

Living on the Waters Edge

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



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What is Occupational or Speech Therapy? By Wilson Trang

In the past, we have delved into what Physical Therapy is; now it is time to discuss two other therapies: Occupational Therapy and Speech Therapy. Occupational Therapy is the therapy used to regain the ability to do everyday things, such as effectively using a toilet, brushing your teeth or hair, or putting your clothes on. On the other hand, Speech Therapy focuses not simply on speech as the name implies, but on all things having to do with your mouth, from communication to the ability to chew and swallow food.

Occupational Therapy (OT) uses

treatments to help a person regain the ability to do everyday things. As the human body gets older, certain parts lose their ability to work, either together or separately; muscles hurt when moved in a certain way, or joints no longer have the same range of motion. What OT does is break down the movement into individual pieces, work on those pieces on an individual basis, and then put them back together to help you achieve the final goal. Consider the simple motion of brushing one's teeth. It involves moving the shoulder, elbow, wrist, and hand, each with precision and good timing to avoid jabbing yourself in the teeth or throat with your toothbrush. OT helps your body relearn (or learn a new way) to accomplish these movements. It can also be used to help you regain the ability to do the things that you used to find yourself enjoying, such as knitting or crochet. Interestingly, OT was originally used to retrain soldiers injured during the First World War.

Speech Therapy, also known as Speech-Language Pathology, is the use of treatments relating to speech and swallowing disorders. Speech disorders can occur a number of ways, from sickness, such as a stroke, or

injury, such as a fall that broke the jaw. After such injuries, the body's ability to use the tongue and throat can be compromised. Other things that can affect the body's ability to speak are damage to the brain or ears. If patients have problems with hearing, their speech also suffers because they cannot hear what they are saying. The brain can also create problems by sending mixed signals from the brain to the mouth.

Speech Therapy can also help improve the ability to chew and swallow. As we get older, the natural ability to control the throat and esophagus can decline. Quick viscous liquids run faster than the body's ability to control muscles, causing coughing and pain. When the mouth is done chewing, the throat sends the food down the esophagus with a controlled pulse which allows food to travel into the stomach in bunches, even upside-down. But the esophagus, like any other muscle or organ, gets slower as it gets older. Retraining might be needed to help the esophagus work more effectively.

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Living on the Waters Edge

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EXERCISE YOUR MIND

Brain Benders

Think literally to solve these word pictures!

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-DRIVING

- What three races, combined, make up the Kentucky Derby?
- How many horses have won the Triple Crown, since the Kentucky Derby became part of that series of races?
- Can you name 2 of the horses who have won the Triple Crown?
- In what year did Secretariat run the Derby in under two minutes?
- That same year, a second horse also finished in under two minutes, which horse?

- What is the unofficial, official drink of the Derby?

One day, a really rich old man with two sons died. In his will he said that he would give one of his sons all of his fortune. He gave each of his sons a horse, and said they would compete in a horse race from Los Angeles to Sacramento, but the son whose horse came in second would get the money. So one day they started the race. After one



whole day they had only ridden one mile. That night, they decided they should stop at a hotel. While they were checking

in, they told their problem to the desk clerk, who made a suggestion. The next day the two brothers rode as fast as they could. What did the clerk suggest that they do?

Last Month's Answers

Bobby is the Right Fielder and got 4 hits, Isaac is the Catcher and got 1 hit, Mimi is the Pitcher and got 2 hits, and Shane is the First Baseman and got 3 hits

- What can be seen in the middle of March and April that can't be seen at the beginning or end of either month? **The letter R**
- Why are 2007 pennies worth more than 2006 pennies? **Because you have one more (\$20.07 instead of \$20.06)**
- What is light as a feather, but even the strongest man cannot hold it more than a few minutes? **Your breath**
- 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? **Johnny**

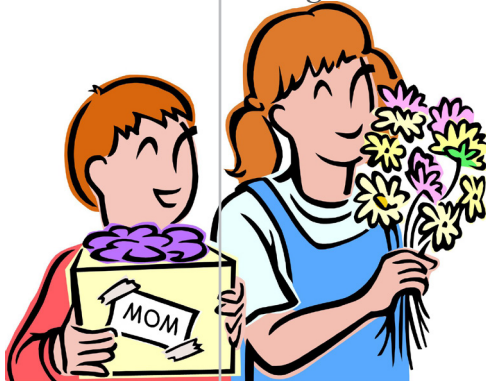
Living on the Waters Edge

ALAMEDA ELDER COMMUNITIES

Hi Mom! A Brief History of Mothers Day.

