

Living on the Waters Edge

Volume 10, Issue 1

January 2013

A tradition of caring since 1971.

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

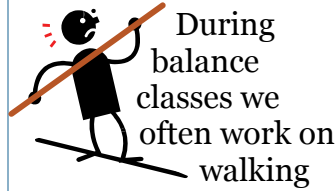


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Moving Forward by Walking Backward

By Wilson Trang



During balance classes we often work on walking backwards. Sometimes, on the faces of Residents I can read the questions "Why are we doing this? Why are we walking backwards? When am I ever going to have to walk backwards?"- All good questions.

Walking backwards

teaches your brain and body to "trust" your feet, improves balance, and can make the accomplishment of the simple activities of daily living easier.

Trusting your feet. Those who trust their feet never have to look down to see where they are stepping. The feet have just as many nerve endings and muscles as the hands, which allow them to be hypersensitive to not only touch, but to location as well. If a

good level of trust is developed between the brain and the foot, when the body is in trouble, the brain can take over and use that trust in the feet to help prevent a fall. Walking backwards helps build this trust.

Improving balance. There are two types of balance: dynamic and static. Static balance is the balance of the body when the body is not

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New Year's Resolutions

By David Ruttan

A New Year's Resolution is a commitment that a person makes to one or more personal goals, projects, or changing a habit. They differ from other resolutions in that they are made in anticipation of the New Year and new beginnings, and those committing



themselves to a New Year's Resolution generally plan to do so for the entire upcoming year.

The ancient Babylonians made promises to their gods at the start of each year that they would return borrowed objects and pay their debts, while the Romans began each year by making promises to the god Janus, for whom the month of January is

named.

Moving ahead in history to the Medieval era, the knights took the "peacock vow" at the end of the Christmas season each year to re-affirm their commitment to chivalry.

There are other religious parallels to this tradition. During Judaism's New Year,

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Exercise Your Mind!

Triva

In what year did the first New Year's Eve ball drop in Time Square happen?

What does Auld Lang Syne mean?

How much does New York's Waterford crystal ball (the one dropped on New Year's) weigh?

In the ancient Roman calendar, when did the new year begin?

What New Year tradition began in Greece around 600 BC?

Sudoku

Complete the grid so every row, column and 3x3 box contains every digit from 1 to 9

				2	5				1
	2		9	6	1				
		6			4	5	9		
						9	4		
4	6			1			2	3	
	9	3							
	3	7	2			6			
			5	9	7		3		
8			1	3					

Poetry

By Bernard Welz, Resident

DEW FORMS ON TREE'S
LEAVES AT NIGHT.
A BREEZE SHAKES
THE TREE AT DAWN
AND A RAINBOW IS BORN.

I SHOOK A WOMAN'S
HAND TODAY.
IT IS HER BIRTHDAY
AND SHE IS OLD.
HER HAND WAS COLD.
SHE SMILED.
OUR SIMPLE
HANDSHAKE
WAS BETTER THAN
BIRTHDAY CAKE.



Everyone knows that both Christmas Day and New Year's Day always fall on the same day of the week. However, in 1939, the year of the outbreak of WWII, Christmas fell on Monday and New Year's fell on Sunday. Why?

Last month's answers

What entertainer performed his 25,000th show in 1996? (*hint: he is still performing today*) **Wayne Newton**

Who is the gorilla who signed more than 1,000 words? **Koko**

Name the Native American warrior who was commissioned in the regular British Army as brigadier general during the War of 1812. **Tecumseh**

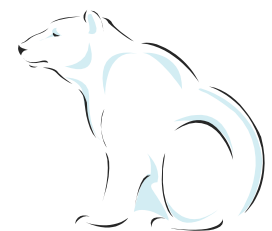
Name the first US Supreme Court Justice. **John Jay of New York**

One winter day, there was a man standing in the middle of someone's front yard. The person stayed there for several weeks without moving and the owner of the yard didn't mind. Eventually the man left. Who was the man? **A snowman**

A man builds a four-walled house. Each of the walls, on the outside, face due south. The man looks out the window and sees a bear. What color is the bear?

White. The only place you can build a house where all walls face south, is the North Pole. The only bears in the North Pole are polar bears (which are white).

A man walks into a bar and asks for a drink of water. The bartender thinks for a minute, pulls out a gun and points it at him. The man says, "Thank you," and walks out. What happened? **The man had the hiccups, the bartender scared them away.**



Walking Club

By Arran Rogerson

Last month we discussed the importance getting aerobic exercise through walking. I know everyone is eager to join the Walking Clubs and get outside and enjoy some exercise, but some of you may be wondering: *It's Winter, how can we go walking when its relatively cold and rainy outside?* The answer is Indoor Walking Club!

