

Living on the Waters Edge

Volume 9, Issue 4

April 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.

Inside this issue:

Brain Benders	2
World Tour: Africa	3
Honor Flights for US Veterans	4
Dance the Day Away!	4
Waters Edge Lodge	5
Elders Inn	6
Alameda Elder Services	7
Alameda Elder Communities	8

Power Training: A Deeper Investigation

By Nathan Ubl

I have previously written about research from the September 2009 *Journal of Gerontology*, that discussed the results of power training in older adults.

Today, I further investigate the presence of power in the older adult and how it



specifically relates to their day to day lives.

Power for training purposes generally falls in 2 categories: metabolic power and mechanical power. In this article, our focus will be on mechanical power.

Maybe the simplest way to explain mechanical power is: it is the ability of the body to recruit muscles with the goal

of completing a task (such as washing your face or hands) or preventing a fall. Power in the muscles is not simply reserved for an elite athlete, it is involved in something as simple as rising from a chair.

Joseph Signorline, PhD, tells us “power is also the neuromuscular factor that shows the

(Continued on page 4)

The “IV” Covered Walls

By David Ruttan

We have all heard about the differences between Eastern medicine and Western medicine. In the Western world, there is the tendency to treat the symptoms of the disease, but not the body itself.

Practitioners of Eastern medicine are perceived as more hands on and spiritual in dealing

with the whole body and the use of herbs, tea, acupressure, acupuncture and massage whereas our Western doctors are more prone to prescribe drugs and more invasive interventions.

I recently read an article in a Chinese newspaper (translated into English, of course!) that amazed me. An American man

married to a Chinese woman were visiting her family in Changzhou when she developed digestive problems. He rushed her to the local hospital where she was given a stomach x-ray and then told that she “sampled food from one too many street stalls”. The doctor sent them to a room with row after row of plastic

(Continued on page 3)

Exercise Your Mind! Brain Benders

Trivia

What popular steak sauce was created in 1824 by a chef to King George IV of the United Kingdom?

What company purchased the sixth largest Hawaiian Island in 1922 to create a pineapple plantation?

What are the only three spices native to the Western Hemisphere?

How long can olive trees live?

How long does it take a hen to form and lay an egg?

What health benefit has been demonstrated by walnuts and almonds?

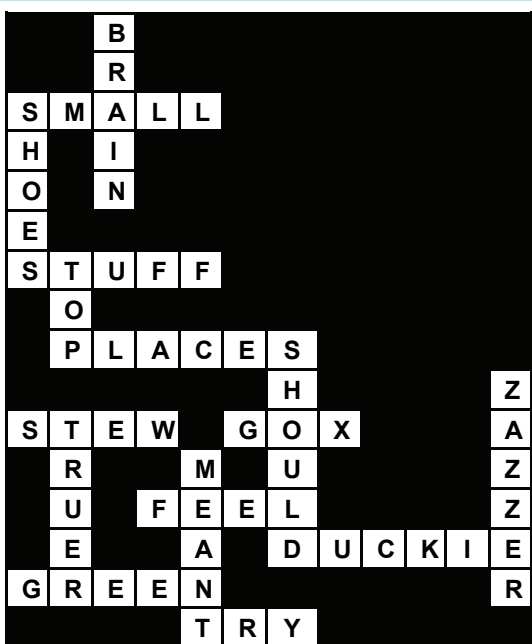
What do apples, peaches, strawberries, and roses have in common?

Name that Tune!

What movie, released in 1942, is this song from?

Drip, drip, drop
Little April shower
Beating a tune
As you fall all around

Drip, drip, drop
Little April shower
What can compare
To your beautiful sound



ACROSS

- 2. A person's a person, no matter how **small**.
- 3. Young cat, if you keep your eyes open enough, oh, the **stuff** you would learn! The most wonderful **stuff**.
- 5. The more that you read, the more things you will know. The more that you learn, the

more **places** you'll go.

8. If things start happening, don't worry, don't **stew**.

10. I box in yellow **gox** box socks.

12. Be who you are, say what you **feel**, 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, **duckie**, you're really quite lucky.

