

# Living on the Waters Edge

*A tradition of caring since 1971*

*Waters Edge Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services*



Volume 12 | Issue 2

February | 2014

## Time Flies

When you're a kid in school, the year seems to drag on and on and on. Summer flies by, but the months between the start of school in September and Christmas in December seem to last a lifetime. And then waiting for summer break again, it is as if every clock in the world is running at half normal time.

Unfortunately, months lasting more than long enough to get everything done just doesn't

seem to happen as we age. In fact, quite often it seems as if time moves faster and faster every year; and the time between Thanksgiving and the New Year seems to be the swiftest moving of all. (I haven't even finished passing out Christmas gifts yet!)

That is why there was no newsletter in January. I am horribly embarrassed to admit, that though the newsletter was

By Moira Morris

almost complete, there was simply not enough time to get it finished and to the printer in a timely manner. I apologize for this.

This month, you will note that the newsletter is a bit longer than usual, that is because I wanted to make sure that nothing and nobody was left out. My apologies for the missing issue, I hope you enjoy this one to the fullest.

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Happy  
Valentine's  
Day

## Why Joint Pain is Worse in Winter Months

By Arran Rogerson



Joint pain can be very debilitating, preventing a lot of people from doing the things they

love and making them rely on other people. Strangely, people commonly report increased joint pain during, or even before, the occurrence of cold and damp weather. This increased pain is not caused by cold and moisture itself, but rather changes in atmospheric pressure resulting from storms.

Rain, snow, and wind can cause atmospheric pressure to drop. This decreased pressure allows

body tissues to expand. When the tissues in joints expand it increases the pressure put on nerves that control pain signals. The result is greater perceived pain.

To combat joint pain, it's important to dress warmly and continue to exercise. Cold, winter months can be discouraging with our instincts telling us to stay in bed and hibernate. The warmth and comfort is tempting, but we cannot stop our physical activity just because it's cold and wet outside. In addition to maintaining a functional heart and mind, exercise prevents our joints from getting stiff. A joint in motion

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# Living on the Waters Edge

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## EXERCISE YOUR MIND

### Brain Benders

Amelia is writing an article for a golf magazine about some of the most memorable winning rounds ever played by a handful of women golfers. Match each golfer to her score as well as the year and location of her victory.

- Olivia Oden won her tournament 2 years after the golfer who scored a 67.
- The five golfers were the woman who won in 1921, Inez, the person who scored a 61, Kristina Katz and Pamela Peet.
- Of Maxine Mohn and the woman who won in 1924, one shot a 60 and the other shot a 62.
- Of the woman who won in 1921 and the person who won in 1920, one shot a 62 and the other was Pamela Peet.
- Inez was either the golfer who scored a 60 or the woman who scored a 61.



### Presidential Trivia

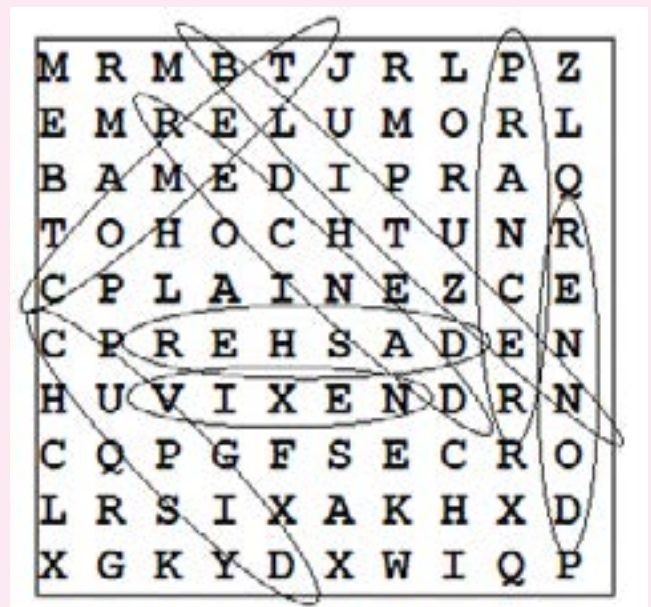


- What US President had the shortest life?
- What US President threw out the most Opening Day baseballs?
- Who was the 6th President of the United States?
- Who was the only President to serve two non-consecutive terms?
- Which president is the only president who was unanimously elected and ran unopposed for both terms?

