

# Living on the Waters Edge

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April 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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## Think Drink: Turn on the Tap & Turn on Good Health

By: Kathy Hanley PT

We've all heard that we should be drinking more water but very few of us do anything about it. There are lots of excuses: *I don't like the taste of water or I'd rather be drinking something like coffee or tea or soda or I just never think about drinking water or I don't want to spend half my life in the bathroom.* But for every one excuse there are two good reasons for drinking water. We are water-based creatures; our body is largely composed of water, normally 50-60%. So it only makes sense that our body needs water—and lots of it—to work properly.

Here's how water affects different parts of our body.

**Brain:** Our brain is 75-85% water. Dehydration affects mental performance and has been shown to decrease attention span and focus by 13% and short term memory by 7%.

**Mouth:** Water is needed for production of saliva, lubrication of oral membranes and swallowing. Water also helps preserve voice function.

**Lungs:** We lose water with every breath; this is increased in hot temperatures or dry air. Every day we lose the equivalent of a can of soda just

with breathing—this water needs to be replaced.

**Heart:** With dehydration the cardiac cells shrink and this may affect the transfer of electrical impulses which cause the heart to contract. Studies show that drinking 5 or more glasses of water a day can decrease the risk of heart disease.

**Kidneys:** Our kidneys control the amount of water in our body, filter the blood, and excrete waste into the urine, leaving necessary nutrients in the blood to be circulated. Because they regulate fluids in our body

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## Massage: A Powerful Ally

By: Nicki Hiemenga

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Per-

sians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and

friction for joint and circulatory problems. Today, the benefits of massage are varied and far-reaching. As an accepted part of

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## Think Drink: Turn on the Tap & Turn on Good Health

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they also have a role in regulating blood pressure. The kidneys need water to perform all these functions. Dehydration can cause increased blood pressure, thereby increasing the risk of heart disease and stroke. Dehydration can also lead to urinary tract infections which in turn increase the risk of falls which can result in fractures or other serious injuries.

**Stomach:** Drinking water can aid in digestion by stimulating the production of saliva and digestive juices. It will also help to curb appetite. Good water hydration further aids in weight reduction by increasing the body's metabolic rate. Drinking 500ml of water can increase the metabolic rate by 30%.

**Bladder:** Drinking adequate amounts of water can decrease the risk of urinary tract infection and kidney stones.

You can check your level of hydration by the color of your urine: the brighter the color, the more dehydrated you are. With good hydration, urine is almost transparent.

**Skin:** The skin acts as a water reservoir and helps with fluid regulation throughout the body. With moderate exercise we can lose 1-2L of water through sweat which will in turn produce fatigue and decreased performance. Good hydration will also make the skin look younger.

**Blood:** Our blood is 75% water and is vital for the transportation of oxygen and nutrients necessary for the maintenance of cell metabolism and structure. With dehydration the blood thickens which in turn makes the heart work harder.

**How can I increase my daily intake of water to meet the suggested 6-8 glasses of water per day?**

- Instead of coffee or alcohol which dehydrate, drink water.
- Have water constantly available; carry a water bottle with you.
- Have a glass of water *with* your coffee or tea.
- Have a glass of water before a meal to cut down on appetite and during a meal to aid digestion.
- Drink water regularly, even when you don't feel thirsty.
- Drink water before, during and after exercise.
- Drink more water in warm weather.
- Eat fruits and vegetables which are high in water content.

**SO DON'T WAIT UNTIL YOU GET THIRSTY-- THINK DRINK AND GIVE YOUR BODY THE WATER IT NEEDS**

## Fresh Programs - New outlooks, new heights...

By: Lindsay Jones

It's that time of the year again... Two words: Spring Cleaning. This month we are kicking off our new and improved fitness program at the nursing home. There are numerous reasons why the previous program was ineffective, though attendance, participation and progression were the most prominent areas of inconsistency. Resi-

dents attend the program one day and not the next. They actively participate and have a positive attitude one day, yet seem disinterested and bring a negative energy to class the following day. They progress, but don't realize their progression, so they revert back to unhealthy habits and behaviors, regressing into the vacuum of deterioration.

Lindsay Jones, Senior Fitness

Specialist for Alameda Elder Services has developed a cure for the ailments that plague the original fitness program. She has designed an intricate program that will encourage attendance, improve participation and promote progression and positive attitudes. The first thing to be addressed will be attendance. After enrolling in the fitness

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## Fool Me Once

By: Kryspin Turczynski

I've been involved in a significant number of tricks in my life, both as victim and as perpetrator. Few are as memorable, however, as the April Fools' trick played on me and my roommate in high school. One day, we were coming back from dinner, and we entered our dorm room to find it utterly filled with shredded paper. As we waded through this sea of paper, which was waist-high from wall to wall, we were initially filled with rage. Who would do such a thing? How long would it take to clean up this mess? But pretty soon the hilarity of the entire situation became apparent to us, and when two other friends confessed to the deed, I heartily congratulated them on a brilliant (and undoubtedly time-consuming!) trick.