14. I like **green** eggs and ham.

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

Last month's answers

DOWN

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

2. You have brains in your head. You have feet in **shoes**. You can steer yourself, any direction you choose.

4. Wherever you fly, you'll be best of the best. Wherever you go, you will **top** all the rest.

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

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

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

11. I **meant** what I said and I said what I **meant**.

IV Therapy

(Continued from page 1)

chairs---maybe 100 seats in all-- and racks overhead to hold IV bags. About a dozen patients sat quietly with family members as the fluids drained in. He thought it strange that there would be an entire ward dedicated to food poisoning; what he later learned is truly amazing. Apparently, giving an IV is the treatment of choice for not only food poisoning, but for flus, colds and most every other ailment, large and small. A typical Chinese person might get a couple of sessions of intravenous fluids a year!

In the United States, IV's are reserved mostly for seriously ill patients---usually those

needing treatment in the hospital or emergency room. But in China, according to a doctor who trained in China but now practices in America, a lot of people think an IV gives you all the nutrients and treatment you need. He wrote that if you don't put patients on an IV drip right away, they get upset. The most common IV in China, as is true in the US as well, is a saline solution which the Chinese call *gua yan shui*, or "hang salt water". If the patient doesn't really need the IV, many times the doctor will set it up anyway and make the drip very slow. In those cases, all they're getting is the placebo effect. A drip bag can be a quick way to

rehydrate a patient or get their medication started, but in the above mentioned cases, the only real benefit is instant gratification.

In America most of us patients also think that our doctor isn't doing their job when they tell us to drink a lot of fluids and rest. We demand antibiotics and pills for our instant gratification, even though they only treat the symptoms and do little, if any, to cure our ailment---in some cases actually create more problems down the road. Apparently, we are not alone in our longing for the magic cure---whether it is a bag dripping fluids into our system or a handful of pills!

World Tour: Africa

This month on our world tour we are visiting the continent of Africa, the second largest (and second most populous) continent. Africa is bordered by the Mediterranean Sea on the north, the Indian Ocean to the southeast, and the Atlantic Ocean on the west.

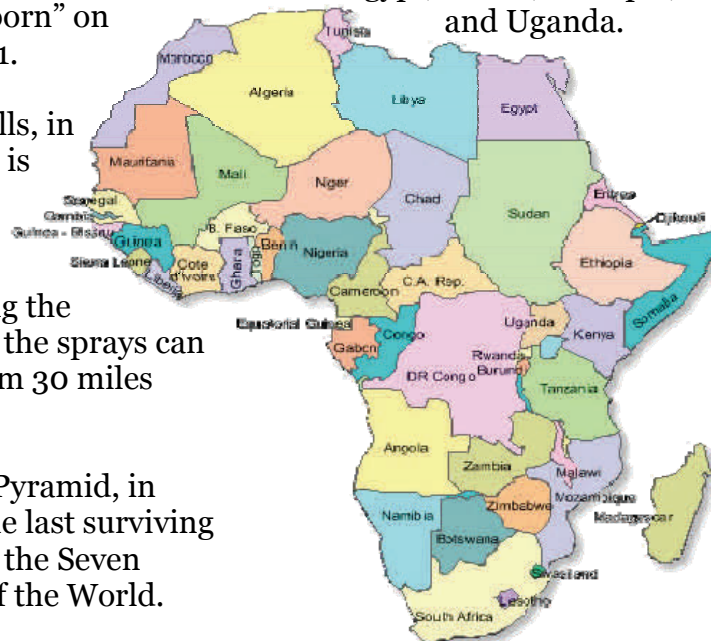
Africa consists of 54 countries (sovereign states), 2 states that have limited recognition (meaning the UN does not necessarily recognize them as a country), and 9 territories.

The equator bisects the continent and passes through Gabon, Congo, Democratic Republic of Congo, Uganda, Kenya, and Somalia.