### December's Answers

Can you decipher these common Christmas Carols?

1. Happiness to the Global Ecosystem - Joy to the World
2. Small make percussionist - Little Drummer Boy
3. I am experiencing nocturnal visions of a colorless holiday - I'm Dreaming of a White Christmas
4. Festoon the Corridors - Deck the Halls
5. A Non-summer fairytale area - Winter Wonderland
6. Oh holiday conifer - Oh Christmas Tree
7. Ten plus two twenty-four hour periods of holiday festivity - 12 Days of Christmas
8. Hey tiny city in Israel - Oh Little Town of Bethlehem
9. In a remote location in a barn stall - Away in a Manger



# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

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### Learning to Warm Up

Warming up before heading out the door into the cold winter weather seems to be less

hard fought and absorbed but it contains a quintessential truth: increasing the body's core temperature can have profound benefits for everyone, especially the elderly.

Why is the need to warm up so important? Studies have found that a thorough warm-up can have benefits including improved heart rate and blood flow throughout the body, leading to increased focus and easier movement.

In order to warm up the body's core temperature, there are two



By Wilson Trang methods: internally and externally. The easiest method to increase body temperature is through external means, by being next to a warm object like

a heater or a hot shower. The increase temperature outside of the body will transfer to the extremities - your arms and legs, which are often the hardest part of the body to warm up. With your arms and legs already warmed, your body can focus on warming its trunk, including your internal organs and blood.

One way to internally warm up the core temperature is to consume warm fluid (drink a hot drink or eat some soup). Eating or drinking warm fluids increases the temperature in your stomach continued on 10

### Fun Facts:

- China is the second largest economy in the world.
- 21% of the Japanese population is elderly, the highest proportion in the world.
- The national flower of Korea is the Mugunghwa (Rose of Sharon).
- Taiwan has the highest mountain in all of South East Asia, the Jade Mountain is nearly 13,000 feet tall.
- Vietnam is the largest exporter of cashews in the world.
- Thailand's name in the Thai language is Prathet Thai, which means "Land of the Free."
- The musical *The King and I*, is set in Siam, which we currently know as Thailand.

### 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 everywhere we visited last month!) 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.



# Living on the Waters Edge

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## ALAMEDA ELDER COMMUNITIES

### Congratulations and Thank You!

Our staff is full of hard working, caring people who make up the heart of what we do. We wouldn't be us without their continuous efforts and dedication. Every month we would like to acknowledge those who will be celebrating their anniversaries. This month, we will honor those who celebrated their anniversaries in January, as well as those who will celebrate in February.

#### One Year

Shade Cortez, Lodge  
Anh Dubose, AEC  
Kelsey Haisuk, Elders  
Luz Rodriguez, Elders

#### Two Years

Jenny Quan, Elders  
Chimere Randell, AEC  
Wilson Trang, AES

#### Four Years

Gary Dichoso, Lodge  
Tatiana Simpson, Lodge

#### Five Years

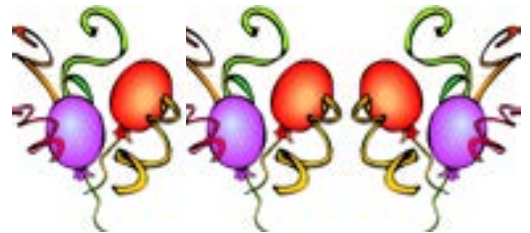
Victoria Vivero, Elders

#### Thirteen Years

Milon Celindro, Elders  
Edna Magno, Elders  
Cindy Wilson, Lodge

#### Twenty Years

Lilia Hodges, Lodge



### Time to Get Organized

By Kelsey Hasiuk

It's the beginning of 2014 and many of us have come up with all kinds of New Year's Resolutions for ourselves. Some of the most common resolutions are to lose weight, quit smoking, drink less, or get a new job, just to name a few. Another resolution many have, is to become more organized. Luckily, January is Get Organized Month. What a great way to start the new year!

