

Living on the Waters Edge

Volume 9, Issue 3

March 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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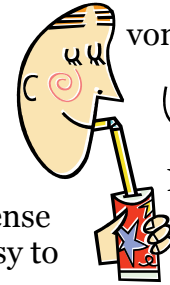
Dehydration and the Elderly

By David Ruttan

Dehydration occurs when people lose more water than they take in and it only takes minor fluid loss to create major health issues. Studies show that just a two-percent drop in body water can cause fuzzy memory, trouble with basic math, and problems focusing on a computer screen or printed page. If severe enough, dehydration can lead to confusion, weakness, infections, pneumonia, urinary tract infections, or even death. For the

elderly, dehydration is common for a number of reasons: seniors have a reduced sense of thirst so it's easy to forget to drink enough, some medications have a diuretic effect, some may cause patients to sweat more, frail seniors have a harder time getting up to get a drink when they're thirsty, and as we age, our bodies lose kidney function and are less able to conserve fluid.

Illnesses, especially those that induce



vomiting and/or diarrhea can also cause dehydration. Not surprisingly, dehydration is one of the most prevalent reasons for hospitalization among people over 65. And sadly, about half of those hospitalized die within a year. The most common signs of dehydration are fatigue, muscle weakness or cramps, headaches, dizziness, nausea, confusion, rapid breathing or

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Making Answering the Phone Fun

By Hannah Leigh

When the phone rings these days, we don't jump to attention like we used to. And why is that? For me, it's telemarketers. Telemarketers are clogging up our phone lines and

making answering the phone significantly less enjoyable than it has been in the past. Before our numbers were put on call lists for hundreds of companies across the nation, when our phone rang it was because someone

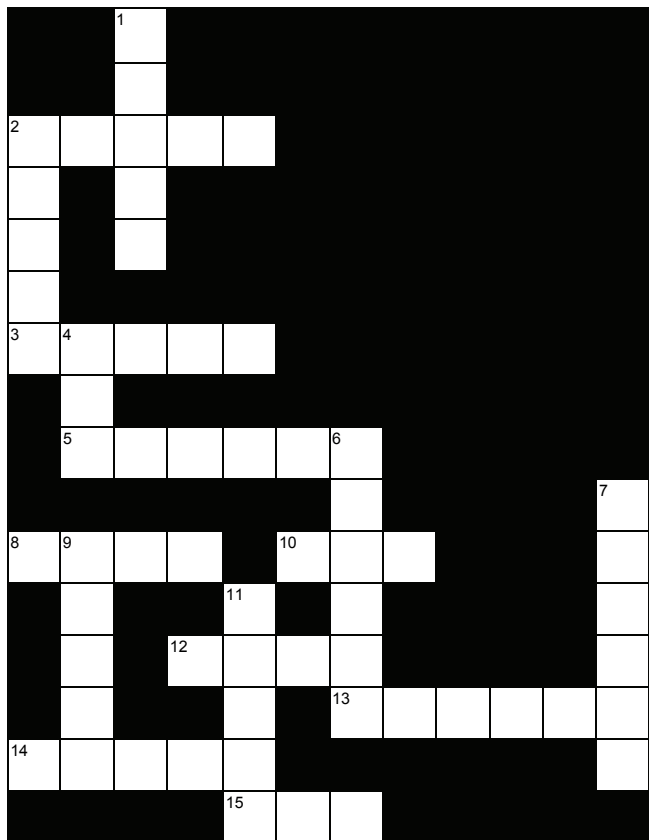
wanted to talk to us; a family member, a valued friend, not someone trying to get you to buy new insurance or make a donation to their worthy cause.

Today, it is easy to become discouraged

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Exercise Your Mind! Brain Benders

Dr. Seuss Quotes Crossword—March 2 is the Doctor’s Birthday!



12. Be who you are, say what you _____, because those who mind don't matter, and those who matter don't mind.

13. When you think things are bad, when you feel sour and blue, when you start to get mad...You should do what I do! Just tell yourself, _____, you're really quite lucky.

14. I like _____ eggs and ham.

rest.