There are a number of theories concerning the origin of April Fools' Day, harking back to various ancient traditions of foolery and trickery. In ancient Rome, during the winter festival of Saturnalia, slaves were allowed to pretend to switch places with their masters, and a mock king, the Saturnalicus Princeps (Lord of Misrule), would reign for a day. Northern Europeans observed an ancient festival to honor Lud, a Celtic god of humor. In medieval Europe, professional "fools" were quite prominent, and they are still known today for their distinctive dress: multicolored robe,

horned hat, and scepter. The fools even had their own celebration, known as Festus Fatuorum, or "Feast of Fools". Celebrants of this feast elected a mock pope and parodied church rituals, at least until the celebration was suppressed in the sixteenth century. Another popular theory for the origin of April Fools' Day involves the calendar reform established by the Council of Trent in 1563. With the new, Gregorian calendar, New Year celebrations were moved from late March to the beginning of January. Those steadfast souls that refused to accept the new order and continued to celebrate the New Year on April 1st, naturally became victims of numerous jokes. In one example, pranksters would stick paper fish on their backs, from whence came the epithet *Poisson d'Avril*, or "April fish".

While the precise origins of our favorite celebration of trickery may be unclear, the immense popularity of April Fools Day is well-established, and there have been some famous April Fools' hoaxes perpetuated on the masses. In 1976, British astronomer Patrick Moore announced on BBC Radio 2 that a rare astronomical event would occur at 9:47 AM. He claimed that at that precise moment, Pluto would pass behind Jupiter, temporarily decreasing the gravitational pull here on Earth. That morning, BBC received hun-

dreds of calls from listeners claiming to have felt the sensation. In 1992, NPR announced that Richard Nixon was running for President again with the slogan, "I didn't do anything wrong, and I won't do it again". Listeners responded with shock and outrage before the host revealed the ruse. And in perhaps the most famous April Fools' prank in history, BBC News announced in 1957 that Switzerland was enjoying a record spaghetti crop. The announcement was accompanied with footage of Swiss peasants pulling strands of spaghetti down from trees. Many people called the BBC wanting to know how they could grow their own spaghetti tree, to which the BBC diplomatically replied that they should "place a sprig of spaghetti in a tin of tomato sauce and hope for the best."

(Historical information was retrieved from [www.museumofhoaxes.com](http://www.museumofhoaxes.com))



## Waters Edge Lodge on Harbor Bay

### Resident of the Month: Elaine Hurley

Elaine Hurley was born in Baltimore, Maryland on October 3rd. She is the oldest of four children. Elaine's father worked as a horse trainer while her mother took care of the children. In 1925, Elaine and her family moved west to Oakland, CA to receive a better education. "My mother wanted my siblings and I to go to Catholic school here in the Bay Area." Elaine attended Saint Anthony's Grammar school and Notre Dame High School, now a part of St. Joseph Notre Dame (an all girls school). With hopes of becoming a

teacher, Elaine attended Holy Names College where she earned her Teaching Credentials. "Right out of college I got a job here in Alameda at Haight Elementary School. My neighbor was on the State School Board and helped me get a job." During her time teaching at Haight school, Elaine also attended Mills College and received her Early Childhood Education degree. "I always wanted to teach Kindergarten." She taught with Irene Bent who is also a resident here at the Waters Edge Lodge. They have known one another for over 20 years. "During summer vacations I also worked with children for the Alameda Recreation and Park Department (ARPD). Elaine dedicated 17 years of her life teaching children from Alameda at Haight School and with ARPD. Elaine met her husband when she was

in the first grade. That friendship turned into love and eventually marriage. After marriage, they moved to Alameda and had two boys. When asked where she has traveled she said, "I've been to Mexico, Canada and Europe to name a few places. I never went to Asia but would have liked to," Elaine moved into the Waters Edge Lodge about 5 months ago. "This place takes care of me and covers all of my basic needs. I also feel fortunate to live in the Bay Area, I love its neutral climate." For those who have never met Elaine, I encourage you to do so. She is a smart, sweet and intelligent woman. With her great attitude and kindness, Elaine has helped make the WEL a better place to live for all of us. So join us as we recognize Elaine Hurley in this month.

