, whose voice is as angelic as her name. You can listen to her sing (and sing along,

if you like!) on Sunday, January 10th at 3:00 pm. Finally, Jeanie Philips will be coming back in January to teach another hula class. If you love Hawaiian music and dance, this activity is for you! Feel free to come and observe or - better yet - join in and participate!

The World Tour in January is taking us to South Asia, so in an effort to help us learn some more about South Asian cultures we've planned a couple of outings. On Monday, January 11th, we'll take the van to San Leandro to visit Badarikashrama, a Hindu temple and cultural center, where one of the nuns will give us a tour and talk about the ashram and about Hinduism. Also, one of our lunch outings will be to the India Palace Restaurant in Alameda, for a chance to try some

delicious curries and other Indian delicacies. Our other lunch outings in January will take us to a variety of Alameda favorites, including Otaez, Tiki Tom's, and East Ocean Seafood.

Finally, many thanks to all those that donated food and/or toys to the needy this holiday season. We filled up our barrel for the Alameda Food Shelter and some toys found their way to kids who needed them, so the food/toy drive was a big success! Let's always remember the many ways we are blessed, and remember to keep in our minds and hearts those who are less fortunate, whose daily life is a struggle for survival. We can make a difference!

Resident of the Month: Regina Schein

Regina Schein (born Ryńska) was born in Zawiercie, Poland, in 1921. When she was young she moved with her family to Sosnowiec, part of the Katowice metropolis, which is the industrial center of Poland. As a girl, Regina liked to travel around the country, and had the opportunity to visit Kraków, Warszawa (Warsaw), and the Baltic Sea. At the age of 15, Regina left Poland and moved to New York City. It was in New York that she met her husband, Józef. Regina stayed home to raise their two daughters, Marlene and Rosa-

lind. Regina enjoyed cooking, and mentioned pierogi (dumplings stuffed with various fillings), gołąbki (cabbage rolls), and latkes (potato pancakes) as some of her favorite dishes to make. Regina also loved to embroider, and is proud of the fact that she never had an accident in all her years of driving!

When Józef passed away, Regina moved to Alameda to be closer to her daughters. She came to Waters Edge Lodge, and has become a regular fixture in the community. On any given day you might find her

taking walks around the building, playing bingo, or watching television in the living room with her best friend, Flora. Regina is blessed with a smile that will make all your worries melt away, and it is with great joy that we celebrate her as our Resident of the Month for January 2010.



Resident of the Month: Gordon Johnston

Gordon Rey Johnston was born in 1937 in Los Angeles, California to parents Grier and Margaret Johnston. Gordon is the oldest of the 3 children. He has two sisters. As a child, Gordon enjoyed going with his mother and sisters to the library. One of his favorite areas of reading and learning was Contemporary History. Gordon also has an interest in sports, particularly baseball. At the age of 12, Gordon began playing for the Kiwanis league. His favorite baseball player was Yogi Berra, who was a catcher for the New York Yankees.

Gordon graduated from Verudgo Hills High School in 1955, where he went on to at-

tend the University of California at Berkeley. On a side note, Gordon was rooting for the Cal Bears to beat Utah in the Poinsettia Bowl on December 23rd. In 1962, Gordon graduated with a B.S. degree in Chemistry, followed by a law degree from University of San Fernando Valley, College of Law in 1971. Gordon worked as a Chemist at Lockheed in Burbank California and later for Kaiser Permanente in Oakland as a Human Resource Analyst.

Gordon also had an interest in prehistoric reptiles, particularly dinosaurs. "Jurassic Park is one my all time favorite movies," said Mr. John-

ton. Mr. Johnston has enjoyed visiting such places as the San Diego Zoo and the LA Zoo.

Mr. Johnston has been a resident at the Waters Edge Nursing Home for a few months.

"I love the attitude, staff, and environment," he said, "I've been to a number of different places and Waters Edge is the best."

Mr. Johnston has only one son. Mr. Johnston comes down to all activities, is very friendly, reserved, content and very understanding and that's why he is our resident of the month for January.

January Activities

The World Tour for the month of January is Central and South Asia. Central Asia is an extremely large region of varied geography including high passes and mountains while South Asia is dominated by the Indian subcontinent .

On January 5th Spiritcare Ministry will be coming for spiritual hour.

On January 9th we have Bingo Bonanza with Red Cross Youth volunteering.

On January 19th the Garden Club will be taking place in the Bay Room, where residents can create flower arrangements.

On January 25th we will be having live jazz music with Ann.

On January 28th, we will be celebrating our January birthdays at our monthly Birthday Party.

Our regular activities will continue with Jerry Gee on harmonica every Sunday at 1:00pm, John Heleen on guitar every Thursday and every other Saturday, Rosary and Prayer every Tuesday at 9:45am and Communion every Wednesday at 9:30 am.

Peruvian Music

On January 6th we will be having a special performance from Jaime, a master of Peruvian music. Jaime plays 6 instruments at one time, and his music is very enjoyable to all. Staff and residents at both the Elders Inn and Waters Edge Lodge have highly recommended his performances. Please come and enjoy this interesting musical experience.



From the Desk of the Administrator: Christina Carter

Happy New Year everyone! Elders Inn is starting 2010 off with a bang by increasing the extremely popular Tour of Alameda to every Friday afternoon! David will be narrating an hour long van tour of our lovely island every Friday at 2:30 weather permitting. With all of the new building and changes, even seasoned veterans of Alameda will enjoy seeing old and new sights, so welcome aboard! Preferential seating will be given to residents who haven't been on the tour before, so sign up early at the reception

desk and reserve a seat!

