

Living on the Waters Edge

Volume 4, Issue 9

March 2008

Established in
January, 1972.

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

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Medicare & Physical Therapy: What you Should Know

By: Kathy Hanley, PT

Physical Therapy is an essential component of Medicare benefits. For this reason it is important that residents and their families understand the rules and regulations governing the utilization of Physical Therapy for Medicare beneficiaries.

What will Medicare pay? Each Medicare beneficiary is eligible to receive up to \$1780 in combined Physical and Speech Therapy per calendar year. There is an additional \$1780 per year available for Occupational Therapy. There are certain medical conditions, such as heart

or lung disease or a recent discharge from a skilled nursing facility, which may qualify a person to exceed this \$1780 limit; it is the therapist's responsibility to identify if these exceptions apply. (Warning: There has been some speculation that Congress may later this year rescind this exception process.) Since there is an annual \$1780 cap, early in the year some caution should be exercised in the amount of Physical Therapy utilized so that, unless absolutely necessary, all benefits are not exhausted in the beginning of the year, with nothing left for the re-

mainder of the year.

When Physical Therapy is provided, Medicare will normally pay 80% of Medicare-approved rates. The remaining 20% must be paid either by a supplemental insurance policy or by the individual. If the individual belongs to a Medicare HMO such as Kaiser, HealthNet Security Plus, or Secure Horizons, he or she is not responsible for the 20% but must obtain the therapy from a therapist in that HMO's provider list.

What qualifies for Medicare reimbursable Physical

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Intuitive Healing

By: Nicki Hiemenga

Intuitive Healing means getting in touch with your higher self to hear your intuition, then using that information

to heal. The first step is finding that still, small voice inside that tells you the truth about things--a kind of guardian angel. You have to be very quiet to hear it. Intuitive

healing is integrative. It means respecting the intelligence of your analytical mind but also calling on a deeper wisdom to guide you. Your intel-

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Medicare & Physical Therapy: What you Need to Know (Cont)

(Continued from page 1)

Therapy? Under Medicare guidelines, a person is eligible for Physical Therapy benefits:

- If there is a new diagnosis. Example: a new hip fracture or a new stroke.
- If there has been a worsening of a current condition. Example: progression of Parkinson's Disease.
- If there is a decrease in function: Example: increasing difficulty in walking or self-care activities.
- If there are new safety issues affecting independence in function. Example: deteriorating balance contributing to a high fall risk.

Medicare also specifies that it will pay for therapy only if it is **reasonable and necessary**:

- Reasonable in that functionally oriented goals can be achieved in a reasonable amount of time. For example: running a mile is probably not a reasonable goal for an 85 year old but walking 1000 feet to the dining room is. Treatment is reasonable if this goal can be achieved in 4-6 weeks; it is not reasonable if it takes 6 months.
- Necessary in that the specified problem requires the skills of a licensed Physical Therapist.

Who should get Physical Therapy? The most common reasons for our residents receiving Physical Therapy are:

- Problems with walking
- Problems with balance
- Problems with daily activities such as coming to a

standing position from a chair

- Pain which is interfering with function.

Where is the therapy done? Waters Edge Lodge and Elders Inn each have a fully equipped Rehab Room. In addition, residents can be seen in their room if the situation warrants it.

How do I arrange for Physical Therapy?

Medicare requires a physician order for Physical Therapy. Our residents can get this order directly from their doctor or our Director of Rehab, Kathy Hanley PT, can obtain an order for you. Kathy is available for consultation to determine if a particular situation warrants Physical Therapy. She can be contacted through the facility nurse or at 521-9200 ext. 105.

Intuitive Healing

(Continued from page 1)

lect and intuition are allies; they can and should work together well. Just remember that the intellect, no matter how brilliant, is limited by its linear focus. In contrast, intuition is multidimensional, can penetrate surfaces, and offers solutions about your health and happiness that the mind alone cannot appreciate. The difficulty is that the mind's chatter is often so loud it drowns out the knowledge within.

Here are five intuitive steps that can transform your health and life. Each step represents an indicator that can help you avoid illness, replenish energy and bring insight into any problem. Utilizing this structure will enhance your intuition, or enable you to find it.

