

Living on the Waters Edge

Volume 9, Issue 2

February 2012

A tradition of caring since 1971.

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

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Start the New Year Strong!

By Nathan Ubl

The start of the new year often comes with a renewed vigor toward our health, but we may not know how to get started.

The average American gains approximately 7 pounds between Thanksgiving and the New Year, as well as becoming more sedentary during the holiday season.

While the holiday season is often very rewarding, the less healthy diet and decrease in physical activity can be particularly problematic for

the older adult. For the older adult, an unhealthy diet and decreased activity can lead to decreased cardiac function, increased arthritic pain, weakened muscles, and lower energy.

A great way to invest that renewed vigor is in personal training.

Alameda Elder Services offers



personal training specifically designed for the older adult. When you decide to work with a personal trainer, you begin with an initial evaluation, including: goal assessment, balance and gait evaluation, the Senior Fitness Test, and review of your medical history.

Working with a personal trainer is a tremendous experience. You receive one on one guidance during your workout, periodic revisions to your workout program to

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Leap Year!

By Daine Ambegia

Forget the Mayan prophecies – 2012 is already a special year simply because it is an *intercalary year*, better known as a leap year. In the Gregorian calendar

used here in the United States, an extra day (February 29) is inserted on leap years to keep the calendar year synchronized with the seasons. Without these corrective leap days, the months

would gradually outpace the four seasons (by the year 2371, for example, it would already be March when winter starts!).

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Take a Walk!

By David Ruttan

Now that the colder weather is finally here, Residents may have noticed that we have discontinued many of the walking outings and activities due to the weather. But you shouldn't stop walking just because it's cold outside! Walking is probably the single easiest and best exercise you can do to improve your health.

Not only will going for regular walks help you feel better, it



will help you maintain your independence and ability to continue doing daily tasks. Studies show that regular walking can help protect the aging brain against memory loss and dementia, help cut the risk of heart disease, and reduce the chance of developing type 2 diabetes by an astounding 60%!

The amazing fact is that these figures aren't based on a lot of walking-only 30 minutes several days a week! If 30 minutes seems like a long

time, start with a short walk, 5 to 10 minutes, and gradually increase it to 30 minutes. The 30 minutes can even be split into three 10 minute walks if that works better for you.

Experts say that you shouldn't set a large unrealistic goal. Set smaller ones first-like a trip to the cafe for coffee and a fresh baked cookie; if the day is nice, take a short walk in one of our patios. You'll sleep better, feel better, and maybe even lose some of those holiday pounds!

Groundhog Day

February 2, is the day Punxsutawney Phil will poke his head out and let us know how much more winter we should expect this year.

In accordance with tradition going back to 1886, we will eagerly wait to see if Phil sees his shadow and predicts more winter or if he forecasts an early spring!

Brain Benders

What do you call a kitten drinking lemonade?

What gets wetter and wetter the more it dries?

What goes around the world but stays in the corner?

Give me food and I will live, give me water and I will die. What am I?

Last month's answer

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

Congratulations!

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

Two Years:

Tina Tran, Lodge
Aarean Williams, Lodge

Tatiana Simpson, Lodge
Gary Dichoso, WENH
Stephanie Fulgueras, WENH
Alvaro Hernandez, Lodge

Three Years:

Carmen Rodriguez, Elders

Four Years:

Beatrice Zok, WENH
Hosea Ajayi, WENH

Seven Years:

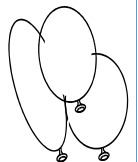
Maria Ayala, WENH

Eight Years:

Maira Cedula, WENH

Ten Years or More:

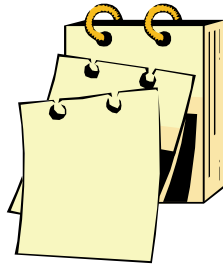
Cindy Wilson, Lodge 11 years!
Lilia Hodges, Lodge 18 years!