6. If you never did, you _____. These things are fun, and fun is good.

7. I'm a zizzer _____ zuzz, as you can plainly see.

9. Today you are you, that is _____ than true, there is no one alive who is you-er than you!

11. I _____ what I said and I said what I meant.

HINT: Word list: Brain, Duckie, Feel, Gox, Green, Meant, Places, Shoes, Should, Small, Stew, Stuff, Top, Truer, Try, Zizzer



ACROSS

2. A person's a person, no matter how _____.

3. Young cat, if you keep your eyes open enough, oh, the _____ you would learn! The most wonderful _____.

5. The more that you read, the more things you will know. The more that you learn, the more _____ you'll go.

8. If things start happening, don't worry, don't _____.

10. I box in yellow _____ box socks.

15. Think left and think right and think low and think high. Oh, the things you think up if only you _____!

DOWN

1. I like nonsense, it wakes up the _____ cells. Fantasy is a necessary ingredient in living.

2.2. You have brains in your head. You have feet in _____. You can steer yourself, any direction you choose.

4. Wherever you fly, you'll be best of the best. Wherever you go, you will _____ all the

Last month's answers

What do you call a kitten drinking lemonade?
A sour puss

What gets wetter and wetter the more it dries?
A towel

What goes around the world but stays in the corner?
A stamp

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

Haiku

By Bernard Welz, Resident at Elders Inn

Overwhelming dreams
Come to me
When I think of home
And what used to be.

Tan cat, white paws,
Knows the garden better than I
By sight and smell
Walks by stealthily.

In the flashing fire of dawn
The song bird comes.

A songbird on high
Rouses me from my gloom.



Here's to Luck!

For each petal on the
shamrock, this brings a wish
your way—
Good health, good luck, and
happiness, for today and
every day.

What do you get when
you cross poison ivy
with a four-leaf clover?
A rash of good luck!



World Tour: The British Isles and Scandinavia

This month our world tour takes us to The British Isles and Scandinavia.

The British Isles are bigger than many suspect and include: Great Britain (England, Scotland, and Wales), Ireland, Northern Ireland, the Orkney Islands, the Shetland Islands, the Isle of Man, Hebrides, the Isle of Wight, the Isles of Scilly, Lundy Island, the Channel Islands (which include: Jersey, Guernsey, Alderney, and Sark), and other, smaller islands off the coast of Great Britain.

Unlike the British Isles, Norway, Sweden, Finland, and Denmark, (the countries of Scandinavia) are not all islands. However, they are mainly bordered by water. With just the relatively small connections linking

Denmark to Germany and Finland to Russia, Scandinavia is bordered to the north-east by the Barents Sea, the west by the Norwegian Sea and the North Sea, and to the south by the Baltic Sea and Gulf of Bothnia.

Hope you enjoy the trip this month!

Fun Facts about the area:

- Ireland is only slightly larger than West Virginia.
- Finland may be called “The Land of 1,000 lakes” but it actually has more than 188,000 lakes!
- The inventors of LEGOs were making stepladders in Denmark in 1932.



- Scotland, which is roughly the size of Maine, has over 600 square miles of fresh water lochs (lakes).

Eyes are Muscles Too

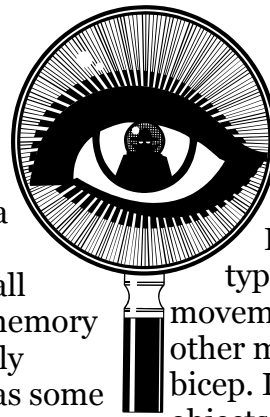
By Wilson Trang

When you ask a person to point to a muscle, most will flex their bicep. What many don't realize is that the eye is a muscle as well. As we get older and older, the eyes, like all other muscles, get weaker without proper training. Just like other muscles, they get smaller if not used on a regular basis.

Eye atrophy is the muscle components of the eye diminishing. First discovered by physical therapists working with retired baseball players, scientists went out looking for a solution to the problem. They discovered that after years of pinpointing baseballs thrown at over 90 miles an hour, their eye sight had gotten increasingly lazy

after a player's retirement. However, when presented with a visual challenge after their retirement, like all muscles, the muscle memory in the eyes immediately kicked in and there was some improvement to their vision.