One study shows that American women spent on average, 55.2 minutes a day, looking for lost or misplaced items! It's hard to imagine that we may possibly be wasting 14 days a year simply by being unorganized. Let's all make a point this month to get organized!

A great way to get started, is by identifying all the benefits that getting organized can have in

your life. Not only does it save time that can instead be used with loved ones or doing things we enjoy, it also lowers stress and can provide a greater sense of control.

Then it's time to decide where to begin. It is helpful to start in the area that gives you the most stress and at things that you misplace the most.

Next, it's time to figure it out how the work will get done. Depending on one's time, energy level, and skills, it may be best to get a book about organizing to get help from a professional organizer or by

simply doing it ones self.

The last step would be deciding when to do the organizing. For some, it may mean planning the organizing at the time of the day when there are no distractions from others, or dedicating a day to getting it done, once and for all!

This may seem overwhelming at first, but the benefits of being organized far outweigh that feeling. Let's make that 55.2 minutes a day ours again to do whatever we wish! Good Luck!

O is for Organize.

# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

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### Celebrating Senior Independence

By Kelsey Hasiuk

February is National Senior Independence Month! Many of the seniors who read this newsletter are residents at either Elders Inn on Webster or Water's Edge Lodge. Although the residents need assistance in some, or many, of their activities of daily living, there is always opportunity to maintain independence. For seniors, independence is vital to establishing confidence and self-management.

The following are some suggestions of ways to keep your living space safe and to maintain independence:

- Good lighting - Keeping a well lit home and the use of night lights can help prevent falls.
- Clearing clutter - (including wires and excess furniture) will help those with vision or balance problems avoid



falls.

- Don't slip - Using grab bars and slip mats on slick surfaces (like the bathroom) will provide a safer environment.
- Keep it reachable - It is also helpful to put all frequently used items in easy-to-reach places.

Not only is it important to keep a safe environment, it is of great importance to keep a safe mind. Learning new skills or doing a routine action in a new way can help strengthen, protect and grow brain cells.



- A valuable skill to learn is using technology. Using a cell phone, computer, email, or even facebook, can help you stay close with loved ones.
- It is never too late to channel your inner artist.

Studies show that seniors who participate weekly in art programs feel healthier and go to the doctor less. So don't be shy to pick up a paint brush and go for it!

Yet another important way to continue to enjoy your independence is to stay physically active. Walking is one of the easiest exercises to do and has many health

benefits. Walking can improve balance, strength, and endurance, in addition to overall health. As the saying goes, "Use it

or lose it!"

Let's celebrate senior independence not only this month, but in those to follow and keep our environment safe and our minds and bodies active! Cheers to good health, confidence, and independence!

### Joint Pain

*continued from 1*

stays in motion. So put on your warmest jacket and step out the door. If it's raining, walk up and down the halls or hop on one of stationary bikes. Exercise is the key to good health and happy joints!

### Chinese New Year

The Chinese New Year is the most important and celebrated festival in the year for Chinese culture. It is celebrated for 15 days, and ends with the Lantern Festival.

The Chinese calendar rotates on a 12 year schedule, based on a lunar calendar (which explains why Chinese New Year starts

on a different date every year). In the 12 year cycle, each year is represented by a different animal: rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig.

This year is the year of the Horse, Chinese year 4712, and it began on January 31.

