

Living on the Waters Edge

A tradition of caring since 1971

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

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Water, Water, Everywhere, and not a drop to drink!

April showers bring May flowers, or so it's told. But what do Mayflowers bring? Pilgrims, of course!

Besides the bad joke, we certainly hope that we get some showers in April to ensure that flowers will grow, not only in May, but throughout the summer. It is so ironic that although we are surrounded by water in the Bay Area, none of it is drinkable because it is salt water. So where does our delicious water come from?

The rain that falls from the sky is certainly helpful and replenishes the water table, but the majority of our drinking water comes from the Sierra

snowfall. Not only is all that snow beautiful, but it will eventually melt and run off to our rivers and reservoirs. We hope that it has a high water content and will fill our lakes to capacity.

In the East Bay, our water comes from the East Bay Municipal Utility District, or EBMUD for short. EBMUD, established by a vote of the people in 1923, has a proud history of providing high-quality drinking water for 1.3 million customers in Alameda and Contra Costa counties, plus the District's award-winning wastewater treatment protects San Francisco Bay and services 650,000 customers. In addition to providing water, EBMUD's 58,000 acres of beautiful watershed lands and reservoirs in the East Bay and Sierra Foothills protect water quality and provide recreational opportunities for EBMUD customers.

Here are some fun facts about the water we take for granted:

- The 66 billion gallons of drinking water that EBMUD produces yearly could fill 100,000 Olympic-sized swimming pools!
- There are 4,200 miles of underground water pipes in their distribution system. If

By David Ruttan



the pipes were placed back to back, they would stretch from Oakland to Atlanta and back!

- Our network needs constant upgrading. The average age of water distribution pipelines is 53 years!
- The range of water pipe diameters runs from the conventional 1/2" to a whopping 9 feet! There are 9 types of pipe material used underground, including iron, steel, cement and plastic!

As you drink those 8 glasses of water each day that experts recommend, remember how lucky we are to have the world's best tasting and safest water right here in the Bay Area!

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EXERCISE YOUR MIND

Brain Benders

Five friends (Bobby, Isaac, Isabel, Mimi, and Shane) are participating in a baseball game with some other people. Each friend plays a different position (First base, Pitcher, Shortstop, Catcher, or Right field) and makes a different number of hits (1, 2, 3, 4, or 5). From the clues can you figure out who did what?

	First Base	Pitcher	Shortstop	Catcher	Right Field	1	2	3	4	5
Bobby										
Isaac										
Isabel										
Mimi										
Shane										
1										
2										
3										
4										
5										

- Bobby, the furthest from home plate, had exactly twice as many hits as the pitcher.
- The shortstop was tired after getting her fifth hit.
- Shane had more hits than all the other infielders except for Isabel.
- Isaac wears a mask.

What can be seen in the middle of March and April that can't be seen at the beginning or end of either month?

Why are 2007 pennies worth more than 2006 pennies?

What is light as a feather, but even the strongest man cannot hold it more than a few minutes?

Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

Last Month's Answers

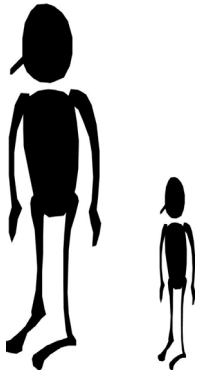
- Every student in a second grade class sends a valentine to each of the other students in the class, for a total of 306 valentines. How many students are in the class? **18 (each child gives 17 valentines; 17x18=306)**
- What is the only word in the English language that if you capitalize the word it changes the meaning and pronunciation of the word? **Polish (as in the people) and polish (as in furniture polish)**
- How could the 22nd and 24th U.S. Presidents have the same parents, but not be brothers? **They are the same man, Grover Cleveland**
- Cupid is whose son? **Venus**
- In which of Shakespeare's plays does he refer to Valentine's Day? **Hamlet**
- St. Valentine was put to death at the order of which Roman emperor? **Claudius II**
- What mobster tried to kill rival Bugs Moran on Valentine's Day 1929? **Al Capone**

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ALAMEDA ELDER COMMUNITIES

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What is Sarcopenia?