It was noted in Pete Sampras' autobiography, *A Champion's Mind*, how severe his eye atrophy was after his retirement. After playing professional tennis for fourteen years, he retired and stopped playing in 2002. Over the first year, he started to notice his declining eye sight and went to consult his doctor. His doctor suggested that he return to playing tennis, even if it was only recreational. He eventually returned to the tennis court in



2006 and claims his sight has been back to normal.

Eyes have different types of responses and movement in comparison to other muscles. Consider your bicep. It is designed to bring objects that are away towards the shoulders. The eyes do more than just move in one direction; they are designed to track objects in three different dimensions: up-down, left-right, and forward-backward, making the eye an incredibly complex organ. They also have to differentiate color versus background. While it is impossible to challenge of all these specific functions of the eye, it is important to your optical health to work all three levels.

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Dehydration

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increased heart rate.

At Alameda Elder Communities, we educate our staff on the importance of consistent hydration and schedule frequent opportunities for our residents to enjoy their preferred beverages during group activities, tea and Peet's coffee in the café, and a weekly "Happy Hour." We strive to create a social environment that encourages



fluid intake.

So how much is enough? Health care professionals recommend eight to 10 glasses per day but more if it's hot or humid, or if someone is losing fluids due to illness. Not only will this prevent dehydration, but for many people, getting enough water eases back aches and joint pain, as well. Water helps flush out toxins and re-energizes one's entire being. So drink up and get healthy!

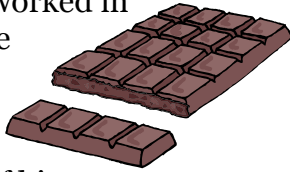
Do Not Call

(Continued from page 1)

because a ringing phone is "just another telemarketer." However, you can help stop telemarketers from calling. The government has started a national "Do Not Call List"; after 31 days registered on the list, it prevents telemarketers from calling. If you are interested in bringing back the joy of hearing your phone ring, talk to your front desk or activities personnel, or visit the website www.donotcall.gov.

Resident of the Month: Ron Ginder

Ron Ginder started out in Hershey, Pennsylvania, which he describes as "like living in a dream." In Hershey, both of his parents worked in the chocolate factory to support him and his sister. One of his fondest childhood memories is going to golf tournaments with his Dad.



After attending college, he chose to enlist in the Navy

where he served for close to eight years, three of those years on active duty. During that time he was mainly stationed at Treasure Island, from where he made frequent trips up and down the west coast on reserve training ships. He has traveled to many places around the world but his favorite remains the desert of Arizona.

After being discharged from the Navy, Ron made the trip back home to Pennsylvania

and wouldn't return to Alameda for another six years. A business man who made his living in finance and accounting, Ron returned to Alameda in '69 because he knew there was more money to be made on the west coast.

Ron is very happy with the life he has made for himself here in Alameda, and enjoys his time spent at the Lodge. We are happy to have him here, and welcome him as Resident of the Month.

Thank You!

We here at Waters Edge Lodge would like to extend a hearty thanks to resident Charles Patterson for his recent donation of art for the hallways. Mr. Patterson is an artist, and last month he most graciously offered the facility two pieces of art that he created!

Next time you're up for a walk, please consider going down the hall to see his lovely donation.

Learn to Speak with your Hands!

Hearing difficulties can be a real frustration when trying to effectively communicate. But what if you had the advantage of being able to communicate by sight, rather than sound?

This month we have the pleasure of announcing an American Sign Language class beginning here at the Lodge. It will be led by Sheila

Holmes, the daughter-in-law of our resident Delfina Holmes.

If this is something you might be interested in, please attend a class or two to get your feet wet and see if it may be right for you. For the class schedule please refer to the Activity Calendar.



Notes from Hannah's Desk

This month our Word Tour takes us to the British Isles. To integrate our Activity Program with the World Tour we have planned special lunch outings and socials.

