

# Living on the Waters Edge

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June, 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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## Elders and the Earth

By:  
Kryspin Turczynski

Every third Tuesday of the month is an exciting day at Waters Edge Nursing Home. From the moment the daily schedule is announced at the Circle of Elders, everyone anticipates the arrival of some special friends later in the day. And finally, soon after lunch, they arrive: The Garden Club, a women's group dedicated to bringing the joy of gardening to Elders in the Bay Area. They come in a group of four or five, and they bring so many flowers, a cart is needed just to transport them

all to the Bay Room. Along their way, residents and staff alike take notice of the bright colors delicate fragrances coming down the hallway. A long table is set up in the Bay Room, near the windows overlooking the water and the always-entertaining Park Street Bridge. Then, the real fun begins, as almost a quarter of the residents take the opportunity to arrange their own flower bouquets, which will later be delivered to their rooms.

When I began working with Elders, I noticed an almost uni-

versal interest in the realm of nature. The Garden Club is the most obvious expression of this interest, but it can be observed in other situations as well. As anyone who has spent time in our Bay Room knows, one of the most popular channels among our residents is the Animal Channel, which occasionally elicits puzzlement among certain visitors. Another big hit is a book the Activity Department has been lending out, which has high-resolution, vivid color photos of parrots and other various tropical birds. In

*(Continued on page 2)*

## How Does Hot Weather Affect You?

By: Kathy Hanley, PT

During my 30 years as a practicing physical therapist, I have heard many patients relate increased or decreased pain or aching in their muscles or joints with

weather changes. I sometimes felt that my patients were better weather prognosticators than the meteorologists on TV. I recently had the same experience. I play tennis two to three times per week

and usually feel some shoulder or knee pain while playing. Recently, I went to Palm Springs to my delight I was able to play tennis without any pain.

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## Elders and the Earth (Continued from Page 1)

*(Continued from page 1)*

our Arts/Crafts classes, led by credentialed Alameda Adult School instructors, some of the greatest interest and enthusiasm has been noted during classes using either nature-themed photos or actual plants, a preference also evident in our sensory stimulation activities. Many of our residents love to go outside and sit quietly for a while in any of our patio gardens. And of course there are the animals, both our resident cats and birds as well as the many canine friends that visit us, all of whom receive a lot of love and attention from the residents. In all these situations and others, one notices a deep

appreciation of nature that seems to cut across lines of race, religion, language, and even personality.

Nature's seemingly universal appeal to the elderly is a strong argument for making horticultural therapy (HT) available to any elder that feels a desire to connect with nature. A wide variety of HT activities are available, making it possible for any family, facility, or program to make it a regular component of elder care. Pretty much anyone could benefit from horticultural therapy. A recent study (Gigliotti, Jarrott, & Yorgason, 2004) of persons with dementia in institutional settings recorded high levels of positive

affect and engagement during HT activities such as cooking, crafts, and planting. Nobody can say for sure why we seem to experience a stronger attraction to nature as we age. Maybe it reminds us of happy, carefree summers spent on grandma and grandpa's farm. Perhaps, as we approach the conclusion of our lives as individuals, we begin to identify more with nature, as the primal source of life shared by all humanity. What is obvious to me is that our Elders' love and reverence for nature is a sure sign of wisdom, and an essential component of any effort to save our Earth from environmental disaster.

## An Introduction to Meditation

By: Nicky Hiemenga

Meditation quiets the mind. During meditation, we open the space between the end of one's thoughts. Meditation does not tune out life's challenges; rather, they gain greater insight into their perceptions and their response to stressful situations. As the brain patterns merge into the state—deeper than sleep—the mediator experiences a state of restful alertness; fully conscious and aware. In meditation we practice being the observer, not the doer. We observe our thoughts and remain detached, without altering the thought patterns at all. Remaining neutral toward

our thoughts means we do not lend them energy to disturb the mind. Whereas before you might have been seeing yourself and the world in a dusty mirror, meditation helps to wipe the mirror clean, for new perceptions and reflections.