By David Ruttan

Every year, on the second Sunday in May, Americans treat their mothers to something special. It is the one day out of the year when we show how much we appreciate our mothers and honor all of the hard work that was done to raise us.



when the Industrial Revolution changed the working and living patterns of the British, one Sunday for Mothers was established as a holiday in the twentieth century.

In the United States, Mother's Day did not become an official holiday until 1915. It's establishment was due largely to the perseverance and love of one daughter, Anna Jarvis. Anna's mother had provided strength and support when their family made their home in West Virginia and Philadelphia, where her father served as a minister. As a girl, Anna had helped her mother take care of her garden,

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Central and South America Fun Facts

- The border between Mexico and the United States is the second largest border in the world.
- One unusual Mayan weapon was a "hornet bomb," which was an actual hornet's nest thrown at enemies during battle.
- Rio de Janeiro will host the World Cup in 2014 and the Olympics in 2016.
- Cuba is also called El Caiman (Alligator) because of the way it is shaped.
- Chile produces 1/3 of the world's copper.

World Tour:

Central and South America

This month our World Tour brings us just South of the border to Central and South America. This region includes almost two dozen countries, from places as familiar as Mexico to those as unfamiliar as Suriname.

are bordered on the west by the Pacific Ocean and on the north and east by the Atlantic Ocean; North America and the Caribbean Sea lie to the northwest.

Central and South America



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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!

Five Years

Josefina Almanza, Elders
Tylina Simpson, Lodge
Adelwisa Tibayan, Elders

Six Years

Elvia Perez, Lodge
Rosalina Sayo, Elders

Nine Years

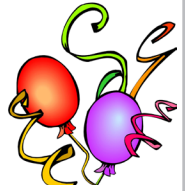
Moira Morris, Lodge

Ten Years

Jun Garcia, Elders

Twelve Years

Nenita Aligada, Elders



There's Something About May

By Nancy Rafalaf

We all have our favorite months for various reasons; it could be our birth month, the month in which we married or fell in love, a month with our favorite weather, or one with holidays we enjoy. May happens to be one of my favorites. In May, spring is officially here, new life is sprouting in our gardens, and, yes, it is my birth month as well. Here are some facts you might not know about May:

- Originally in the early Roman calendar, May was the 3rd month of the year. It's named after Maia, the Roman goddess of Spring and growth.
- Two famous bridges opened to traffic in May. The Brooklyn Bridge opened on May 24, 1883, and the Golden Gate Bridge opened on May 27, 1937. These two historic landmarks both showcase great architecture and were feats of their time.
- The Kentucky Derby, also known as "The Run for the Roses," takes place on the 1st Saturday in May; it draws on average of 150,000 visitors.
- Lastly, a meeting with the National Council of Senior citizens in May 1963 led to President John F. Kennedy declaring May to be "Senior Citizen Month". It was later renamed "Older American Month". Each year there is a theme for the month's celebrations; this year's theme is "Unleash the Power of Age."

Hi Mom! *continued from 3*

mostly filled with white carnations, her mother's favorite flower. When Mrs. Jarvis died on May 5, 1905, Anna was determined to honor her. She asked the minister at her church in West Virginia to give a sermon in her mother's memory. On that historic Sunday in Philadelphia, their minister honored Mrs. Jarvis as well as all mothers, with a special Mother's Day service.

Anna Jarvis began writing to congressmen, asking them to set aside a specific day to honor mothers. In 1910, the governor of West Virginia proclaimed the second Sunday in May as Mother's Day and, a year later, every state in the Union began celebrating it. Mothers Day has become the busiest day of the year for American restaurants because families won't let Mom cook on that day.