We will again be offering Wii bowling for all residents beginning in January in the Buena Vista Lounge. Many of you are already familiar with this great way to enjoy the sights and sounds of bowling combined with the physical sensation that you are actually rolling a ball down the lane. Keep your eyes and ears peeled for times and days on the daily activity board plus we will be making announcements at the daily Circle of Elders in the Buena Vista

Lounge at 11:15. Strike up the band and spare no prisoners!

Feedback wanted! Please give us some suggestions about what movies you would like us to get when we show a movie on the weekends. Although we have quite a selection, we are always interested in special requests. Please remember that the bookcase is full of movies and every resident that wants to see any movie on the "big screen" only has to ask any staff member and we would be glad to put it on for you.

December Activities

In December, we upgraded our emergency call light system, we are top notch in resident safety.

The dining rooms may look slightly different, we have rearranged the tables to enhance socialization and to maximize space available.

For the more **independent senior**, we will be offering van rides to the Waters Edge Lodge for the residents that would like to participate in their various activities programs. Contact Christina Carter or David Ruttan if you are interested.

We are happy to announce the return of Amy Lund, RN to Elders Inn. She will be sharing the Resident Care Coordinator duties with Adelwisa Tibayan, LVN.

Resident of the Month: Betty Schiller

Betty Schiller was born in 1918 in Hamtramck, Michigan, just outside of Detroit, where she lived for most of her life. Her father was a jeweler and watch repairman and her mother occasionally helped out in the store. Betty has one brother and 2 sisters and attended public school in the Detroit area.

Her family briefly moved to Southern California when Betty was 5 with the hopes of improving her mother's health but soon discovered that the weather in Los Angeles wasn't helping, so they returned to Detroit. She met Nate, her future husband, on a blind date conspired by her sister and Nate's cousin. While Nate worked for General Tobacco, Betty worked for a poor competitor of Western Union called Postal Telegraph.

When Nate went into the Army during World War II, Betty worked as a civilian for the Navy as a typist. Her first son was born just as Nate walked into the delivery room! Betty and Nate went on to have two more sons.

Betty has 6 grandchildren and 4 great grandchildren—all girls!

Betty volunteered for 10 years for the local police and 16 years at Providence Hospital. This year, she was celebrated with a lovely trophy as the "Golden Oldie" which is presented to the top volunteer over 80 years of age. She recently relocated to California after some health issues to be closer to her family and is thriving at Elders Inn. We are proud to honor her as our Resident of the Month for January 2010.

Iron Person of the Month: Ella Ruth Parker

By: Rosemarie Caigoy

There are many things that people can do to maintain a healthy lifestyle. Some people drink plenty of water while some keep a vegetarian diet. Others will exercise 30 minutes everyday and some have been yoga followers for more than a decade. There are a few special people out there though, that will testify to something that is more available to everyone. Something that not only nourishes your physical health but your mental and emotional health as well. January's Iron Resident of the month is one of those special people that have relied on this beautiful factor of giving selflessly and letting love flow freely in her veins to bring her to this day with strong physical and cognitive health.

Ella Parker is a fourth generation Bay Area native, born and raised across the bridge in Oakland. She attended Fremont High School where she participated in almost all sports, but claims that the

dance class was her favorite. During her last year in high school, she met her husband at a public swimming pool and she knew upon first sight that this was going to be the man she was going to marry. She and her husband dated for six years before getting married, having children, and settling in Fremont. After her children finished college, they moved back to Oakland where her husband was a pharmacist and she his bookkeeper for 25 years. They were madly in love throughout their marriage, harmoniously spending 20 hours of every day together. "He was a great man all-around. He cared for everyone he encountered, and our love for one another poured out to others." Ella says. "We were truly blessed to have each other and to experience the kind of love we had.." Having a busy career limited their traveling so they indulged themselves with club memberships and art collecting. They were both members of the Food and Wine Society and Ella often got together with the other wives

of pharmacists to do a great deal of volunteer work in churches and hospitals. After retirement and towards the last years of her husband's life, they moved to Bay Farm here in Alameda. With the passing of her husband and the first of a series of minor strokes, Ella stopped her volunteer work at the request of her children. She has always been strong and independent living in a small cozy house for many years before making the move to Waters Edge Lodge.

Ella's positive and helping disposition has definitely been a wonderful addition here. She keeps an open mind and attends almost all activities from exercising to lunch outings. She never complains and she gives a beautiful smile to everyone. Even though she is new here, I continually see her helping other residents in different activities, eager to lend a helping hand, and displaying great patience to lend a listening ear. She's a fine example of how keeping love behind all your intentions can carry you to a happy and healthy life.

Boots

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Theater, silent, massive like a cathedral, resplendent in the splash of afternoon sun, like beautiful music made real. I remember being awe-struck by its assertive massive appearance as I was when as a child; I saw it on its opening day.

We went up Central to across the street from Alameda High School from which I graduated and drove into a driveway of a medical building. The attendant pushed me into an elevator and we went up to the second floor for my appointment. The doctor had been an amateur radio operator about the same time I had been. We

knew each other.

When Boots received the prescription she got down on her knees to apply the ointment to my legs. That Boots would set up the appointment and get down on her knees and apply the medication is beyond the call of duty and should be commended.

For placement and care questions:

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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 Elder 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 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 Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.



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