Many studies have been done on meditation, particularly Transcendental Meditation (TM), which involves meditation using a mantra for 20 minutes, twice daily. A study was made in 1996 on hypertensive Americans in California. It found that TM significantly lowered blood pressure—more so than any other relaxation technique, educa-

tion or lifestyle changes. Those who practiced TM for three months saw an average reduction of 10 to 12 points in systolic blood pressure and six to eight points in diastolic pressure.

Researchers at Harvard Medical School used MRI technology to monitor brain activity on meditators and found that meditation activates the sections of the brain in charge of the autonomic nervous system. This governs the functions in our bodies that we can't control, such as digestion and blood pressure. As these functions are often

*(Continued on page 7)*

## Fitness IQ Quiz

The following tests your knowledge of basic fitness concepts. Take the test and see how you do. Answers on Page 7.

1. A pulse tells you :

- A) the pressure your heart is beating at
- B) heart beats per minute
- C) pressure inside the heart
- D) pressure inside the arteries

2. The resting pulse will go up as you do moderate or more exercise.

- A) True
- B) False

3. With better cardiac fitness the pulse will go up less with moderate or more exercise.

- A) True
- B) False

4. Metabolism is:

- A) how hard your heart works
- B) how much fat there is in your tissues
- C) how much exercise you can safely do
- D) the conversion of food into energy

5. Aerobic exercise is exercise

that:

- A) is moderate, steady and uses oxygen for energy
- B) is shorter burst high intensity exercise
- C) uses stored energy
- D) is bad for the heart

6. Cross Training involves an exercise program that:

- A) emphasizes longer distance walking or running
- B) emphasizes weight lifting
- C) uses different forms of exercise on a regular basis
- D) works on endurance

7. Exercise is important to

- A) keep the heart healthy
- B) keep weight down
- C) keep muscles strong
- D) all of the above

8. Weight lifting is important to help prevent osteoporosis

- A) True
- B) False

9. Regular exercise cannot help control diabetes

- A) True
- B) False

10. Recommended exercise

for adults is

- A) at least 30 minutes per day at least 3 days per week
- B) at least 30 minutes per day at least 5 days per week
- C) at least 20 minutes per day every day
- D) at least 20 minutes per day 5 days per week

11. The United States Center for Disease Control and Prevention advises people over the age of 65 to:

- A) lift weights to prevent osteoporosis
- B) increase strength to prevent falls
- C) work on flexibility and balance training
- D) all of the above

12. Regular exercise can decrease the risk of

- A) heart disease
- B) Stroke
- C) certain types of cancer
- D) all of the above

## Does Hot Weather Affect You? (continued)

(Continued from page 1)

Does weather really affect your body? The ancient Greeks noted the effect of “hot and cold winds” on pain and illness 2, 400 years ago, and folk wisdom says people, especially older ones can “feel the weather in their bones.” Some scientific studies have shown weather-related effects

on the body while others have not. For those who are sensitive to weather, *changes* in weather seem to affect them the most.

**Temperature:** Low temperatures may make circulatory conditions worse and may contribute to arthritic joint pain and stiffness.

**Wind:** Wind can carry pollu-

tion and allergens far distances, thereby affecting people with allergies or respiratory ailments such as asthma.

Doctors who specialize in chronic pain sometimes suggest that people keep a weather and pain diary to establish a possible relationship between the two. This might be a fun activity to try and see how weather affects you.