### April Activities

We have a whole spate of interesting activities planned for the month of April at the Waters Edge Lodge. Due to popular demand, we have added another Resident Shopping trip every other Tuesday. The first Tuesday we go out shopping at 1:30pm and the third Tuesday of the month at 10:30am. We added the extra trip because YOU asked for it! Keep those suggestions coming!

Attention all Residents! It's time to put Mr. Ballerini in his place! We all get the chance to go golfing with Dave Ballerini on the 17<sup>th</sup> at 1:30pm at Chuck Corica Golf Course and see if he REALLY has a 3 handicap! In addition, if the weather is pleasant, we have planned an exciting Picnic by the Bay for April 22 at 11:30am. Don't forget to sign up at the Front Desk for these popular outings and don't get left out!

### World Tour: The Many Lands of Asia

How much nicer could the weather possibly get at our beautiful Waters Edge Lodge? The lagoon is alive with ducks and geese. The trees are bursting with color as Spring arrives with all her glory. We are eternally grateful for Mother Nature's yearly show and, although we know that it comes yearly, we are still spellbound at the renewal of our Earth.

This month, we leave the British Isles and Scandinavia for the Exotic East---China, Japan Thailand and the many lands of Asia. We will be tasting the

wonderful cuisines of this fascinating with 2 outings---one for Chinese food, one for Japanese food! Please sign up early at the Front Desk for these lunch outings as we don't want to disappoint anyone. Dave Ballerini will have his thinking cap on trying to come up with his usual gorgeous World Tour display! Keep your eyes peeled for entertaining movies and discussions about Asia throughout the month of April at the Waters Edge Lodge.



## Resident of the Month: Marjorie Fountain

Marjorie Fountain was born in upstate New York, the oldest of four children. Marjorie came to California at age 5 when her father, a machinist, was offered a job at the cotton mill in Oakland. After graduating from Roosevelt High in Oakland, Marjorie attended University of California at Berkeley for a while, taking a variety of courses in a liberal arts curriculum. Marjorie went on to work, and her favorite job was as office manager for the Ironworkers' Union, with its crazy, fun-loving, skyscraper-building members. She worked for the union for many years, first managing the San Francisco office, and

subsequently managing the Oakland office, which closed down after she retired. Marjorie met her husband, Gordon Fountain, at one of her earlier jobs. Gordon was an explorer, and actually joined Admiral Byrd on his Antarctic expedition. He was also both a pilot and sailor, so they were able to enjoy frequent trips in their own plane and yacht. Marjorie traveled all over the world with the her husband, and they had friends in such diverse and far-away places as Australia, Scotland, Mexico, Switzerland, Israel, and Peru, to name just a few. Her most memorable trip, though, was to Antarctica,

which they visited together. Marjorie and Gordon, who enjoyed 60 years of marriage together, were blessed with a son, who in turn had a daughter. Marjorie's granddaughter and her husband, whom she simply calls her grandson, live in Colorado and are continuing the family tradition of adventure-seeking: they are avid rock-climbers and travel far and wide to practice their sport. Marjorie's vast life experience, along with her humility, grace, and kindness, are appreciated by many in the community, and we are proud to recognize her as our Resident of the Month.

## Fresh Programs - New Outlooks, New Heights...

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class appropriate for their ability level, the participant must sign a contract that says they will attend regularly as scheduled, and if they need assistance in attending the class, they will allow someone to help them. CNAs will also have a contract that holds them responsible for helping their residents attend class. Goal-setting and friendly competition will help improve the participation levels. Goals will be subjective and objective and will be discussed between the resident and fitness instructor. Competition will be encouraged and class will be a team effort in having fun and achieving success through fit-

ness. Attendance, participation and progression will be rewarded monthly, quarterly and yearly. There will be certificates, public recognition, prizes, luncheons and special outings for outstanding attendance, positive attitudes and performance.

With the help and dedication of the Activities and Nursing departments, and the cooperation of the residents, this program will be successful. The Activities department has also caught on to the spring cleaning process here at the nursing home, with the addition of a Nintendo Wii console. Known to be one of the healthiest type of game system you can participate in, it is operated on the simulated

motion of players, requiring players to physically move their bodies to compete in virtual games of tennis, boxing, bowling, golf and baseball, to name a few. Kudos, to Nintendo for such trickery! Virtual sporting games, available in your own home!

Please be on the look-out for the new schedules for the revamped classes, as there will be four classes broken into ability levels. And remember, Wii is a great way to disguise exercise for activity!

## Resident of the Month: Gloria June Crow

Gloria "June" Crow was born in Seattle, Washington on August 17. When she was seven months old, she contracted polio. June had one brother (now deceased) and one sister. When June was eleven and a half years old, she and her family relocated to Berkeley, California where she attended school.