Leap Year

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Leap years typically occur every four years, although the actual formula is far more complicated than that. Years divisible by 100 are not leap years unless they are also divisible by 400. So 1900 was not a leap year, 2000 was, but 2100 will not be.



Lunisolar calendars typically insert leap months instead of leap days. In the Hebrew calendar, this extra month is called *Adar Alef*

and is inserted seven times every nineteen years, in accordance with complicated rules ensuring that Passover occurs in the spring, as required by the Torah.

People born on February 29th can be called *leaplings* or *leapers*, and are known for their ability to stir up confusion regarding their age. Whether or not you are a leapling, we can all appreciate intercalary days and months, because without them, we would be destined to a future of rainy Fourth of Julys and trick-or-treating in the sunlight!

World Tour: East Asia

This month our World Tour takes us to East Asia. Some of the countries we will visit this month are *China, Japan, Korea, Taiwan, Vietnam, Thailand, and Cambodia.*

As this month's tour includes China, their borders are impossibly long and include more than 10 different countries on the west (including Myanmar, Laos, Thailand, Cambodia, Vietnam, and the Andaman Sea. To the north we have Mongolia, and the southern and eastern borders are

entirely made of water: the Gulf of Thailand, the China Sea, and the Sea of Okhotsk.

Please enjoy this month's



activities & meals that help us find and enjoy the delights of the region. If you've been to this area & want to share, we'd love to hear from you!

Fun Facts about the area:

- The country of Singapore is smaller than the state of Rhode Island.
- China is bordered by at least 14 countries and 4 seas!
- Vietnam is shaped like the letter S and at the narrowest point is only 30 miles wide.
- Almost 80% of Japan is covered in mountains.
- Taiwan's Yushan (Jade Mountain) is taller than Japan's Mt. Fuji.
- Thailand was called Siam until 1939.
- The Cambodian monarchy was restored in 1993 and the country is now a constitutional monarchy.

February Activities

February 1, 8, 15, 22, and 29:
Live Piano with Miles

February 2, 9, 11, 16, 23, & 25:
Live Music with John

February 3, 10, 17, and 24:
Live Saxophone

February 4 and 18: Classical
Opera!

February 5, 12, 19, and 26:
Jerry G entertains

February 6, 13, and 20: Live
music with Jimmi James

February 7: Spirit Care
Ministry

February 7, 14, 21, and 28:
Jaime on the Incan Flute



February 14:
Happy
Valentine's
Day!

February 20: President's Day



February 21:
Flower
Arranging

February 27:
Live Jazz
with Anne

February 27: Resident
Council Meeting

February 29: Leap Day!

Haiku Poetry

By Bernard Welz, Resident

Cat sleeps,
Wrapped in tail,
Chin on paw,
Dreams of Home

A seal pops up
Underneath bridge
Looks around
And Dives again!

Circling Seagulls
Dipping, screaming,
Form a bobbing armada
In green shimmering water.

Song of sparrow
Above in palm
Mix with voices
On the patio

Resident of the Month: Shirley Hutchinson

Shirley has a long history in Alameda. In 1924, she was born to Elsie and Earl Jeffs right here in Alameda, at Tennant's Maternity Home on Chestnut Street .

Shirley attended Haight Elementary School and graduated from Alameda High, as did her mother, brother, cousins, and future husband. She went to the movies every Friday night and Union Street beach during the summer. Her piano teacher drove her across the Bay

Bridge on the day it opened.

Shirley briefly attended the University of California, but the lure of the patriotism (and a paycheck) led her to a job at the Alameda Naval Air Station where she became a supervisor before she was 20.

She married her high school sweetheart Walter Hutchinson when he returned from the war. After living in an Alameda apartment, they bought a house in the new affordable suburb of Pleasant

Hill. They had two children, Nancy and John, moved to Concord ,and then to Alamo, where Shirley was active in the Alamo Women's Club.

Shirley worked many years for Kaiser Permanent and EBMUD. She says her most difficult job was managing Medicare billing when it was first established.