When the Walking Club rains out, the Wellness Coordinators at the Lodge will meet with Residents in the Fitness Room at the usual Walking Club time (3 pm). Once



everyone has arrived, the exercise will begin with several minutes of casual stationary biking followed by a walking loop through the halls of the facility. Each Resident will be able to bike and walk at their own pace. Upon returning to the Fitness Room, the circuit will repeat with several minutes of stationary biking and another walking loop and so on until two or three loops have been completed.

At Elders Inn, when the Walking Club rains out, the Activities Team will lead the Residents on an excursion through the

lower floor of the building.

Even if you have not been attending the Walking Club, Residents might find the indoor circuit more appealing as it never leaves the facility and everyone is free to bike and walk at their own pace. Attending is a great idea for anyone interested in improving their health.

Aerobic exercise is a simple, natural way to get in shape, improve your mobility and balance, and better enjoy your life. I hope to see all of you down in the Fitness Room, even on days when the rain is pouring. And when it's bright and sunny out, come to the regular, outdoor Walking Club. It's good for you!

World Tour: Central and South Asia

The first stop on our World Tour this year is Central and South Asia. Here we get to explore the countries of *India, Pakistan, Afghanistan, Bangladesh, Nepal, Tibet, Mongolia, and Kazakhstan.*

Central Asia extends from the Caspian Sea in the west to the border of western China in the east. It is bounded on the north by Russia and on the south by Iran, Afghanistan, and China.

South Asia extends from Iran and the Arabian Sea on the west to the borders of southwest China and Burma on the east. The southern border consists of the Bay of Bengal and the Indian Ocean.

Fun Facts about the area:

- The New Year in Afghanistan, called Nawroz, is celebrated on March 21, the first day of Spring.
- The national flower of Pakistan is the Jasmine.
- There are 17 major languages and over 800 dialects spoken in India.
- India has the highest number of post offices in the world.
- Nepal is smaller than the state of Illinois.
- Tibet has an elevation

ranging from 14,000-16,000 square feet and is often referred to as "The Roof of the World"



Congratulations!

The following staff members celebrate their anniversaries this month, and we would like to thank them for their continuing service and dedication. We couldn't do it without them!

One Year:

Michael Bradford, Lodge
Jenny Quan, Elders

Four Years:

Victoria Vivero, Elders

Five Years:

Daisy Fernandez, Lodge

Seven Years:

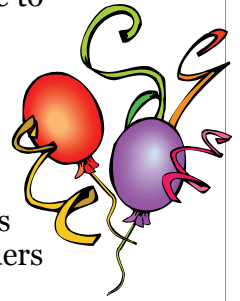
Esperanza Candelario, Lodge

Ten Years:

Rosie Mendiola,
Lodge

Twelve Years:

Edna Magno, Elders
Milon Celindro, Elders



What is Parkinson's?

By Arran Rogerson

Parkinson's Disease, or PD, is a disorder that breaks down the nervous system. PD typically results in problems walking and executing simple movements with the hands and feet. Shakiness, stiffness, and being "hunched over" are all common signs of this disease, though these characteristics do not always indicate the presence of Parkinson's. Later in its development PD can also result in cognitive disorders. PD is the result of the death of dopamine-producing cells in the brain, but the cause of this cell death is unknown. Genetics

play a role in the disease and you are more likely to develop it if it was present in your parents.

There is no known cure for Parkinson's and though medications can be helpful, exercise and physical therapy are great ways to relieve symptoms. Regular, disciplined physical activity can improve mobility, flexibility, and allow for a better quality of life. Balance exercises can improve posture and walking.



Hand and arm exercises can reduce shaking

and improve functionality in everyday tasks.

At the Waters Edge Lodge, AES offers a Parkinson's Exercise Class twice a week. It is a great opportunity to perform certain exercises and movements that relieve the symptoms of PD. Each class is geared towards helping those with limited mobility and strength who might have trouble standing or walking. Though aimed at Residents with Parkinson's, the exercises are beneficial to everyone and all are welcome! Please check the schedule for class times, and I hope to see you there!

Resolutions

(Continued from page 1)

Rosh Hashanah, through the High Holidays and culminating in Yom Kippur (the Day of Atonement), one is to reflect upon one's wrongdoings over the year and both seek and offer forgiveness.

Interestingly, 40 to 45% of American adults make one or more resolutions each year.

Among the top New Year's Resolutions are resolutions about: weight loss, exercise, giving up smoking, and better money management/debt reduction.