Step 1: Notice Your Beliefs

Your beliefs set the tone for healing. Positive attitudes accentuate growth while negative attitudes impair it. Honesty is required to flush out counterproductive perceptions so in-

grained you may not realize how insidious they are. If we examine our beliefs, we won't be subject to subterranean undermining influences. Our beliefs trigger biochemical responses. No organ system stands apart from our thoughts and what we believe programs our neurochemicals. Being absolutely true and real with yourself will liberate you from unconscious impulses that impede your healing.

Step 2: Be in Your Body

Your body is a complex and

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Intuitive Healing

(Continued from page 2)

sensitive intuitive receptor. You must make a commitment to be in it completely to heal. This may require some adjustment. Many people in Western society are trained to function from the neck up, denying the rest of our bodies. This stance is counter-intuitive. Shift that perspective to enjoy intellect but reorient yourself and revel in physicality as well. Being aware of the sensuousness of the body can open intuition. You'll become more aware of early warning signs your body sends which gives you a head-start on preventing illness and avoiding detrimental situations. Being attuned to your body is a treasure!

Step 3: Sense Your Body's Subtle Energy

Not only are we composed of flesh and blood, but also of subtle energy. Learning to tap into your body's subtle energy is healing. From an intuitive standpoint we are all composed of vibrantly colored energy fields, whose centers are called chakras, that emanate from within us and have a significant effect on our health. They contain truths about our physical, emotional and sexual needs. Energy has different manifestations, from erotic to psychic. Invisible to most people, it can be sensed with intuition. It is important that we learn to sense this energy within us recognizing when it is off and learn to correct the imbalances. After identifying energy, it can then be directed to specific parts of the body. Feeling energy can be

very sensual, an extension of love!

Step 4: Ask for Inner Guidance

A range of answers lies within you. To access them I'll focus on two intuitive techniques: meditation and remote viewing. Meditation is a state of quiet that amplifies the intuition. In practical terms it lowers blood pressure, relieves stress, can help reverse heart disease and even retard aging. Remote viewing is an intuitive technique to move through both time and space. It enables you to tune in to the past, present and future, or to visualize a person place or situation, even at a great distance. With this knowledge you can help diagnose illness by picturing the body's organs, predict proper treatment, and appraise current therapies. These tools need to be utilized, especially when conventional medicine seems unable to find a cure.

Step 5: Listen to Your Dreams

Intuition is the language of dreams. We speak it every night, during the REM state, the phase of sleep when your brain waves impart secret healing formulas. This mystic symbology--images, messages, scenarios--has rules different from those in our waking life. A dream's tone can be as restorative as its content; the nonverbal often presides. Also, in dreams, revelations about illness and relationships are often conveyed. Dreams do heal, but first you must retrieve them. During sleep we experience a kind of amnesia. To the

intellect dreams are alien language that does not compute. Dreams cannot be captured by the rational mind alone; intuitive memory is needed. For instance, before you go to sleep ask a question to be answered by your dreams. The next morning try writing the answers down. Do this for a week asking the same question until your answer comes. As you learn how to remember and interpret dreams, you'll be able to draw on this form of healing. You can apply these five intuitive steps to every health challenge and new direction in your life. They are yielding, expansive, reflecting possibilities. Try not to cling to any one too tightly; simply allow them to illuminate. Find the most natural outlet for your intuition. Have fun and give yourself permission to explore.

The form your intuition takes may vary: images, dreams, sounds, gut feelings, a sense of knowing, a kaleidoscope of creative flow. Often while busy with an activity or work, snapshot like flashes come through. In a split second a world of information can be received. It's exciting how intuition can work like this. Notice if such flashes happen to you. Write everything down immediately in a journal. The material can be relayed quickly, but then may slip away quickly if undocumented. Watch closely. It's these moments of insight that can make a difference in our lives. We all have our intuitive styles. Discover yours!

Resident of the Month: Thomas "Norm" Morrison

Thomas Norman Morrison is the oldest of three boys. He was born at home in Ventura, California on March 31, 1915. "Ventura was a small town where everyone knew everyone." He attended school within the Ventura Public School District from kindergarten to Junior College. "I was a child of the depression. Lines a block long were formed with people waiting for days for old, stale bread from the bakery. Apples were sold for 10 cents on the street." From Ventura Jr. College Norm was accepted as a Junior to Stanford University where he received a BA in American History. "I was on the Track team and received my Block S Stanford letter in Track and Field." A year after graduation Norm attended San Jose State and