# Living on the Waters Edge

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## NEWS FROM ELDERS INN

### News & Notes from Activities Team

This month we get to enjoy the 22nd Olympic Winter Games. To celebrate, we will be incorporating different Olympic sports into our exercise classes. We will be putting our own Elders Inn spin on these winter sports, including skiing, ice skating, and ice hockey. It's much easier to stay physically active when you're having a good time, so please check out our new variety of exercises in the morning. Let's get fit and have fun!

On February 2nd, we will have a special viewing of the Superbowl. Pick a team (even if it isn't the one you usually root for) and join the fun. Hope to see you there!

On February 13th, we will continue our celebration of the Chinese New Year with a special Lantern Festival.

Valentines Day is on the 14th and we will have a "love"ly social.

On February 15th we will conclude our New Year

celebrations by watching San Francisco's Chinese New Year Parade.

doing a quality job and feeling accomplished.

February 19th is National

Chocolate Mint Day and we will be celebrating it during Happy Hour with special hot chocolate drinks.

Our World Tour Lunch will be on February 21st. The dining rooms will be serving special food from East Asia so we can experience more of this stop on our world tour.

February 22nd is the 10th Annual Day of Dancing

for Health and we will have a special activity so we can dance our way to health with the rest of the nation.

February 23rd is the Daytona 500, take a lap past the Buena Vista Lounge to watch the race. We promise it won't drag on.

February 26th is Blue Jeans Wednesday! You will likely see lots of staff wearing their blue jeans to work today, as we raise money for local charities.

#### Elders Inn Winter Olympics

We will be having special Winter Olympics themed activities and exercise classes, here is the schedule:

February 7 - Opening Ceremonies  
(rules and regulations)

February 10 - Hockey Challenge

February 15 - Olympic Trivia

February 18 - Curling Challenge

February 21 - Downhill Skilling Challenge

February 24 - Closing Ceremonies and  
Award Presentations

Single Tasking Day is on February 18th, 2014. Many of us are familiar with the term "multitasking" which means switching from one task to another. Here's an example; you walk into your room to put something away, next you see something else you forgot to do and never complete the first task.

Single tasking helps you focus on completing your original task, enjoying the moment,

#### Garden Neighborhood News!

Here in the Garden Neighborhood we are honoring the month of friendship and love by learning more about "lovebirds."

Did you know that there is a fascinating species of lovebirds?

They can also live up to 20 years and are very devoted to their mate, staying with the same one the entire time.



Don't forget to come to the Resident Council! It's on the First Sunday of the Month.

# Living on the Waters Edge

## NEWS FROM ELDERS INN

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### Resident of the Month: Bill Schedler

Bill Schedler was born on February 10, in San Francisco. His parents met in Niagara Falls, New York and moved to the Bay Area due to his father's job. Bill's father was an engineer, his mother was a housewife, and he had a younger sister.

Bill grew up in Berkeley and lived at 139 Hillcrest. He enjoyed playing with friends in vacant lots in the neighborhood. The neighborhood church had a basement filled with stuff to entertain the children. The Claremont Hotel was nearby, so Bill and his friends would sneak on the grounds and go on the spiral

slide for fun. His childhood memories make Bill smile, especially reminiscing about vacations to Yosemite on mules-happy times.

Bill went to Berkeley High, graduated, then went to College of the Pacific in Stockton, "the oldest college west of the Mississippi" (which is



now known as University of the Pacific). He was a liberal arts student. Bill became interested in flying planes and got his training at the Oakland and Livermore airports. Eventually he was recruited to the Navy as a pilot, where he became an officer, and

served for over 30 years.

Bill met his wife Patty when their paths crossed after she took a job on Treasure Island. They dated, got married, and remained in California. Bill came to Elders Inn for some extra care while his wife remained in their home. Bill and Patty have dinner dates together. Bill enjoys Elders Inn social activities such as Circle of Elders, coffee at the cafe with fellow residents, chats in our various hallways, and our musical entertainment.