## Resident of the Month: Sheldon Bereny.

Sheldon was born in Cleveland, Ohio in January, 1924. He is a proud father to two beautiful girls. At the age of four, Sheldon moved with his family west to Los Angeles, California. He had one younger brother who was, "very laid back. We never really fought growing up like most brothers do." In Los Angeles Sheldon attended Santa Barbara Elementary, Mount Vernon Junior High and North Hollywood High School. "I was a sports editor in Junior High and in

High School. At North Hollywood High I was the Editor in Chief for the school paper and I also ran track." Sheldon went on to earn a Degree in Political Science at UCLA. He then attended Chicago University where he received his Masters in English Literature. "I also served four years in the Marine Corps." When he was 50 years young, Sheldon and his wife quit their respective jobs, put on a backpack and traveled around the world. He visited over 40 different countries dur-

ing that year. "Greece was my favorite place. We stayed on an island in the Aegean Sea for 10 weeks." Sheldon's hobbies here at the Lodge consist of Golf, Politics, gambling, computers, reading and playing the Wii. When asked about life at the Waters Edge Lodge Sheldon said he's "comfortable here" and that the "staff is very efficient and cooperative." Join us as we recognize the talented Sheldon Bereny as our Resident of the Month.

## Bowling Tourney

Statistically at the Waters Edge Lodge there are more women than men. Our Facility is home to 25 men and 69 women, that's almost three women per one man. We've provided an even playing field when the men square off against the women in our monthly Bowling Tournament in the Activity room. The games start at 1:30pm on Thursday June 26th. The highest score in the final game wins the perpetual trophy. All residents are encouraged to come watch.

## Musical Weekends

Our Living Room abounds with music every weekend as our roster of musical entertainment continues to fill our ears with joy. EVERY Saturday and Sunday, at least one entertainer of various musical talent performs for our Residents in the Living Room---Guitar, Piano and even accordion music is scheduled in addition to our wildly popular Happy Hour every Thursday in the Living and Dining Rooms. Come and join us and let the music take you away!

## Podiatrist Visits

Did you know that we have a local Podiatrist come to the Waters Edge Lodge every month as a courtesy to our Residents? For all of you that would like the services of Dr. Dale Wright, DPM, all you have to do is sign up for an appointment at the Front Desk and he will take care of all of your foot concerns---whether you have bunions, calluses, ingrown toenails or anything else that is bothering you. Dr. Wright is here the last Monday of every month so sign up today! Don't wait until you have to call a "Toe"

## World Tour: The Islands of the Pacific

Aloha! On our trip around the world we stop at the beautiful islands of the Pacific. Kalena Gregory will be coming back with her Polynesian dancers to put on yet another beautiful performance of different Pacific Island rituals. We will

also be going to Ohana Hawaiian Barbeque for a Luncheon. On our way to the islands we're going to stop at the Alameda Market Place, Farmers Market, Oakland A's game and the Alameda Free Library. We will also hop

aboard a Ferry to take a tour of the Port of Oakland. For you barbeque lovers, we've planned a BBQ picnic by the Bay. Pick up an Activity Calendar at the Front Desk for more information.

## Resident of the Month: Maria Seal

Maria Elisa Seal was born in Guatemala City, Guatemala. Maria had three sisters and a brother, who ran the country's largest port as a colonel in the Guatemalan armed forces. Maria left Guatemala for a few years at the age of 20 to go live with her sister in Flint, Michigan. Maria returned to Guatemala, but left again at 28 to return to Flint. En route to Michigan, Maria was traveling through Mexico when she met Cliff, a handsome young American man who was enjoying his newfound freedom after his discharge from military service. Maria continued her way up north, and Cliff cut his travels short, moving to Kan-

sas, and a month later the two were married. The newlyweds moved to Flint to remain close to Maria's sister. While in Flint, Cliff worked for General Motors and Maria worked at home, raising their first two children, Clark and Deborah.