As we get older, our bodies tend to “shrink” or lose stature. This loss is owed, partly, to sarcopenia. Sarcopenia is the gradual

loss of muscle mass as we age. This loss of muscle occurs in all men and women starting around the age of 25, but becomes particularly noticeable and troublesome in the later years of our life. Sarcopenia is characterized by a reduction in the size of muscle, along with a reduction in muscle quality. The muscles stop working as efficiently as they used to and begin to shrink. These changes lead to loss of function and can cause individuals to become frail and lose their independence. When the muscles of the body

By Arran Rogerson

cease to function, the individual ceases to be able to perform the activities of daily life.

Sarcopenia is a major health concern in the modern world. Sarcopenia is directly linked to poor balance, gait speed, falls, and bone fractures, and may progress to the extent that an older person may lose his or her ability to live independently. Sarcopenia can be thought of as a muscular analog of osteoporosis, which is loss of bone, also a byproduct of old age. The combination of osteoporosis and sarcopenia results in the significant frailty often seen in the elderly population.

Sarcopenia is inevitable. Everyone will suffer from gradual loss of muscle size and muscle quality as a part of getting old. But that doesn't mean loss of function and loss of

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Fun Facts about Africa:

- There are 196 independent countries on Earth, Africa is home to more than 1/4 of them.
- There are over 1,000 different languages spoken in Africa.
- The oldest human remains ever discovered were found in Ethiopia; the remains were over 200,000 years old.
- Madagascar is the largest island in Africa and the fourth largest in the world - 226,597 square miles. That is almost 10,000 times larger than Alameda!

World Tour: Africa

This month our World Tour brings us to the continent of Africa. Called the hearth of humanity, Africa is now home to more than a billion people. It is a continent that spans all four hemispheres of the globe, contains jungles, deserts, and even a glacier.

Located south of Europe and southwest of Asia, Africa is

connected to Asia via the Sinai Peninsula in Egypt. Interestingly, even though the peninsula is part of Egypt, it is considered to be part of the continent of Asia (geographically speaking). This is because the Suez Canal and Gulf of Suez typically mark the dividing line between Africa and Asia.



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ALAMEDA ELDER COMMUNITIES

Congratulations and Thank You!

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

Stella Adarkway, Elders

Three Years

Roseline Mlanga, Elders

Six Years

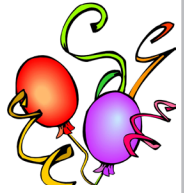
Concepcion Cortez, Lodge
Marianne Cruz, Elders

Eleven Years

Saba Ghermay, Lodge

Thirteen Years

Teresita Paulos, Lodge



April Fools! By Nancy Rafalaf

No matter what age we are, we've received or were the giver of practical jokes on April Fool's Day. Although most of us have participated in this holiday, many are not aware of its origin. Up until 1582, New Years Day was celebrated on April 1st by Romans, Hindus, and Medieval Europeans. Pope Gregory XIII implemented the new Gregorian calendar that established New Years Day as January 1st. Since this was prior to the postal service or e-mail, news of change traveled slowly.

French traditionalists were reluctant to acknowledge the date change and continued to celebrate New Years on April 1st. Everyone else happily accepted the change, so January 1st became New Years Day! Those who clung to the old date were mocked, teased, and some were made victims of pranks. Some of the pranks were sending people on Fools errands. The victims were called Poisson d'Avril or April Fish, because naïve fish get caught easily. In France, children often play the game and attach paper fish behind their classmates' back.

Initially the prank's nickname "fool", was mean spirited, but over time April 1st became its own holiday and pranks became a way of celebrating it. So next time some one pranks you, accept it as all good fun, and remember how it all began. Be careful handling this newsletter because the ink used causes your finger tips to turn bright green. **APRIL FOOLS!**

The Merits of Personal Training By Wilson Trang

When hearing about or discussing personal training, people often wonder two things: A) What is personal training? and B) Why do I need personal training?

Personal training is working one-on-one with a trainer, to achieve or accomplish goals specific to you. Unlike group exercise classes where the goal is generalized fitness and the pace is set to the median level

of the group, personal training works at your speed and focuses on your needs. Often, personal training can be more effective than group exercise classes at correcting or limiting a specific problem or weakness; this is in part because it is typically paired with either Physical Therapy or uses your personal results from the Senior Fitness Test as a baseline.

Those who have received

physical therapy know that Medicare will only cover physical therapy until they are at the best physical level possible, then Medicare will cut or cancel all further physical therapy. It is at this point that personal training is often used to help you maintain that peak physical level. While physical therapy cannot do maintenance work, personal training can.