Please give Bill a warm hello and have a cup of coffee together. I'm sure you'll have an interesting talk with him.

### Elders Inn and the Winter Olympics

Every two years the nations of the world come together and celebrate the spirit of friendly competition, sportsmanship, and comradery with the Olympics, alternating between Summer and Winter games.

This year marks the XXII Winter Olympic Games. The official home of these games is in Sochi, Russia, though some events will be held in the nearby resort town of Krasnaya Polyana. The games officially open on February 7, and will close on February 23, 2014; there will be 98 different events, in 15 different winter sport

disciplines.

Since we here at Elders Inn cannot make it to Russia to celebrate the games in person, we will be incorporating the Olympics into our monthly calendar. We will have special viewing parties for the Opening and Closing Ceremonies, special Olympic themed activities and exercise classes, and maybe even some trivia. Keep your eye on the calendar and come join the fun!



#### Winter Olympics Trivia

- Cross country skier Bjorn Daehlie of Norway, has won the most medals of any single athlete, 12 (8 gold, 4 silver).
- Speed skater Apolo Ohno tops the list of American medal winners at the Winter Games with 8 medals (2 gold, 2 silver, & 4 bronze).
- Only two countries south of the equator have ever won medals at the Winter Olympics, Australia & New Zealand.

# Living on the Waters Edge

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## NEWS FROM WATERS EDGE LODGE

### Resident of the Month: Priscilla Vaughan

Priscilla Vaughan was born and raised in Needham, a suburb of Boston, Massachusetts. She went to a college in Syracuse in attempt to study Accounting. She realized that this was not her calling and became a secretary for Engineers instead, which led to meeting her husband, Jay.

Her husband's position at Proctor & Gamble paved their way to California. She raised their two children, Nancy and Christopher in Orange County. Nancy, her youngest child who has her



Masters in Public Health from Harvard, became the Vice President of National Accounts at Kaiser. Her son, Christopher, is a retired Anesthesiologist from Pleasanton. Priscilla enjoys sharing stories about her children and grandchildren. She never fails to show how much she adores and loves them.

Besides her love for her family, she is passionate about baseball. If she trusts you enough, she will tell you a secret story

about baseball (Hint: A proof of how awesome she is!). She also enjoyed golf and swimming. Back in the days, Priscilla often went to Cape Cod and soaked under the sun while listening to "rap" music (which was not popular yet). Nowadays, she spends her time watching Modern Family and laughing at her favorite character, Claire.

Priscilla is one of the newest members of the Lodge; she is sweet and a pleasant conversationalist. We are happy to have her as January's Resident of the Month!

### News and Notes from Activities

There are some fun things on the calendar this month, and we hope you'll be able to come down and enjoy them all.



On February 2nd we will be having a Super Bowl viewing party in the Activities Room. Come

watch the Seattle Seakhawks and Denver Broncos battle it out for the trophy!

February 7th marks the official start of the 22nd Winter Olympics and we will be showing the Opening Ceremonies. \*In an interesting side note, did you know that

some events will start BEFORE the Opening Ceremonies? Some figure skating events will On February 13th we will celebrate February with an evening Fiesta; come on down and enjoy the party!

Barbara and the Kitchen Staff have a special meal planned for Valentine's Day on the 14th (plus the usual fabulous socials scattered throughout the month).

February 28th is National French Fry Day, so join us for an outing to McDonalds to



indulge in their fries.

This month we are trying something new here at the Lodge and mixing things up a bit. If you check out the Activities Calendar you may notice some new activities and some tried and true favorites that have been moved into the cafe. We are hoping that this change in venue for some of our more discussion based activities will help keep them lively and engaging.

Don't forget to come to the Resident Council!