The following shows how many of these resolutions stand the test of time:

- after the first week: 75%
- after 2 weeks: 71%

- after one month: 64%
- after 6 months: 46%

While many New Year's Resolutions are broken, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

Resident of the Month: Katherine “Kay” Stacherski

Katherine Stacherski, also known as Kay, was born and raised in Manitoba Providence, Canada. The oldest of five siblings, Kay learned responsibility at a young age. She remembers always getting in trouble for her siblings’ disobedience. Growing up on a farm, she enjoyed swimming in the lake



by their house; what she did not enjoy about their place was the three and a half mile walk to school and nine mile walk to

church.

Kay’s outgoing personality landed her different jobs in the city while staying at her Aunt's house with her two cousins. At the age of 28, she met and fell in love with Richard, who already had four children. After six months, they tied the knot and moved to Fremont, California for Richard’s job.

Kay has a very positive attitude about life. She really wanted to join the military when she was young, but

because she couldn't gain weight, she didn't get in. She also enjoys traveling and has been to Mexico, South America, and different parts of Canada and United States.

She enjoys almost everything about life, especially her parakeet's company. If you like to know more about her adventures and about her parakeet, don't hesitate to approach her. We are proud to honor Kay Stacherski as January’s Resident of the Month.



Eating Out

In keeping with our World Tour, this month our restaurant outings will be featuring the foods of Central & Southern Asia.

First, on Thursday, January 10th, we will be visiting Flavors of India in Alameda. Then, on Thursday, January 24th, we will head to lunch at Kamdesh Afghan Kabab House in Oakland. Please meet in the lobby at 11:30am.

Book Nook



Please join our book club group every Sunday at 1pm as we discuss the month’s book selection.

This month’s book is:

The Help

by Kathryn Stockett

Rain-Proof Golf!

The season’s rains can wreak havoc on our bi-monthly golf outings, so this month we will be trying out the new indoor golf facility on Park Street. Please join us as we stroke our way through Bay Area landmarks at Subpar.

Suggestion Box Answers

The last month has seen a lot of comments & suggestions dropped in the box. We thought we’d take some time to answer them here for you.

Q: Please put the name of the evening movie on the schedule.

A: Whenever possible we will make sure the movie name appears on the daily slide show and activity board. Due to shipping delays, some days this may be difficult.

Q: Is it necessary to be served our soup, entrée, and dessert all at the same time.

A: *The soup, entrée, and dessert are meant to be served separately, and in order. However, if one is late to the meal, they will be served all at the same time. Additionally, meal trays require that all three be served at the same time.*

Q: Why did the kitchen run out of what I wanted to eat?

A: *The kitchen cooks enough food to fill the meal orders that Residents place. If someone changes their order, it may not be possible for the kitchen to fulfill the new request.*

Resident of the Month: Fine Poggio

Fine Poggio was born in the little town of Altopascio, Lucca, Italy. Her parents were farmers raising wheat, beans, tomatoes and many other delicious vegetables. She was the youngest of 4 children with one sister and two older brothers. Since she was the last child, her parents named her Fine (Fee-nay) which is Italian for last!

She attended local schools, and, as was the custom in her day, went off as a young girl

to the big city, in this case Milan, to find employment. She worked in a restaurant, where she met her husband-to-be who delivered the coal and pastries. They had 2 children—a girl born in a little town in Italy and a boy born a few years later in Oakland. Fine was a devoted homemaker and mother while her husband worked until retirement at H. C. Capwell in Oakland.

Fine had a wonderful garden

in the Montclair district of Oakland for many years and is well-known for her delicious homemade lasagna and ravioli, all made from scratch like she learned in the Old Country.

Fine understands Italian much better than her adopted language of English and is slowly teaching all of us at Elders Inn how to speak Italian!

Benvenuta Fine!

Garden News!

Spring isn't here yet, but it is starting to look like it here in the Garden Neighborhood!

Trader Joes has graciously been donating cut flowers and our lucky Residents have been displaying their flower arranging talent.



January is here, with eyes that keenly glow,
A frost-mailed warrior striding a shadowy steed of snow.

-Edgar Fafwcett

I made myself a snow ball as perfect as could be.
I thought I'd keep it as a pet and let it sleep with me.
I made it some pajamas and a pillow for it's head.
Then, last night it ran away.
But first—it wet the bed.

-Shel Silverstein

News & Notes

January already? Where did that past year go? As we look ahead to a year filled with promise, let's all hope for a year of peace as well.