We will be going to Marti's Place for Swedish pancakes, (though Sweden is not part of the



British Isles!) then later in the month we're off to McGee's Bar & Grill for a taste of something Irish. There will also be a St. Patty's Social on Thursday, March 15 in lieu of our regular Happy Hour.

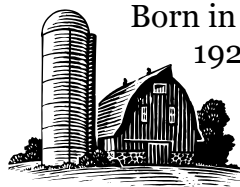
Don't forget to look for our beautiful World Tour Display near the dining room next time you head to a meal!

Email Info!

Attention Residents & Families! Waters Edge Lodge is starting a new email program. If you are interested in receiving regular emails regarding new activities, facility happenings, or information from the Administrator, please contact the front desk with your email address.

Resident of the Month: Inez Wolf

Inez has been a part of the Alameda Elder Communities family for many years. She moved to Elders Inn in late 2011 and has been a great asset to our community.



Born in March of 1920 in Bonduel, Wisconsin, Inez grew up on a

dairy farm with her three brothers and two sisters. "We did farm work. We grew wheat, corn, rye—you know, it was a typical farm." As a young adult Inez worked as a babysitter and a bartender while attending Business School in Green Bay, WI. After graduation, she served

in the United States Navy for two and a half years. While in the Navy, Inez met her future husband. "He was at Pearl Harbor during the attack but thankfully wasn't hurt."

After getting out of the service, Inez and her husband opened a Chiropractic Practice in Las Vegas and eventually moved to Alameda to practice. "I love Alameda. It's a great place to raise kids."

Inez has three children, four grand children, and seven great grandchildren. "It's seven now but it'll be eight great grandchildren in May!" Inez enjoys traveling and sports. She has been around

the world to places such as Russia, Philippines, Europe, and throughout the United States. "I love sports especially, football and baseball. We had season tickets to the Raiders games."

When asked about her time at the Inn so far, Inez says two of her favorite activities are BINGO and Wheel of Fortune; and, "I like knowing that staff is here to help if I need it. Everyone is so kind." Inez is a wonderful resident and continues to be an inspiration to others. She is proof that kindness is contagious. So, on behalf of everyone at Elders Inn, we congratulate Inez Wolf on being Resident of the Month.

Notes from the Activities Desk

We have had to bid adieu to our friend Karl on accordion due to a scheduling conflict, but we are pleased to announce that Jaime Alvaro will be playing Peruvian flute every Tuesday afternoon from now on. Jaime is an old friend of Elders Inn and is a favorite among our residents. Did you know that he hand made the drum and his flutes? Ask him what those noisemakers are that sit on his cymbal!



We will have a special St. Patrick's Day treat with a performance by Chris Waltz! Chris is a Singer/Songwriter/

Composer and Multi-Instrumentalist who composes and performs an eclectic blend of Celtic, Folk, Spanish-Sephardic, Flamenco, Mid-East Gypsy, Neo-Classical and period film score style music featuring original and traditional songs sung in Irish/Gaelic, Spanish, Latin, Ladino and English. Wow! Chris will be giving 3 concerts on Friday, March 16th. A late morning concert in our Garden Neighborhood before lunch followed by luncheon concerts in both of our beautiful dining rooms. Mark your calendars for March 16th!



Lions & Lambs



Is March coming in like a lion and out like a lamb? This old wives' tale is sometimes true, but don't count on it!

Unfortunately, since we write this newsletter two weeks in advance, we cannot predict whether the weather will be a lion or a lamb! One thing we know for sure is that if it is cold, our residents can always meet up with friends in our comfy cafe with a hot cup of Peet's coffee and a fresh baked cookie. With hot chocolate chip cookies, who needs lions and lambs?



Iron Man of the Month: John Ganchoff

Being the Iron Man of the month can mean many things; when choosing John Ganchoff, the first thing that came to mind was mental toughness. John started working out with AES a few months ago— using physical and occupational therapy to help cope with his health issues. Upon first meeting John, you instantly notice his pleasant demeanor, which makes him a joy to be around, and working with him every week makes it easy to see his determination.

When John finished therapy, he had a brand new walker and was ready to improve upon the progress he made. He started attending exercise classes at the Lodge. The seated exercise class was

probably more John's level, but he went with the more difficult class to get in a little more work during the week, again demonstrating his mental toughness.