earned a Minor in Industrial Arts. He was then hired to teach Industrial Arts along with being a Track and Field and a Class B Football Coach. Norm was drafted into the Army on June 15, 1942 attaining a rank of Corporal as an enlisted man. He was accepted at the Anti Air Craft Officer Candidate School and received a 2nd LT. Commission. His first foreign assignment was in the Caribbean Sea and Trinidad. "Our 90mm guns were to protect an air attack on the Panama Canal and when our Battalion (BN) returned to the U.S. the BN was changed into the Quartermaster Branch of the service. I elected to remain in Artillery and entered France at Utah beach, in Normandy." He also participated in the Battle of the Bulge, Battle of the Colmar Gap and other bat-

ties. He was promoted to Captain in the early phase of the occupation. His unit jailed minor Nazi war criminals waiting to be court-martialed. He took advantage of the GI Bill of Rights earning a Masters in School Administration. He served 30 years teaching and administering in the Alameda School District. He was a deacon in the Alameda Presbyterian Church. Mr. Morrison has three sons, two of whom are twins and four grand children. Thomas is very satisfied with the services here at the Lodge from Administration down.

Added Facts: National Guard Duty, Major 5-4 Supply Officer; Lt. Colonel; battalion Commanding Officer 91st Infantry Division.

March 2008

Well! It looks like the beautiful lagoon at the Waters Edge Lodge is starting to wake up! The trees have begun to bud and Spring is just around the corner. What is that old saying? March comes in like a lion and out like a Lamb? Or is it in like a Lamb and out like a Lion? No matter which one, the belief is that the weather at the beginning of the month is the opposite of the weather at the end of the month. I guess that we'll just have to wait a few weeks and see for ourselves. One thing is for sure--- we certainly live in a beautiful place in Alameda at the Waters Edge Lodge!

From the Activities Department

This month our travels on the World Tour take us to the British Isles and Scandinavia. Keep your eyes peeled for another beautiful display from Dave Ballerini as he creates a visual bounty for the senses. We'll have some St. Patrick's Day festivities as well as a couple of outings for "Pub Grub" at the Englander Pub, Swedish pancakes at a special breakfast outing to Marti's Place and some yummy eats from McGee's Bar and Grill. Sign up early at the Front Desk so you get a seat for these very popular outings!

Thanks to Resident Bill Wacker for this great suggestion about our weekend movies! Bill asked if we could repeat our Sunday Morning movie later in the day to accom-

modate the residents that attend Church in the morning. We are delighted to do this, and we are now replaying the movie every Sunday night at 7:00pm. We appreciate feedback from our Residents and will try to accommodate everyone—

Income Tax Alert!!!!We have received word that 2.7 MILLION taxpayers in the U.S. have received a Form 1099 from the Government that has the wrong dollar figure listed for Social Security income. According to the Government, they will be sending out corrected forms, but you should alert your tax consultant and family. David Ruttan has more information.

From the Desk of the Activities Department

After a wet, dreary, and seemingly interminable winter, the clouds are finally lifting, and the month of March is gracing us with its cornucopia of springtime delights. Spring is the season of new life, a sentiment shared by various spiritual traditions throughout history. Pagan and nature-based religions have held their fertility rites and customs in the spring ever since antiquity. Christians celebrate Easter, which marks the resurrection of Jesus Christ and victory over death. One of the most recognizable symbols of

Easter is the Easter egg, which has a colorful history of its own, but has always symbolized the promise of new life that comes with the springtime.

Here at Waters Edge Nursing Home, we kick off March with a Bingo event sponsored by the Soroptimists of Alameda on Saturday, March 1st, at 1:00 PM. The ever cheerful St. Patrick's Day celebrations will begin on Friday, March 14, when James Steven Farnsworth performs a St. Paddy's violin concert at 2:00 PM. The actual holiday of St. Patrick,

which falls on Monday, March 17 this year, will feature a special luncheon in the Bay Room at noon. Friends and relatives are welcome to join us as always, but if you would like a serving of corned beef then please reserve an order ahead of time at the front desk. Finally, there will be all kinds of Easter festivities at the end of the month, please refer to the Activity Calendar or call us at 522-1084 for updates. And don't forget to turn the clock **forward** one hour on the night on March 9th!