It is always on the First Saturday of the month



# Living on the Waters Edge

## NEWS FROM WATERS EDGE LODGE

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### Resident of the Month: Donald Rizzi

Born in the village of Sleepy Hollow, Donald Rizzi amuses people of his stories about his town, specifically with “The Legend of the Sleepy Hollow”. Although he grew up right by the Hudson River, he doesn’t consider himself an outdoor person. He confessed that he never even learned how to swim, but he enjoyed playing baseball. He enjoyed it so much that he played for Geneseo State Teachers College, where he graduated with a degree in Elementary Administration.

After he graduated from college, he

joined the Army and served in the Korean War. Two years later, he pursued his Masters at the University of Buffalo. He taught elementary in New York for a short period of time before deciding to move to California at the age of 30. He taught Arithmetic at Donald Lum Elementary School here in Alameda, and that is where he met his wife, Gladys, also a teacher. Rizzi describes his wife as “the teacher next door”.



Rizzi is full of humor and a very friendly person. He never fails to bring light

to any room he enters. What astonished me in his response to the question of his favorite holiday is the reason why it is his favorite holiday. He said, “I like Christmas because people give me gifts”. It is his candidness that makes him an interesting person to be around. Especially with his answer to the question of whether he wanted to learn or teach any skills or talents, “At my age, nothing... I’ve done everything I wanted to do... ”.

We are glad that he had chosen the Lodge to be his new home, and we are proud to have him as our Resident of the Month for February.

### Eating Out

Please join us for our World Tour lunch outings!

On Friday, February 7, we will be going to Katsu, a Japanese restaurant on Webster Street.

On Friday, February 21, we will enjoy lunch at China Gourmet at South Shore.

Both days we will leave the Lodge at 11:30am. You can check with the front desk for the sign-up sheet and sample menus if you are curious about the food we will be able to enjoy.

### Pardon Our Dust

Please excuse our dust, we are working on updating some areas of the building - fresh paint, new art, furniture and room rearranging. In fact, you have probably already noticed some bare spots on the walls, or areas taped off due to working being done; we hope these things don’t disturb your days too much, the work shouldn’t last too much longer and the end result should be fabulous!

### 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!

Any guesses on what he’ll decide? We could use winter rains, but the National Weather Service doesn’t think it will happen soon.



# Living on the Waters Edge

## 10 NEWS FROM ALAMEDA ELDER SERVICES

### Iron Woman of the Month: Helen Bernards

This month's Iron Woman is Helen Bernards due to her fantastic attendance at exercise classes and various other activities. Helen is relatively new to the Lodge, but has been quick to make friends and get comfortable with her new surroundings.

Helen has always lived in California and grew up in Salinas. She worked in retail for many years and has four stepchildren. Helen is a big fan

of the SF Giants, but A's fans need not fear because Helen is very kind and friendly. Make sure to introduce yourself!

One of our most active residents, Helen has made her way to exercise class every morning since she discovered its existence. If you walk by the gym after breakfast, you'll be sure to see Helen poised and ready to work. Her dedication and enthusiasm is



an inspiration to everyone around her. In addition, she attends Yoga, Bean Bag Toss, Golf Putting, and Balloon Volleyball. She's unstoppable! That's why she's

this month's most valuable exerciser. Keep up the good work, and Congratulations on being January's Iron Woman of the Month!

Are you as healthy as you would like to be? Are you interested in a more take-charge approach to maintaining your health? Have you heard about Personal Training? Working one-on-one with a Personal Trainer can help you remain as independent and healthy as possible. Personal health and fitness goals are set together, and your trainer works to build you a custom plan for reaching your fitness goals. If you are interested in being more proactive about your personal fitness, please speak with Arran, Wilson, or your Administrator about setting up an initial consultation.

### Warming Up *continued from 3*

which then radiates out. Warm water, tea or coffee are the generally preferred drinks for warming up.

Interestingly, exercise has been found to be one of the best ways to warm up. Exercising can increase temperature in the body extremely quickly. It can also increase focus and motivation for the rest of the day. A thorough warming up can increase joint flexibility and the ability of your body to move. Try thinking of your muscles like cookie dough. When you take cookie dough out of the freezer, it is hard and difficult to

move or knead. However, once the cookie dough is warmed up it becomes malleable and easy to move around. Similarly, your muscles and blood tend to move better when the body is warm.