Fun Facts about the area:

- South Sudan, Africa's newest country, was officially "born" on July 9, 2011.
- Victoria Falls, in Zimbabwe, is over a mile wide and 355 feet high; during the wet season the sprays can be seen from 30 miles away.
- The Great Pyramid, in Egypt, is the last surviving member of the Seven Wonders of the World.

- The Nile, the longest river in the world, is 4,132 miles long and travels through Egypt, Sudan, Ethiopia, and Uganda.



Power Training

(Continued from page 1)

greatest decline with aging”. Between the ages of 65-89 research reported a decline of 3.5% in knee extensor explosion, compared to only 1-2% decline in strength, research also reported that between the ages of 20-70 the average decline of anaerobic power was 8.3% per decade. “Researchers have also hypothesized that the higher levels of disability in elderly women compared with elderly men is due to women's lower power to body weight ratios and lesser capacity to produce power”.

These statistics are important, because research

has shown that leg power is directly correlated with the functional status of an older adult. To further explain the importance of power,

Leg power is directly correlated with the functional status of an older adult.

research found that women who fell had 24% less power in a weaker limb compared to women who did not fall. This information leads to a possible conclusion that if there is a significant difference in the explosive power of one limb compared to the other, an older adult is a higher risk for a fall.

It is no surprise that when training to improve one's explosive power capabilities, research states that high speed explosive movements are best for even attempting such movements.

To introduce power movements to an older adult who has never preformed functional high velocity movements, the person is often taken through slower functional movements, which allows them to build a base strength level and confidence toward increasing the speed of the movements later in the supervised program. Along with building a base strength level, equipment choices are key: rubber tubing/bands are safer when compared to a dumbbell, because the rubber tubing will help slow momentum, thus helping protect the limb/joint.

Most importantly all of the research available seem to support the correlation of power and maintenance of independence in older adults, which will only aid in the

Veterans Visit DC Memorials for Free!

The Honor Flight Network is a nation wide non-profit that was created to help veterans visits the war memorials in Washington, D.C. Through donations from private & corporate sponsors, American veterans are flown, for free, to visit the memorial for the conflict in which they served.

Currently, the Northern California program is only available to veterans who served in WWII or are terminally ill. If you are interested in the program please speak with the Administrator or visit the website www.honorflight.org.

Dance the Day Away!

By Wilson Trang

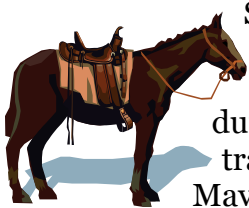


When most people think of fitness and exercise, they think of lifting weights, running, or jogging; they don't attribute fun to fitness or exercise. This month, Waters Edge Lodge will be combining fun and exercises with our new class: Line Dancing. The study of the beneficial effects of dancing on seniors have been pervasively studied. Here is a short list of the benefits of dancing for seniors:

(Continued on page 7)

Resident of the Month: Mavis Caulfield

Mavis Caulfield was born July 1927 in Arthur, Nebraska where she lived until she was 8 years old. Her father was a dairy farmer and a carpenter and during the Great Depression they moved around the mid-west as he tried to find work. She has fond memories of riding her



Shetland pony, Tom Thumb, during these travels. When Mavis was 15,

her family finally settled in Napa, CA, where he father worked as a carpenter.

In 1948 Mavis married George Caulfield, a Navy veteran, a plumber, and all around jack of all trades. George may not have danced much, but, with Mavis (a homemaker and active member of her Methodist church) he enjoyed the popular music of the 40's and 50's. Mavis and George have three daughters, 4 grand

children, and 4 great grand children.

Mavis moved to Alameda six years ago, and recently moved to Waters Edge Lodge. Here she enjoys art with Bridgette, playing balloon volleyball, watching the news, and the walking club. While her favorite holiday is Christmas, she has fond memories of the 4th of July with her family.

We are pleased to count her as part of our community!

Eating Out

I don't know if you've noticed, but every week we have a lunch outing scheduled. And, at least one of those every month is to a restaurant in line with where we our on our world tour. This month, to keep in stride with our World Tour we will be going to the Abigail Cafe in Alameda to sample to delicious Moroccan cuisine. Please join us on one of our lunch outings, and feel free to suggest a favorite restaurant that could be added to the calendar.