Resident of the Month: Axel Ottens

Axel was born to Dutch parents in Suriname, formerly a Dutch colony in South America, in 1931. Like all military kids, Axel moved around frequently (a habit he retained through adulthood), and eventually, he ended up in California. Axel breezed through school, graduating from Marin Junior College at age 16, and San Jose State University at age 20. He was not afraid to work, having been employed in some capacity ever since age 14, including a stint at American Can Company during his college years. When he finished school, Axel's parents were living in Panama, so he hitchhiked all the way to New York so he could catch a ship to go see them. With the Korean War in full swing, it

was time for Axel to serve his country, which he did as a naval officer. After completing Officer Candidate School in Rhode Island, he served for eight years, with the last two as a Lieutenant Commander, and had an opportunity to visit foreign lands like Greece and Italy. After his stint in the Navy, Axel went to work in the private sector, including an appointment as an international manager for Texaco, Inc., which sent him all over the world, including Europe, South America, and the Caribbean. He even got to meet Queen Elizabeth while living in Trinidad!

After he retired, Axel moved to his ancestral home of Holland, which provided him an opportunity for further

travel. After traveling around, he moved back to the U.S., first to Florida, and then back to California, where most of his family still lived. Axel was married and has two sons, who live in the Bay Area, as well as a sister and older brother. Axel has a special interest in art history, particularly European painters. From all his many travels, one city stands out in his mind as the most beautiful: Vienna, Austria. Axel speaks five languages: Dutch, German, French, Spanish, and "a little bit of English". This sense of humor is one of many qualities that make Axel a unique and valuable addition to our community, and we are proud to honor him as our Resident of the Month .

Resident of the Month: America Carbone

America Carbone is an interesting resident of Elders Inn with a colorful career filled with plenty of travel. "Travel" she says "broadens the mind". America Carbone was born in September in 1910 in the northern Italian city of Bologna. Her mother always had intentions to immigrate to America but her departure was delayed. Destined to be born in the United States of America, her father named her "America" but she left Italy when she was ten years old (after World War I). America has happy memories of her Italian childhood. As a young girl, she came with her parents to the U.S. and lived in Queens, New York. It was a culture shock for America and her family.

She learned English and entered third grade in public school. For thirty-seven years, America worked for AT&T Long Distance. She has one sister named Marie Vetere who also at one time lived at Waters Edge Lodge and Waters Edge Nursing Home. She married James Carbone in New York. She and her husband spent twenty years traveling together through England, Spain, Majorca, Italy, Portugal, Canada, Mexico, Austria and Germany. She sometimes lived in other places for long periods. She later returned to Florida where her husband passed away.

America relocated to California and lived at the Waters Edge Lodge, Waters Edge Nursing Home and now the Elders Inn. Her devoted nephew comes to visit and care for her. America has a relaxed disposition. She reads a lot and her favorite television program is Charlie Rose. She remembers and enjoyed his interview with Willie Brown. It is our pleasure to have America Carbone as the Resident of the Month for March 2008. She is a wonderful person with a colorful life.

March Activities

March 16 – 22 - Holy Week
– Please come and join our Residents in saying the Rosary at 3:00pm.

March 17 - Saint Patrick's Day – We invite you to come and celebrate with our Residents with music by Jerry Gee at 3:00 pm. We will be serving Pistachio Ice Cream and Refreshments.

March 23 - Easter Sunday – We will be celebrating Easter on Friday March 21 at 3:00 pm with Rene Eastridge by coloring Easter Eggs, and an Easter Egg hunt at 4:00 pm .

From the Desk of the Administrator

Assembly Bill 609, New Staff Medication Training (for Residential Care Facilities), went into effect on January 1, 2008. This requires that any employee that assists residents with their medications complete 16 hours of initial training (including 8 hours of hands-on-shadowing) and pass a competency exam. At Alameda Elder Communities, we continue to exceed the state requirements. In addition to medication aides, we have Resident Care Coordinators (licensed nurses) to direct our Medication Management Programs at Elders Inn and Waters Edge Lodge.

Our Fitness and Activities programs will be going through changes as well. In the coming months, more staff will be leading the exer-

cise and activities classes, and building community. Also, we are reviewing the classes that we currently offer and look forward to having classes that will be more popular. Beginning in February, we will begin offering yoga classes Tuesdays and Thursdays at 2:30 pm.

Our nursing clinic hours are 2:00pm-4:00pm Monday-Friday on the third floor in the nursing office. This is the time set aside for our residents to visit the Resident Care Coordinator.