After Hutch's death, Shirley moved back to Alameda to be near friends, cousins, and daughter Nancy Roberts.

Resident of the Month: Charles Patterson

Charles was born in Missouri in December of 1937, but grew up just a short distance away from the Lodge, in Oakland. After graduating high school and college, with a degree in Industrial Engineering, he felt his odds were good for being drafted into the military, so took the choice upon himself and enlisted in the United States Army. He served his enlistment time in Chicago, IL, as a clerk typist.

Charles was married for 42 years to Pat, and has two sons, Fred and Craig. During

his life, Charles has traveled to various places; the most memorable trip being one to Hong Kong. While there he took photographs of landmarks and locals and took them back to his dark room and Photoshop software to develop into his works of art. *Look for some of these pictures to appear in this month's world tour display at the Lodge!*

While he enjoys photography, his real passion is music. He played baritone

horn in a private marching band based out of Oakland and Livermore for 5 years. He enjoys classical music in a wide variety, though his favorite is Bach.



We welcome Charles into our community, look forward to getting to know him, and are excited to share his art in the world tour display.

Meet Stephen!



Stephen Zimmerman has been a member of Alameda Elder

Communities for as long as he can remember—he grew up in the business. He has worked in all three facilities, in various positions, and is very excited about his new position as Waters Edge Lodge Administrator.

Stephen is very happy to be working in the family business and is proud to work at the Lodge because he has fond memories of being the building's youngest Resident ever (he lived here for six months when he was four years old)! Come by his office anytime to get to know him or just to say hi, his door is always open.

Special Activities!



Sunday, February 5th is Super Bowl 46, and the Lodge is planning on celebrating in style. If you're interested in watching the game please come to the Activity Room and enjoy the game and snacks as we root for our favorites to take home the trophy.

In November, the Lodge played host to our first Ball. It was such a success that we've decided there should be more dancing in our lives! This month, on the 29th, we will host a Leap Ball! Bring your dancing shoes and prepare to enjoy!



Notes from Hannah's Desk

This month at the Lodge there are a variety of new activities to keep our program fresh and exciting. On Mondays in lieu of Japanese, we will continue our introduction to Origami where we see plain paper transform into objects like boxes, valentines, and swans.

Stop by and see what you can create with paper.

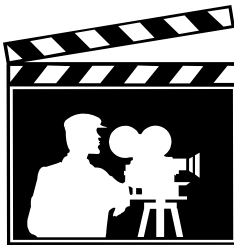
World Religion with Kryspin is another new addition, taking the place of History of Philosophy on Fridays. Make sure you attend this class if stimulating, intellectual conversation is a must-have in your life.

Resident of the Month: Mary Wing

Mary Wing was born in the small town of Albert Lee, Minnesota. When her father was 5 his family immigrated from Sweden to Minnesota, where he met her mother, who was of Scottish descent. As an infant, Mary's family moved to Oakland where her father, a handyman, actually built the family house !

Mary and her younger brother attended Fremont High, but Mary headed south when she was offered the fantastic opportunity to attend the Pasadena Playhouse and become an actress. Mary actually dated William Holden and met quite a few Hollywood

celebrities! She was hugely disappointed when her father put the kabosh on her acting career because he felt that acting wasn't appropriate for ladies.



Mary returned to Oakland and was attending the U.C. Berkeley when World War II broke out. She enlisted in the Navy, became a WAVE and was stationed in Washington D.C., where she was a cartographer charting where bombs had struck.

She was introduced to her

future husband by her brother, but she didn't like him at first. In fact, she was engaged to a Marine when she got a telegram from her soon to be husband asking her "Don't let the Marines land!" She returned to Oakland and married on New Years Day.

Mary has a daughter and a granddaughter as well as a calico cat named Callie. She is also visited regularly by a long-haired dachshund grand-dog named Petey who are all welcome additions to the Elders Inn.