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NEWS FROM ELDERS INN

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Resident of the Month: Molly Arnsdorff

Molly was born in Goshen, Indiana---a true, blue Hoosier! She was an only child and her father was a painting and decorating contractor as well as a tax consultant. Her mother was a kindergarten teacher and was very active in many educational associations, including being the President



of the Indiana State Teachers Association. Molly attended Hanover

College in southern Indiana and transferred to Indiana University where she received her degree in Speech and Hearing. She then went back to school and got her Masters Degree from Ball State in Audiology. She started working as an audiologist with various Ear, Nose and Throat doctors. As luck would have it, her mother was planning a trip to San Francisco to attend the National Association of Educators conference and invited Molly along. As Molly

says, "I thought that I had died and gone to Heaven!"

Molly ended up working for Stanford and also for companies in Vallejo, Livermore, and Fremont where she opened an audiology practice and also dispensed hearing aids. She greatly enjoyed her work until she retired.

Her words of wisdom are: "If you have trouble listening, hearing or understanding people, don't be afraid to get a hearing test!"

Staying Fit!

We are delighted to see all the new participants in our daily exercise class, which is wonderful! We're all going to look and feel great, come bathing suit season!

It's Spring! The sun is shining, the birds are chirping and the flowers are in bloom! Butterflies are such a beautiful addition to this season. Help us decorate the walls by making colorful butterflies this month!

Garden News!

Did You Know? The Garden Neighborhood is learning about ostriches!

The largest living bird is, indeed, the ostrich (*Struthio camelus*). Males of this flightless subspecies have been measured up to 9 feet tall (2.75 m) and weighing 345 lbs (156 kg). The heaviest egg on record weighed 5.47 lbs (2.48 kg) in the Netherlands.

Meet Kelsey!

Hello! I'm sure many of you have noticed a new face around here, so I wanted to introduce myself. My name is Kelsey and I'm excited and proud to be part of the team at Elders Inn. I have joined Nancy and Judith in leading all the fun activities we do here.

Some of you may already know how much I enjoy arts & crafts and BINGO, but let me tell you a little more about myself. I was born in Winnipeg, Manitoba, which is one of the coldest parts of Canada. (Those who live there usually

call it Winter-peg!) I have been living in Alameda for 5 years and absolutely love it here. I really enjoy going on bike rides around this beautiful town and



walking on the beach. I also love going camping in the summer!

Thank you to everyone who has already participated with me; you have made me feel very welcome here. I'm looking forward to meeting everyone and to all the fun we're going to have in the future!

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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Alice Chalip

Sheldon Cooper, Alice Chalip's favorite character in the hit TV show "The Big Bang Theory", reminds her of her son, who is also a professor at a university.

Alice grew up in Los Angeles and went to UC Berkeley to become a teacher. The days when she sang duets with her husband to raise money for homeless shelters is a memory she is fond of recalling - a



memory that rekindles how she met her husband. "It was in a voice audition in the

Greek Theater in Los Angeles" says Alice. Her husband, Bernard, was a voice coach and Alice was an aspiring singer. Thus begins a story of lovers enjoying every second of their summers traveling to different places like Argentina, Mexico, Australia, the Caribbean, and Japan, visiting community colleges, churches, and attending stage plays. Alice likes opera and playing "To Hell with Bridge", a simplified version of Bridge. She is also an active member of the Trinity Lutheran's Church choir in Alameda.

As an English major, it is no surprise that Alice writes critical articles for the Alameda Journal and has written a book entitled "To Love and Let Go" issued under her pen name, Grace Morrison. This book is a memoir about her and her husband's experiences as foster parents. Feel free to grab a copy and meet the author herself while enjoying a good conversation about the trips she and her husband have made. A talented and engaging woman, we are proud to have Alice Chalip as our Resident of the Month for March.

Eating Out

In keeping with our World Tour, this month our restaurant outings will feature foods from the African continent. If you would like to come, please meet in the lobby at 11:30 am!

On Thursday, April 4, it is Ethiopian at Addis.

And, on Thursday, April 18, we will enjoy Moroccan food at Cafe Abigail.

Book Nook

This month's book is:



The Innocent Man
by John Grisham

Welcome Back David Ruttan!

David Ruttan became acquainted with Alameda Elder Communities when his mother was diagnosed with Alzheimer's disease, and moved to Waters Edge Lodge because she needed assisted living services. After she passed away, David decided to change careers and give something back to the community. He began working at the Waters Edge Lodge in December of 2004, working in both Activities and Admissions.