During our Circle of Champion meetings, we are reviewing Resident Rights. Please join us and build community!

No Added Salt vs. No Salt

By: David Ruttan

Occasionally we get questions from a potential Resident or current Residents about what our dietary programs address with regard to sodium intake. Let's take this opportunity to explain some facts about salt.

Salt, technically known as Sodium Chloride or NaCl, exists in most everything we eat and drink, so therefore there isn't realistically such a diet as a No Salt diet. Salt is basically good for you in the proper amounts and is necessary for

all daily activities. Salt, in the form of saline solution, is used to cleanse wounds and is given to humans intravenously during many medical procedures as well as providing Iodine---a basic element . The problem arises when we ingest too much salt which can obviously add weight to your body, but more importantly raise your blood pressure and contribute to hypertension and stroke.

The best defense is to simply stop salting your food, but what if you are one of the con-

scientious ones who don't add more salt? What can you do about the salt that is used in cooking for flavor?

At the Waters Edge Lodge, we buy only low sodium or minimally sodium added products and DO NOT ADD salt during the cooking process! We are acutely aware that most of us have bad habits with our salt intake and we keep everyone healthy as much as we can. Breaking the salt habit isn't easy but it is a personal decision to not eat that last pretzel!

Meet Mark DeMaria

Waters Edge Lodge and Elders Inn have a new Physical Therapist, Mark De Maria PT. Mark graduated from University of California-Berkeley and received his Physical Therapy education at Samuel Merritt College in Oakland. Mark has worked in a variety of in-patient and out-patient clinical settings and has 15 years experience in treating a variety of medical, neurological and orthopedic patients. Appointments with Mark can be arranged through our Rehab Director, Kathy Hanley PT (521-9200 ext 105). If you are having problems with walking, balance, pain or weakness, consider getting some Physical Therapy to help alleviate these problems. You'll be glad you did.

St. Patrick's Day

St. Patrick is believed to have driven the snakes from Ireland. Once a pagan himself, St. Patrick is one of Christianity's most widely known figures. The modern secular holiday is based on the original Christian saint's feast day also thought to be the date of the saint's death. In 1737, Irish immigrants to the United States began observing the holiday in Boston and held the first St. Patrick's Day Parade in New York in 1766.

Today, the tradition continues with people from all walks and heritages by wearing green, eating Irish food, and attending parades. St. Patrick's Day is bursting with folklore; from the shamrock to the leprechaun and to pinching those who are not wearing green.

Services at WEL

The residents of the WEL are proud of our diversity and our commitment to honor all religions. To this end, we have made arrangements to celebrate a variety of different faiths and everyone is welcome at all services. Father Mark Armalar will provide a Catholic Mass the first Monday of the month at 4:00 pm and Communion is given on Saturdays at 3:30. An interfaith worship is celebrated with Reverend Donna Stoneham, every other Thursday, at 4:15 pm. And for those who practice the Jewish Faith, we have Shabbat Services, every other Friday Evening at 5:45 pm, with Marlene Dines, daughter of Regina Schein on the second Friday, and the fourth Friday by Lodge Resident Al Bunin.

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: aecadmissions@gmail.com

Website: www.alamedaelder.com

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

Edited by: Sabrina Britton



*A Continuum of Caring,
Since 1972
Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services
Rehab Agency*

*Alameda Elders Communities believes that long term care facilities should be active and friendly places, where the Residents receive the best possible care, while enjoying companionship in our family of facilities. The **Waters Edge Nursing Home** is a 120 bed Medicare certified Skilled Nursing Facility, offering outstanding rehab and custodial care to all Residents. The **Elders Inn on Webster** is a licensed 52 unit assisted living offering every resident the opportunity to live as independently as possible. The **Elders Inn** also offers a special care "neighborhood" for the safety and comfort of Residents affected by Alzheimer's and dementia. The **Waters Edge Lodge** is an assisted living facility located in a unique and peaceful setting on the Lagoon at Harbor Bay. Offering 102 suites which provide seniors with a warm and familiar homelike setting. The **Waters Edge Lodge** allows Residents maintain and independent and active lifestyle. **Alameda Elder Services Rehab Agency** provides a wellness and fitness center that has been specially designed for elders aged 70 years and older. This facility is both a Medicare approved Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*



Alameda Elder Communities
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