Now that my kids are grown, I understand how much work and love it takes to raise and to keep a family together. The example of your strength, devotion, and patience is now rippling through the generations.

Thank you!

~ Forest Houtenschil

Living on the Waters Edge

NEWS FROM ELDERS INN

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Resident of the Month: Leona Geslak

In November 1924, Leona Geslak was born in the small town of Natrona, Pennsylvania. Her dad worked in the local steel mill, and her mom was a homemaker raising the large family (5 girls and 5 boys, 10 in all!). Leona helped her mom around the house by doing daily chores and baby sitting. When she was older, she worked at the local clothing store in sales.

Leona met her future husband through a friend at the CC camp. They corresponded as



pen pal friends for a long time while he was in the army. "One day, he came home on leave and that's when we fell in love". They married on May 8th, and remained in Pennsylvania. Her husband was a crane operator in the steel mill, like her dad.

Together they had a son and three daughters. When the children were young, Leona took after her mother and was a

homemaker. She later became a teacher's aide for 5th and 6th grade, which she found very rewarding.

Leona enjoys sewing, playing cards, cooking, and, though she doesn't do it anymore, Leona loved to bake apple pies and cakes. Leona Geslak is a sweet addition to Elders Inn; as sweet as her wonderful apple pies. We are happy to honor Leona as May's Resident of the Month here at Elders Inn!

Spring Fresh!

Spring brings a breath of fresh air, and we're doing the same with our activities program. Be on the lookout for some new activities, and if you'd like to see us add something to the list, please let us know!

Mother's Day is on May 12th but at Elders Inn we are going to celebrate a week early! We welcome all residents and their loved ones on May 5th for a Mother's Day Tea Party!

Bringing some photos along to the tea party is a great way to share old memories and new stories. Hope to see you all there!

Garden News!

In April we started gardening and, happily, we will be continuing throughout the Spring and Summer months. So far, we've mostly been focusing on herbs. One of our favorite herbs is mint. Did you know that mint has wonderful healing properties? It helps soothe the digestive tract and may help with the treatment of asthma and allergy conditions as well.

Here at Elders Inn, we encourage all the residents to be socially active. We would love to see all of you joining in on all the fun activities we have to offer. We also encourage you to introduce yourself to the other residents and make new friends. Making friendly conversation with the staff is always welcome, too.

Having a happy, active social life is not only important for your physical and mental health, but studies have shown that it can add many years to

your life. Beyond that, it can make those extra years even more enjoyable. It can decrease your chances of disability, increase your walking speed, and can even reduce the risk of developing coronary heart disease.



So come join the activities team and your fellow residents and become social butterflies, having lots of fun participating in our daily activities!

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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Lucille Schaefer

Lucille Schaefer was born in Newcastle, Pennsylvania, but moved around a lot as a child. Her father was a machinist and liked to change jobs every few years. He would get upset with the boss, quit his job and walk out. The problem was that Lucille had 4 sisters and 1 brother, and her poor mother had to deal with all this craziness as they moved from city to city and even to other states where her father would find work.

Lucille graduated from high school in Youngstown, Ohio,

went to work for a dry cleaner for a couple of years, then she worked in a factory where she made light bulbs. Lucille met Clarence, her future husband, at church when they were introduced by a mutual friend. Lucille claims it was love at first sight!



Clarence was a CPA, and Lucille was a hard-working stay at home mother taking care of their children, one boy and one girl. Following the lead of Lucille's sisters who had moved

to California, the Schaefers bought a little house in the Oakland Hills.

Lucille's daughter and her family spent 10 years in Brazil, but, when their 2 children reached school age, they decided to return to the United States, and currently live in New Jersey. Her son lives all of 2 blocks from his mom, here in Harbor Bay.

Lucille's pearls of wisdom are words that she used to tell her children as they were growing up: "Live and Let Live".

Eating Out

Our travels continue this month with a trip South of the Border to sunny Mexico, Central America, and South America. We will enjoy Mexican food at La Penca Azul on Thursday, May 2nd and outstanding Cuban food at Habanas on Thursday, May 16th. Sign up now as these lunches are sure to sell out! Please figure about \$15 per person to allow for a great lunch and a tip.