Although the days are short, they are filled with opportunities for our Residents to make friends and try new activities! Grab a chair in our cafe and enjoy a cup of Peet's coffee, a fresh doughnut and the Sunday paper every Sunday. Our



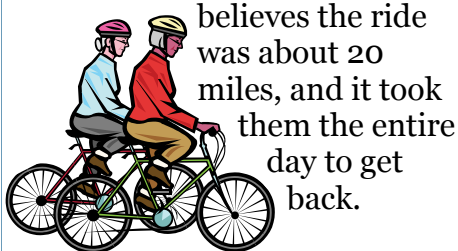
group is growing and it is becoming a tradition to chat with friends and discuss what is going on in this crazy world of ours. Don't forget that we also have hot chocolate and hot cider available as a welcome alternative from coffee on a chilly winter day!

We have introduced a new menu at the Elders Inn and we are looking for your feedback. We are always available to chat with Residents about what you like about the food and what you don't. After all, if we don't know about concerns, we cannot address them. The daily soup has proved popular, but the early feedback had some concerns about flavors. I am pleased to report that according to the Residents, the soup has now improved owing to the kitchen getting more proficient at making it from scratch. Please let us know how we are doing! We are continually bringing up the subject of food critiques at the Circle of Elders every day at 11:00. Make your comments heard!

Iron Man of the Month: Richard Burgess

This month's Iron Man of the Month flew fighter jets while going on to become a professional ballet dancer. His hard work and steady improvement in the personal training program has made Richard Burgess the Iron Man of the Month for January.

Richard Burgess was born and raised in San Francisco. He has many fond memories of living in the city. One of his favorite memories is a biking trip he once took with his family. He and his family went camping in San Mateo's Memorial Park; when they were done camping, he and his brother biked all the way back to San Francisco. Richard



believes the ride was about 20 miles, and it took them the entire day to get back.

Richard first got into ballet through ice skating. His skating partner took ballet classes to get better at competitive ice skating. As her partner, he decided to take the classes as well. He was about 14 when he first started—it turned out that he was a natural.

He started to train under a number of different ballet masters. World War II caused a slight hiccup in his training when he was drafted into the Air Force (which is when he learned to fly fighter jets). Fortunately, the war ended before he was sent to combat and he resumed his ballet training.

Richard was a left-handed dancer, which is a rarity in ballet; most choreography is designed for right-handed dancers. Since his right-handed skill set was on par, if

not better than most dancers, when he was dancing with left-handed individuals, he was simply amazing. His career took him all the way to the First Dancer position of the San Francisco Opera Ballet company under Master Guierro Del Oro.



Richard married a great ballerina from the same company, and together they went on to have 4 children.

He has been taking personal training to retain his ability to walk and balance and has made great strides since starting. His determination, drive and progress are the reasons why we are naming Richard Burgess our Iron Man of the Month.

Walking Backward

(Continued from page 1)

moving, such as standing or sitting. Dynamic balance is how the body is balancing when it is moving, such as walking. Walking backwards improves dynamic balance and allows your body to practice balancing while moving in a manner slightly different from that which it typically moves.

Making the activities of daily living easier. Walking backwards is highly integral to

daily living as well. Imagine trying to get something that you missed on your way out without having to turn around completely. The ability to walk backwards can make doing your activities of daily living (ADLs) much easier, and faster. Just walking one step backward can help reduce your turning around time by a large margin.

Walking Club

The Walking Club at Waters Edge Lodge deserves a HUGE round of applause.



During 2012 they walked over 170 miles!

That's like walking half of the Great Wall of China!



What is Alameda Elder Communities?

Alameda Elder Communities is a group of family owned senior services devoted to serving the needs of elders in Alameda and the East Bay. Our mission is to enable elders in our local community to age in place and achieve the greatest possible level of self-sufficiency.

Elders Inn on Webster is a 52 unit assisted living facility offering every Resident the opportunity to live as independently as possible. With three “neighborhoods,” Elders Inn offers a range of services including a delayed

egress area for the safety and comfort of Residents affected by Alzheimer's and dementia.

Waters Edge Lodge is an assisted living facility located in a unique and peaceful setting on the lagoon at Harbor Bay. Offering 101 suites which provide seniors with a warm and familiar homelike atmosphere, the Lodge allows Residents to maintain an independent and active lifestyle.

Alameda Elder Services Rehabilitation Agency (AES) is a wellness and fitness center that has been specially designed for elders.

This Medicare approved Outpatient Rehab agency specializes in Physical, Speech, and Occupational Therapy for the older adult. As a fitness center, AES provides affordable wellness and strengthening programs tailored to the needs of seniors.

Alameda Senior Magazine is the newest member of Alameda Elder Communities. This quarterly magazine focuses on senior specific issues and resources available in Alameda and the surrounding area.



Alameda Elder Communities
Caring for Alameda Seniors since 1971
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