When Cliff was offered a job in the Bay Area, the Seals moved to San Francisco and soon thereafter a third child, Kelly, was born. Once the kids were a little older, Maria worked at Mark Hopkins Hotel, doing a combination of office work and tailoring. Maria was happy to move to San Francisco, stating that Michigan was "too cold" and that the

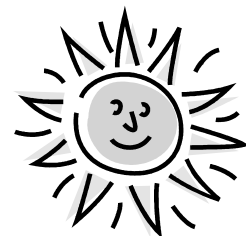
climate here more closely resembled the climate of Guatemala. Maria always loved to cook, and so many people flocked to her kitchen that she would have to buy rice and beans in bulk: 25 to 50 pounds at a time! Maria always enjoyed traveling, and used to visit her relatives in Guatemala every year. Maria has been blessed with three grandchildren and 2 great-grandchildren, and is visited by her husband Cliff daily. The Waters Edge community is very proud to honor Maria Seal as the Resident of the Month for June 2008.

## Hot Weather Procedures

As we enter the month of June, we greet the long, lazy days of summer. Sunshine and hot weather offer opportunities for memorable outdoor activities such as swimming, sunbathing, and staying out later at night. This change in climate, however, does not come without risks. Higher temperatures and increased exposure to sunlight can lead to various heat-related illnesses. In extreme heat, the body must work harder to maintain a normal temperature, usually by producing extra perspiration. This increases the risk for dehydration, which can cause serious illness and even death, especially among high-risk populations such as the elderly.

We are lucky to be in Alameda, where a Bay breeze usually keeps the temperatures cooler than further inland. But even here on the island we are prone to the occasional heat wave, and we have special procedures in place to protect our Elders in such situations. If the temperature on any given day reaches 90 degrees Fahrenheit, we automatically go into hot weather mode. Hot and heavy meals are replaced with light, cool ones such as fruit and cold sandwiches. Fans are distributed all over the building to promote air flow and circulation. Staff takes extra care to make sure that everyone is hydrated, and popsicles are distributed along with water. Strenuous

activities such as exercise classes are canceled, and high-risk individuals are invited to either the Bay Room or Room 308, which are air conditioned and offer non-strenuous entertainment options. A heat wave can pose a serious health risk, to all, but particularly for the frail and elderly. With adequate preparation and common sense, the risk of heat-related illness can be minimized, and a heat wave may be managed with few ill effects.



## Fathers' Day

President Nixon officially established Father's Day in 1972. However; unofficially, Fathers Day has been celebrated since 1908. Dr. Robert Webb started Father's Day at his church, The Central Church of Fairmont, Virginia. On June 19, 1910, the Spokane (Washington) Ministerial Associated celebrated its first Fathers Day. A day to honor fathers was proposed by Sonora Dodd who was raised by her father and her siblings after the death of her mother. Also on that same day, in Chicago, Harry Meek and his group celebrated its first Fathers Day. Father's Day is not only for fathers, but for all men who have provided guidance, love and acted in a parental role.



## Alcohol Policy

Just a friendly reminder that all residents that would like to drink alcoholic beverages must have physician's permission to have alcohol for your safety. Residents taking certain medications may have adverse reactions if they consumed alcohol. Alcohol is not permitted in residents' rooms and must be centrally stored in the medication room. An employee of Elders Inn will pour the alcohol upon request according to the physician's order.

## From the Desk of the Administrator

We are encouraging residents to join the House Committee meetings. Come share your ideas with other residents. Look for dates and times on the June Activities Calendar.

Time to enjoy the fresh air: beginning in April, we have been celebrating the sunshine with outside activities. We will also be starting a Walking Club this June, so dust off your walking shoes, and get ready to stroll.

Just a friendly reminder that Nursing Clinic hours are Monday-Friday 2pm-4pm. Should you need to meet with the Resident Care Coordinator, contact Ami at 510-521-9200 Ext. 106 to schedule an appointment.

Also, please don't forget to attend the Circle of Elders meeting @ 11am Monday through Friday. We will discuss current events, community events, dietary and environmental topics.