Prior to moving to Elders Inn, June was a long time resident of our sister facility, the Waters Edge Lodge, where she lived for over a decade before moving to Elders Inn in 2007. At Elders Inn, June is very involved in the day-to-day operations of the facility. Each night, June checks to make sure that all the lights are off in the front lobby and makes sure that the coffee pot is unplugged. She also restocks all the paper cups, so that the guests and residents always have cups ready for their water or hot coffee. She is always willing to lend a helping hand to those who need it. June also collects cans donating the money to the employee recognition fund.

June has many hobbies. She collects porcelain dolls and keeps them in mint condition. She also enjoys walking, watching race cars and wrestling. Her favorite wrestler is Raymond Stereo. She loves cats and often you will find either Piper or Napoleon—or both—in her apartment taking naps or just lounging! One of her joys in life is read-

ing the daily Scriptures and having discussions on Christianity. June likes to read and learn new things. She also has the gift of predicting rain conditions. So far, this year, when she tells us that it is going to rain on a certain day, it does. She has never been wrong.

We are pleased to honor Gloria June Crow as our Resident of the Month for April 2008.



## April Activities

April 1: April Fools Day and Arza Maude Ralph's Birthday. We will be celebrating with Strawberry ice cream and sparkling cider.

April 20: Passover, also known as Pesach. We will be celebrating by having a discussion and trivia on April 21 in the Garden Neighborhood at 2:00 pm.

April 27 to May 3: National Volunteer Week. During this week we will be celebrating all the people who volunteer and give their time so freely to our residents, as well as those who give their time on the national, state and local level. If you would like to volunteer to spend time with our residents, please contact Patrick McCabe at (510) 521-9200.

## From the Desk of Christina Carter

We are currently in the process of overhauling our Fitness and Activities program. One of our new additions in March was the introduction of the Nintendo Wii game. Initially residents were hesitant to try playing, but now we have increased attendance. Family members and staff have also been participating.

Medication packaging update: Webster Pharmacy can now repackage Kaiser Pharmacy medications in unit dose packaging (**REQUIRED by Elders Inn**) for \$5.00 per prescription. This fee also applies to OTC (Over-the-Counter medication). If you are interested in having your

drugs repackaged, please contact Ami Champaneri, LVN, Resident Care Coordinator and she will assist you in setting up this program.

In April, Sutter VNA will provide an in-service to the staff on the topic of Hospice.

Also in April for residents, we will be having an in service on visual aids provided by Synergy Vision.

We also have four new residents: Gloria McBurney, Leonard and Elizabeth Long and Mildred Katz. We would like to welcome them to the Elders Inn family!

## Massage: A Powerful Ally

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many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

### So What Is It Exactly?

Massage, bodywork and somatic therapies are defined as the application of various techniques to the muscular structure and soft tissues of the human body. Specifically:

**Massage:** The application of soft-tissue manipulation techniques to the body, generally intended to reduce stress and fatigue while improving circulation. The many variations of massage account for several different techniques.

**Bodywork:** Various forms of touch therapies that may use manipulation, movement, and/or reprogramming to affect structural changes to the body.

**Somatic:** Meaning “of the body.” Many times this term is used to denote a body/mind or whole-body approach as distinguished from a physi-

ology-only or environmental perspective.

There are more than 250 variations of massage, bodywork, and somatic therapies and many practitioners utilize multiple techniques. The application of these techniques may include, but is not limited to, stroking, kneading, tapping, compression, vibration, rocking, friction, and pressure to the muscular structure or soft tissues of the human body. This may also include non-forceful passive or active movement and/or application of techniques intended to affect the energetic systems of the body. The use of oils, lotions, and powders may also be included to reduce friction on the skin.

What exactly are the benefits of receiving massage or bodywork treatments? Useful for all of the conditions listed below and more, massage can:

- Alleviate **low-back pain** and improve range of motion.
- Ease medication dependence.
- Enhance **immunity** by stimulating lymph flow—the body’s natural defense system.
- Exercise and stretch **weak, tight, or atrophied muscles**.
- Improve the condition of the

body’s largest organ—the skin.

- Increase **joint flexibility**.
- Lessen **depression and anxiety**.
- Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- Pump oxygen and nutrients into tissues and vital organs, improving **circulation**.
- Reduce **post surgery adhesions and swelling**.
- Reduce **spasms and cramping**.
- Relax and soften injured, tired, and **overused muscles**.
- Release endorphins—amino acids that work as the body’s natural painkiller.

**Relieve** migraine pain.

There’s no denying the power of bodywork. Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety.
- Enhanced sleep quality.

**For placement and care questions:**

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[www.alamedaelder.com](http://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.*



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