Come Sign with Us!

Last month we saw an American Sign Language Class added to our list of activities.



The benefits of this class go far beyond learning a new way to communicate with one another, it helps to improve our memories as we try to remember the lessons taught to us by Mrs. Shelia Holmes.

Another benefit of attending the ASL class is working to improve our finger dexterity, and combat the stiffening of arthritis. We would be thrilled to have you in attendance, come and see if this class would be a good fit for you, Fridays at 9:45am in the Activity Room.

Book Nook



Please join our book club group every Sunday at 1pm as we discuss the month's audio book selection.

This month's book is: Animal Farm by George Orwell

Notes from Hannah's Desk



I am working on updating our monthly World Tour display and hope you take the time to stop by and investigate the new interactive portion! This month you can test your African trivia skills!

A big thank you to all our Residents, Staff, Friends, and

Families who attended our Easter Egg Hunt on Sunday, April 1. Enjoy your Easter, and see you at the hunt next year!



We're always looking for new ideas, if you want to try something new please stop by and share your idea (or drop it in the suggestion box).

Resident of the Month: Nancy Estabrook

Nancy Estabrook was born in Boston at Massachusetts General Hospital, and was the youngest of 3 children.

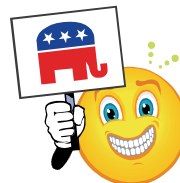
Although she had an older brother and sister, she claims she wasn't spoiled! Her father was an investment counselor who survived the turbulent 30's and her mother was a homemaker but volunteered in local hospitals and charities. Once other charities discovered that her mom was an easy touch to volunteer, she ended up volunteering almost full time!

Nancy attended local schools

in the Boston area and trained as an Occupational Therapist. She met her future husband, Reed, at a party but it wasn't love at first sight---they dated a number of years before finally marrying. Reed was in the plastics industry and his company formulated and manufactured mechanical parts for the airline industry among others.

Nancy and Reed had three children---the first boy and middle girl were only 11 months apart! I guess they wanted a family in a hurry! 3

years later their third child, another girl, was born. Nancy continued to practice as an Occupational Therapist while raising her family, and now adores her grandchildren.



Nancy claims to be the only true Republican from the state of Massachusetts!

She remembers meeting John Kennedy and found him to be a charming man. We welcome Nancy to the Elders Inn and she has already made new friendships with her neighbors.

Notes from the Activities Desk

April is the month of renewal and the onset of spring. In many cultures, and throughout history, April has been a month of planting new seeds that will mature and reap benefits later in time. At the Elders Inn, we believe in always planting new ideas---ones that will ripen and be enjoyed.



Why not try one of our art classes as a seed that will artistically ripen? Not only is our popular art class by Bridgette still in full swing every Saturday at 2:30, but our new Activity Assistant, Brittany, also leads residents in art on Mondays and Tuesdays at 3:00 in the Webster Dining Room as well! We would love

your feedback on how we can improve these classes---please stop by and pick up a brush!

We are planning a special musical treat for Sunday, April 8th---Easter. We know that a lot of residents go out with their families on that day, but we like to make it special for those residents who choose to stay. In addition to the entertainment (which is being finalized) we will be serving a scrumptious Easter luncheon. Edna and her staff always go all out for this traditional event and this year will be no different.



Please let us know a couple of days in advance if you would like your family to join you so we can make sure we have enough food and space for all!

Meet Brittany!



Hi! I am Brittany Malone and I am the new Activities person. You may

have seen me at activities or passing by in the halls. I'm 22 and just graduated from Cal State Chico with a B. S. in Health Education.

I was born in Livermore, CA and grew up with my parents and 2 sisters in the Bay Area. I have always enjoyed playing sports and being outside enjoying the sunshine. I am a very social person and would like to get to know all of the residents and staff!

I am excited to have the opportunity to work with you. Feel free to stop me in the hall & introduce yourself, I look forward to meeting everyone!