## Residents of the Month: Estar & Erwin Baur

Estar and Erwin are a delightful couple that who reside at the Elders Inn. Estar was born in Cleveland, Ohio and Erwin in Desseldorf, Germany. They met in Cleveland while Estar was still and high school and only 17 years old. Erwin was an older man at the age of 22. The Baur's wed in West Virginia, because she was underage. Erwin worked as a tool and die maker in the auto industry and was president of a local car union in Detroit. As a hobby, Erwin worked on stain glass. They have his artwork displayed on the wall of their apartment. It is a scene depicting two monks.

Estar worked as a housewife looking after their two daughters; one of whom became a doctor and now resides in Northern California. Erwin and Estar have three grand-

children living in Arcata, Mexico and New Zealand. Estar and Erwin traveled widely visiting China, Russia, Germany (Erwin's birthplace), France, Italy, Spain, England and Mongolia.

Both Estar and Erwin love books and are good orators. They were advisors to union officials and were often involved in solving labor problems and disputes. Estar worked as a library director and she also served as such at Laney College in Oakland.

Asked about words of wisdom - Erwin said, "Organize for any cause you believe in" and Estar added, "Follow your dreams". We are pleased to honor Estar and Erwin Baur as the Couple of the Month for June.

## An Introduction to Meditation (Continued from Pg. 2)

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compromised by stress, it could mean that, by lessening the adrenaline surges usually made as a response to stress, meditation would help to decrease stress-related conditions such as hypertension, heart disease, asthma, insomnia, digestive problems, etc..

The word meditation comes from the Latin root *meditor*, which literally means "healing," and meditation has been found to reduce costs in healthcare. In Canada, researchers tracked a group of 677 people enrolled in a health insurance program. After learning TM, their health care payments were reduced by 5-7percent cumu-

lately every year. After seven years, health costs had been cut by almost 50 percent. Another study of health insurance statistics was published in *Psychosomatic Medicine*. It studied more than 2,000 people practicing TM over a five-year period. It found they had 50 percent fewer doctors' visits and fewer than half the hospitalizations the other groups of similar age, profession and insurance coverage. Meditators had fewer incidents of illness in 17 categories.

A study published in the British journal *Personal and Individual Differences* showed that students practicing transcendental meditation increased their IQ by five points

in two years and by nine points in four years.

Meditators feel that meditation improves their quality of life and gives them a sense of inner peace. This super-conscious state allows us to re-center. We tap into a positive universal energy, something greater than ourselves. It gives a wonderful feeling of being completely known. Stayed tuned for next month's article on techniques and ways to meditate.

### Fitness IQ Answers

- |      |      |       |
|------|------|-------|
| 1. B | 5. A | 9. B  |
| 2. A | 6. C | 10. B |
| 3. A | 7. D | 11. D |
| 4. D | 8. A | 12. D |

Scoring :

9—12 Congratulations You have a high fitness IQ. Continue to learn about health and fitness. The more you learn the better off you'll be!

5—8 You have a good basic understanding of fitness principles but need to expand your knowledge to fill in the gaps. Keep learning!

0—4 Start learning about fitness and its affect on your health. You'll be glad you did. Knowledge is power!

## Physical Activity & The Brain

Another *HealthDay* report describes encouraging new research on the subject of mental fitness. It appears that regular moderate-intensity exercise, especially when undertaken between age 50 and age 65, may help to prevent mild cognitive impairment.

What is considered mild impairment? Persons with the condition are able to function satisfactorily in everyday life, but falter when it comes to recalling details (for example, details associated with recent conversations and events or with imminent appointments). Over time, most such people undergo a progressive

decline in cognitive ability, which actually results from Alzheimer's disease. However, not all of those with mild impairment go on to develop more serious problems.

This research was conducted by Mayo Clinic scientists, who studied 868 men and women ages 70 to 89. It involved comparing the subjects' level of exercise activity to their cognitive health status over time. The findings suggest that physical exercise may reduce the risk for developing mild cognitive impairment.

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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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