Notes from the Activities Desk

The most watched program in the world, the Super Bowl, can be enjoyed in the Buena Vista Lounge on Sunday, February 5th. It is estimated that 80 to 90 million people watch the Super Bowl every year while eating an estimated 14,500 tons of chips (that's 29,000,000 POUNDS!) & 8 MILLION POUNDS of guacamole, with an estimated 20% increase in sales of antacids the following Monday! We won't be serving quite that much junk food, but join your fellow residents in the Buena Vista Lounge as we root for our favorite team.



Valentine's Day is Tuesday, February 14th and we have a special meal

planned for all of our residents. After the special meal expertly prepared by Edna and our talented staff, we will be treated to a special Lovers musical treat of romantic songs by our own Latin Troubadour, Jaime and his handmade Peruvian instruments. The spirits will be high as we remember our loved ones on Cupid's day in the Buena Vista Dining Room.

Piper Update

Our beloved Ambassador, Piper, had a close call last month but is now feeling better. We now have to give him medicine twice a day to control his digestion. He is a real trooper as we gently give him his prescription---good thing the liquid is supposed to taste like tuna! We ask all residents to PLEASE not feed him even though he may beg at the dining room table. We will be escorting him away at mealtime, but he might sneak back in at times. Remember, he isn't supposed to eat "human food" and it may make him sick!



Iron Woman of the Month: Fortunata Arucan

Fortunata joined Elders Inn in November and it has been a joy to have her as a part of our fitness family. The very first day she moved in she said people sometimes had difficulty pronouncing her name and “Naty” was the nickname she preferred.

From day one Naty has been as involved as possible in the available fitness activities, and has demonstrated she fully understands the vital role the fitness has in her life. When asked if she understood the importance of the exercise classes, she looked confused and she answered “of course... to keep me healthy.” The answer was so simple to her.

Naty grew up an only child in the Philippines, but there was no shortage of other kids to play with, many of her cousins grew up along side her under the same roof. Growing up with her cousins allowed her an opportunity to always be active.

Later she was very studious and attended school to become a doctor in the Philippines. Her studies reinforced the importance of being healthy. Upon moving to the United States she settled in Oakland and became a lab technician. She was a lab technician at Highland Hospital for more than 20 years before retiring.

While in Oakland, Naty met her husband who was in the Air Force, they were married and had one son, Bill. After the service her husband was a chef at his own restaurant in Oakland. Bill says that as a child there was a heavy emphasis on fresh foods and his mom always insisted on healthy dishes being cooked.



Since arriving at Elders Inn, Naty has shown wonderful improvement. She knows she can still improve, but is working hard to continue her progress. We are happy to have her as part of our family and LOVE that she enjoys being active and healthy.

Select Therapies and Alameda Elder Services!

Beginning with the new year, Select Therapies became the new therapy service partner at Alameda Elder Services. Select offers comprehensive services including Physical



Therapy, Occupational Therapy, and Speech Therapy, specializing in the needs of the older population in the community. Like Alameda Elder Services, the goal of

Select therapies is to assist individuals in regaining and restoring previous abilities to live a fuller and more productive life. Alameda Elder Services is excited about this new partnership and looks forward to working with the new team.

Personal Training

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help ensure results, and someone to motivate you toward achieving your goals.



Personal training and group exercise classes are offered at both the Waters Edge Lodge and Elders Inn. To get started with your new years resolution, contact your favorite Alameda Elder Services fitness professional

and prepare for a positive change in your health.

You can find your trainer at one of the daily fitness classes or by calling 510-748-0158

Alameda Elder Communities
www.AlamedaElder.com

For placement and care questions
please contact Cheryl Champ
at 510-748-9700 or email
Cheryl@alamedaelder.com

For free copies of Alameda Elder Communities
monthly newsletters, please visit our website at
www.alamedaelder.com



A tradition of caring since 1971.

Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services
Alameda Senior Magazine

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 101 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 Rehabilitation 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.



Alameda Elder Communities
801 Island Drive
Alameda, CA 94502