Iron Woman of the Month: Sally Erny

When the Ironman competition first started in 1978, I doubt the founders ever considered that a woman would hold the spirit of the competition; which is why I'm excited to announce this month's Iron Woman of the Month: Sally Erny.

Despite being self-described as "Pennsylvania people", Sally travelled throughout the United States before settling in Alameda. She lived in Ohio with her husband before moving to New Orleans when he was transferred. After New Orleans, Sally moved with her seven children to her first stint in Alameda. She fondly recalls the time when her sons would bike around Bay Farm when the island was first being developed. The workers would chase the boys

away from the construction zones on a regular basis.

As an Alameda resident, Sally started as a night nurse at Prather Methodist Memorial Home, now known as Emmanuel Convalescent Home. Sally worked there for several years, working her way up to Director of Nursing Services. Ironically, Sally worked with another current Waters Edge Lodge resident at Prather: Inocencia Pacis. Inocencia was the "best PM Nurse Supervisor" at Prather that she ever saw.

After eight children and retirement from Prather, Sally bought a house and moved to a gated community near Yosemite despite the surprise and protest of her children; but she wanted to "do things her way."

As life grew and life alone became too difficult, Sally moved to Idaho to live with her son for three years. She fondly remembers the area as something different from her current environment. In 2006, Sally moved to the Waters Edge Lodge in an effort to return to the roots she grew in the community in the many years she lived in Alameda.

Sally is an avid participant in the walking club, from walks around the lagoon to walks along the shoreline. Come hang out with Sally at the Walking Club, she'll be glad to share stories as you walk together!



Dance Fit

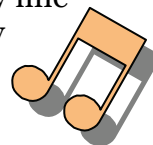
(Continued from page 4)

- A study by the Albert Einstein College of Medicine found that dancing was more effective than bicycling, swimming and reading at preventing dementia and Alzheimer's.
- A study by Ohio State University found that the combination of music and exercise increased cognitive activity while organized physical movements lead to mental

health benefits.

- Dancing has been found to be just as effective as any other form of cardio that is needed for the daily recommendation of 30 minutes of cardio activity according to the National Heart, Lung and Blood Institute.

So with all of these benefits and more, what are you waiting for? Join my line dancing class Friday afternoons at 1:30.



Walking Club

You may have heard about, or even participated in, the Walking Club at Waters Edge Lodge. What you may not know is that this year we've started something new with the club. Every time the club goes out, we track how far we have travelled collectively. **Between February 17 and March 17, the club waked 29.23 miles.** That's almost 2 round trip walks to Fenton's Creamery or 6 round trip walks to Alameda Theater! Join the club and let's see how far we get together!

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!

One Year:

Roderick Pineda, Elders
Hannah Leigh, Lodge

Concepcion Cortez, Lodge

Ten Years:

Saba Ghermay, Lodge

Two Years:

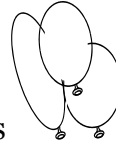
Roseline Mlanga, Elders

Twelve Years!

Teresita Paulos, Elders

Five Years:

Marianne Cruz, Elders



Elders Village!

Alameda Elder Communities is proud to announce that it is supporting the development of Elders Village!

Elders Village is an Alameda based, non-profit organization started by the people at Waters Edges, devoted to helping seniors build communities, both physical and social, to help maintain independence, foster quality of life, and moderate the fiscal impact of aging.

Waters Edge Lodge Residents may already be aware of some of the services offered by Elders Village as the, Aging in Place Successfully class offered last year with Kryspin is one of their classes.

Goodbye Waters Edge Nursing Home

More than 40 years ago, the Zimmerman Family built the Waters Edge Nursing Home; and this month, we must bid adieu to our friends, co-workers, long-term Residents, and family members whom we have come to know through this company. Waters Edge Nursing Home and its wonderful staff, have become part of Alameda Hospital. The staff of Waters Edge Lodge, Elders Inn, Alameda Elder Services, Alameda Senior Magazine, and especially the Zimmerman Family would like to wish our friends the very best in their new adventure and let them know how much we will miss their involvement in our every day lives.

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.