John grew up just outside Milwaukee. His parents were immigrants from Bulgaria and had many farm animals: chickens, cows, dogs, and cats. John is the first to admit that as a child he was not the best at baseball, but enjoyed the sport and spent much of his time running and playing outside. At 8, John began to play trumpet and developed a passion for music.

John stayed in the area to earn both his bachelor and masters degree in chemistry from Marquette University.

He then earned his PhD from Georgia Tech.

John met his wife, Barbara, through mutual friends at a Christmas party. They had two children, Chris and Mary. Throughout his life, John talks of how he became very health conscious while in school and how he has always enjoyed exercise (though he does smile when telling how his wife once convinced him to try skiing in Colorado).

John is aware of the challenges presented by declining health, but despite the difficulties, he attempts new things. John regularly attends exercise class and is showing more improvement. We are proud to honor his as Iron Man of the Month!

Meet Wilson!



Wilson Trang is the new Fitness Instructor at Alameda Elder

Services. Raised in Alameda, Wilson graduated from Alameda High where he continues to volunteer as a strength coach for the football and soccer programs.

He studied history and fitness instruction at U.C. Santa Barbara, and has worked in the fitness industry for 4 years. He was a personal trainer at Club One Union Square in San Francisco for 3 years and intern strength and conditioning coach for the UCSB Men's Soccer team the

year they won their first NCAA championship (GO GAUCHOS!).

He will be working mainly at the Lodge but you may see him visit the Inn every once in a while. Please, join Wilson in one of his daily fitness classes and get to know him!

Eye Muscles

(Continued from page 4)

While not everyone is an athlete, eye sight in the general population tends to decline in one way or another due to lack of optical training. With more indoor time and

less time outside, eyes tend to get lazy with a lack of visual stimulus. To rectify this, Waters Edge Lodge will be offering an optical training class in the afternoons starting in the near future. This class will focus on

strengthening the muscles around the eye to increase focus on moving objects as well as multisensory use.

Please join the class and let us know if you see any improvement!

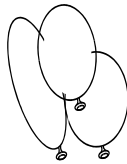


Congratulations!

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!

Two Years:

Raja Sliheet, Lodge



Three Years:

Maria Diaz, Elders

Miguel Hernandez, Lodge

Sean O'Shea, Elders

David Ruttan, Elders

Five Years:

Ritchel Malinao, Elders

Jacqueline Rodil, Elders

Paula Mancilla, Lodge

David Ballerini, Elders

Nine Years:

Maria Jane Collins, Elders

Four Years:

Mary Jean Ping, Elders

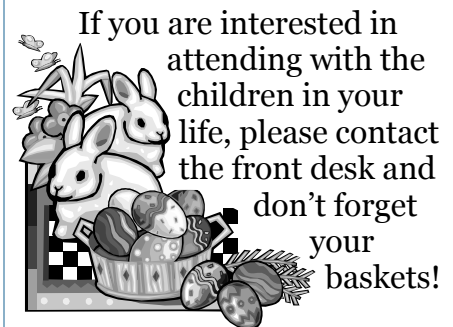
Twelve Years!

Cayan "Jerry" Garcia, Lodge

Easter is Coming

Once again Alameda Elder Communities is hosting a Children's Easter Egg Hunt for the families of Residents and Staff!

Open to children up to age 12, the Elders Inn will play host on Saturday, March 31, and Waters Edge Lodge will host a hunt on Sunday, April 1 (*no fooling*). Each facility will host a hunt for children 5 and under, and a second for children 6 to 12.



If you are interested in attending with the children in your life, please contact the front desk and don't forget your baskets!

Changes Coming to AEC

Spring is a time of change and new beginnings for nature and so it is for Alameda Elder Communities. Elders Inn on Webster has remodeled most of its first floor apartments to open their new Courtyard Neighborhood, which offers a slightly higher level of assisted care than the rest of the building. We have also added a newcomer to our community! Alameda Senior Magazine is a quarterly publication devoted to topics of interest and resources available to local seniors. Pick up a copy at the front desk today!

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.