This is why we have more exercise classes in the morning than in the afternoon. It is more beneficial to have the warm up early, right after breakfast then after lunch. After lunch, you have already been awake for 5-6 hours and wasted that time. Also, the chance of falling decreases if you have warmed up and spent some time moving earlier in the morning.

### Walking Club

There's nothing healthier than going outside for a stroll and getting some sunshine. Many studies show that walking improves your balance, strengthens your bones, and keeps your heart healthy. And with such a beautiful lagoon behind the Lodge, you'll find that walks can be something you truly enjoy. Join Arran for Walking Club, every Monday, Wednesday, and Friday at 3 PM.

**How far will you walk this year?**

# Living on the Waters Edge

## NEWS FROM ALAMEDA ELDER SERVICES 11

### Iron Woman of the Month: Kay Bloom

Kay first met her husband, George Bloom, at UC Berkeley. Soon after, they got married and while George pursued his goals, including obtaining both a Masters and PhD in Physics, Kay pursued her own career in print, working everything from front desk, reception, to reporting and full feature writing.

Kay and George both loved the outdoors. George's love of outdoor activities and Kay's enthusiastic personality allowed them to conquer the outdoors, from climbing to hiking in the mountains.



But recently, Kay has had to focus much of her energy on caring for her husband, and in turn, her own health, strength, and focus diminished. However, in December, she decided to commit some time to herself and get stronger and healthier for herself.

Kay's lack of focus on herself coupled with a decrease in regular exercise created a decline in Kay's own health.

She decided to empower herself by starting personal training and has started to see gains across the

board.

She has already seen a reduction in pant size, which is nice, but the best part is her increase in endurance for walking and everyday activity. With a stronger core and back, Kay is able to walk further without any pain than in a long time.



The change of focus and improvement on her health is why we are naming Kay Bloom as February's Iron Woman of the Month.

Congratulations Kay!

### Exercise Requires Patience

Getting in shape is a very long process. The beneficial, physical changes that come from exercise can take months. So before you get frustrated and decide to quit your new exercise routine, simply understand that noticeable improvements in health do not happen overnight.

Exercise is probably the best thing you can do for yourself. In my opinion, it is the key to a healthy, happy life. No medication or special diet can change your life so drastically for the better the way exercise can. Exercise has been shown to give you greater strength, reinforce your bones, improve your breathing, boost your

immune system, and fight many diseases (like cancer and diabetes). It vastly improves memory and brain function, and can help with depression. That's a whole lot of good!

If you exercise, these improvements will happen. But you must be patient. The benefits of exercise may not show themselves for many weeks or even months. Weight training will result in increased strength, but only after several weeks. Stronger bones can take months. Regaining the balance to lose the walker and walk freely could take a year. It all takes time.

Luckily, it doesn't require

large amounts of exercise to improve your health. It just requires dedication. Fifteen minutes a day could be enough to make a huge impact on your life. But you have to keep up those fifteen minutes daily for several months to really see a difference.

Don't get discouraged! Be patient. Make morning exercise and afternoon strolls part of your routine. Schedule yourself fifteen minutes on the stationary bike every day before lunch. Giving yourself structures and goals can feel really good. You have the power to get fit and healthy. It just takes time.

By Arran Rogerson

**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 neighborhood for the safety and comfort of Residents affected by Alzheimer’s and dementia; a neighborhood offering standard assisted living; and a neighborhood that offers a higher level of care than typical assisted living.

**Waters Edge Lodge** is an assisted living facility located in a unique and peaceful setting

on the lagoons of Harbor Bay. Offering 101 apartments that provide seniors with a warm and familiar 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.



Caring for Alameda Seniors Since 1971  
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