David took some time off in 2009, but shortly thereafter returned to Alameda Elder Communities as the Activity Director at the Elders Inn. Now, he's back at the Lodge and ready to go.

David believes that his greatest asset to AEC is having had personal experiences similar to the needs of residents and families in our communities. An accelerated sense of humor doesn't hurt either!

David is married and has one son who didn't fall far from the tree, some of you might remember Nate, for he too worked at Waters Edge Lodge. David loves to garden, enjoys fine wine, wears the results of his gourmet cooking skills proudly, and just graduated from college with his Bachelors Degree at the age of 60!

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NEWS FROM ALAMEDA ELDER SERVICES 7

Iron Man of the Month: Charles Campe

I am honored to announce this month's Iron Man, Mr. Charles Campe! Born in 1916 in Alameda, CA, Charles has lived on this beautiful island in the Bay all his life. A lifelong lover of the outdoors, Charles has spent much of his time working in the garden, fishing in mountain streams, and trekking over snowy peaks in the High Sierra. Unfortunately, Charles couldn't spend all his time in the woods so, in keeping with



his father's business, he worked in gardening and landscaping

supplies, tending to plants, animal feed, concrete, and ice.

Charles is this month's Iron Man for several reasons. He has been attending exercise class every day, sometimes twice a day, and in his free time he exercises in his room or walks up and down the halls. In addition to that, Charles consistently participates in the Wii Balance exercise activity three times a week, and is a seasoned expert when it comes to solving its complex puzzles and tackling the challenging mini-games. But wait! Even after all that work, when the day is over, Charles finds the strength to come to Open

Gym and bike for ten minutes before doing some range-of-motion exercises or lifting some weights. He's a machine!

Charles is a pleasure to work with. He is cheerful, friendly, and makes me laugh on a regular basis with his sharp wit and clever jokes. Despite getting fatigued and suffering from aching joints, he is extremely optimistic and motivated. He continues to show up every day and get done what needs to get done. We would all be extremely healthy if we followed his lead. Keep up the good work!

Sarcopenia *continued from 3*

independence is inevitable. There are steps that can be taken to slow the degenerative process and reduce the severity of sarcopenia, such as medication and diet, but the best thing one can do to battle sarcopenia is, of course, exercise. Increases in exercise have been shown to reduce the symptoms of sarcopenia, even in the very old. Studies

have shown that lack of exercise is the major contributor to developing sarcopenia and not only muscles, but brain function, heart function, tendons, joints, ligaments, and bones, depend on regular and lifelong exercise to maintain integrity.

It's never too late to start. Get on your feet and start moving.

Personal Training *continued from 4*

Often, personal trainers use the home exercise program developed by the physical therapist and continue to work with the physical therapist

to keep you at the highest functioning level possible.

Walking Club

The Walking Club at Waters Edge Lodge is still going strong!

So far this year, they have walked 28 miles; that's like walking to Ghirardelli Square in San Francisco and back home again! (Assuming we take the ferry instead of the bridge).



Alameda Elder Communities is a group of family-owned senior services devoted to serving the needs of elders in Alameda and the East Bay. Our mission is to enable elders in our local community to age in place, and achieve the greatest possible level of self-sufficiency.

Elders Inn on Webster is a 52-unit assisted living facility offering every Resident the opportunity to live as independently as possible. With three “neighborhoods”, Elders Inn offers a range of services including: a delayed egress neighborhood for the safety and comfort of Residents affected by Alzheimer’s and dementia; a neighborhood offering standard assisted living; and a neighborhood that offers a higher level of care than typical assisted living.

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

on the lagoons of Harbor Bay. Offering 101 apartments that provide seniors with a warm and familiar atmosphere, the Lodge allows Residents to maintain an independent and active lifestyle.

Alameda Elder Services

Rehabilitation Agency (AES) is a wellness and fitness center that has been specially designed for elders. This Medicare approved Outpatient Rehab agency specializes in Physical, Speech, and Occupational Therapy for the older adult. As a fitness center, AES provides affordable wellness and strengthening programs tailored to the needs of seniors.

Alameda Senior Magazine is the newest member of Alameda Elder Communities. This quarterly magazine focuses on senior-specific issues and resources available in Alameda and the surrounding area.



Caring for Alameda Seniors Since 1971
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