Book Nook

This month's book is:



Catch 22

by Joseph Heller

News and Notes from Activities

"The world's favorite season is the spring. All things seem possible in May." Edwin Teale must have lived near the Waters Edge Lodge! Although this was written many years ago, it sure seems anything is possible right here in Harbor Bay! The ducklings have been born and timidly stay close to Momma as she proudly floats them by our many residents who walk regularly on our beautiful paths. Come join us for Walking Club or just whenever the mood is right. Fresh air and ducks! A winning combination! On Saturday, May 4th, we will be celebrating the women in our lives with a Mothers Day Tea at 2:00pm in the Dining Room. Please join us to honor

Moms all over the world, but especially all the lovely ladies at the Waters Edge Lodge. A wonderful serenade by our local troubadour Jim Higgins will add to the good feelings and love for everybody's favorite person, Mom!

May has a couple of crazy "holidays" including being National Lemonade, Hamburger, and Salad Month! I guess we are just as crazy, because we will be celebrating the "holidays" too! On May 3rd and 31st, we will have lemonade socials, on May 22nd we will have a hamburger social, and on May 14th we'll cap it off with a salad social! Join us in the dining room for the fun!

Living on the Waters Edge

NEWS FROM ALAMEDA ELDER SERVICES 7

Iron Woman of the Month: Marjorie Munn

It might have taken months, but with her recent turn-around on personal training, Marjorie Munn is our Iron Woman of the Month! Marjorie was born and raised in a small-town in Texas; the small-town atmosphere suited her, and she was able to go out and play all kinds of sports as a little girl.

She married a young man, a member of the Texas A&M marching band; then moved to



Oklahoma with him. While he worked in the oil industry,

Marjorie used her affinity for math and landed a job doing payroll for the local tire company, Firestone, until she retired.

Marjorie has two living children, both daughters, who visit on a regular basis. She also has three grandsons, and five great-grandchildren.

Marjorie loves doing crossword puzzles and can often be found reading in her room. She confessed that Piper the cat likes to take naps on her bed while she is doing the crossword. (Sorry Piper, someone ratted you out)

Marjorie has been participating in personal training for a long time but it is only recently that she started showing enthusiasm for coming down and exercising. We have been working hard to increase her fitness level, especially walking strength. If her enthusiasm is any indication, then we know she's been seeing some results.

If you see Marjorie in the hall, make sure you congratulate her on her success! She is doing great in her class. It is with great pride that we introduce Marjorie as our Iron Woman of the Month!

New Programs at the Lodge!

With the coming of Spring there will be some small changes to the Wellness Program. None of your favorite programs will be compromised, but some exciting new programs will be added.

Aerobics classes will be introduced, starting at 10:45 AM on Mondays, Wednesdays, and Fridays in the Fitness Room. These will vary from class to class and may involve dancing, step aerobics, seated aerobics, and so on. Geared toward increasing heart and breathing rates, these classes will probably involve a little experimentation to find what

kind of activity people like best.

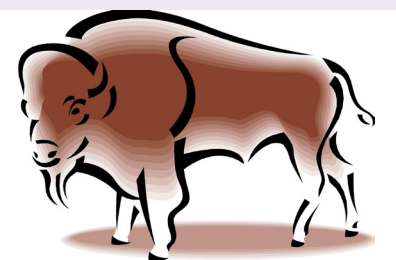
On Mondays at 3:00 PM there will be a slower-paced, or Beginner's, Walking Club for individuals still eager to get outside, but who prefer a relaxed, meandering stroll to the usual vigorous pace of Walking Club. Regular Walking Club will still occur on Wednesdays and Fridays at a faster pace for more advanced walkers.

In order to take advantage of the warm weather, we are adding a Wellness Outing once a month that will involve driving to a new location to go for walks and enjoy nature.

Walking Club

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

So far this year, they have walked 31 miles; that's like walking to Golden Gate Park to see the buffalo and then heading back to the Lodge! (Lucky for us we get to take the ferry across the water!)



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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