

Living on the Waters Edge

Volume 9, Issue 6

June 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.



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Something is Afoot at AEC!

By: David Ruttan

When it comes to physical problems for senior citizens, there are probably none more common than those involving their feet. 87% of older adults have at least one foot problem, and after the age of 75, fewer than 30% of patients can still look after their feet themselves because they can't see well, can't reach their feet, lack grip strength or have cognitive

disorders.

The foot is a complex structure, composed of 26 bones, 33 joints and more than 100 tendons, ligaments and muscles. As we age, feet tend to flatten and increase in size, and the fat pads on the bottom of the feet start to dissipate and lose their protective qualities. Skin becomes drier, and being overweight can affect the muscles and ligaments. There

are over 300 foot ailments, but besides medical conditions, the reasons most older adults experience foot problems are the wrong socks, and the wrong or poor fitting shoes. Fortunately, with the right socks, the right shoes and proper fitting, many foot problems can be prevented.

"Years of wear and tear can be hard on

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Stress, Sleep Deprivation, & Diaphragmatic

By: Nathan Ubl

At every age, stress is part of our lives. While it can be difficult to define, its negative effects are easy to identify and include: headaches, insomnia, lower back pain, increased blood pressure, difficulty concentrating, anxiety, depression, restlessness and poor quality of sleep. Luckily, stress can be managed and those

who are stressed out should not lose hope. Various methods have proven effective at reducing stress levels including: meditation, exercise, muscle relaxation techniques, music, and certain breathing techniques.

One of the things that stress can have the largest impact on is quality and quantity of sleep. It is fairly well known

that sleep is important, but many are unaware of the specific benefits of sleep. Obtaining quality sleep of appropriate length can help maintain cognitive function and reduce risk of certain diseases.

Someone who is sleep deprived (less than 7 hours a night) can suffer from impaired reaction

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Exercise Your Mind! Brain Benders

Trivia

1. Name the Revolutionary War naval hero who died in France.
2. What state's capital building had an oil well on its grounds?
3. Gary Cooper won an Oscar for playing what WWI hero?
4. Yankee Doodle is the official song of which state?
5. Who was the first American President born in the 20th century?
6. Name the country and western performers who hosted the TV show, Hee Haw.

What Year Was It?

What year are we talking about?

New products: Polaroid camera, packaged cake mix, Almond Joy, & frozen OJ.

New Book: The Diary of Anne Frank

World Series Winners: NY Yankees

New House Cost: \$6,650

Fathers Of...

Connect these "Fathers of Invention" with their invention.
(example: George Washington is the Father of The United States)

- | | |
|---|------------------------------|
| 1. Jules Verne | A. Father of Rock n' Roll |
| 2. Commodore John Barry & Captain John Paul Jones | B. Father of Biology |
| 3. Hippocrates | C. Father of Science Fiction |
| 4. Chuck Berry | D. Father of Basketball |
| 5. James Naismith | E. Father of Medicine |
| 6. Aristotle | F. Fathers of the US Navy |

Last month's answers

The bridge is **75** years old.

More than **112,000** cars use the bridge every day.

The original coat of paint lasted **27** years.

The bridge was designed to handle winds of up to **100** mph.

The bridge is **220** feet above the water.

MOUTH

BASS

Big mouth bass

NEGATIVE
NEGATIVE

Double negative



Hand it over

RECK -DRIVING

Reckless driving

G
R
A
D
E

Downgrade

TERquietLUDE

Quite interlude

Breathe Through the Stress

(Continued from page 1)

time and decreased memory. Some common questions people have in regards to sleep are:

- Will one hour less sleep make that much of a difference? *Yes, it can compromise your thinking and responding abilities.*
- Will sleep deprivation cause prolonged daytime sleepiness? *It is possible; while other factors could be the cause, sleep deprivation is a large factor.*
- Would a short nap help if I did not get enough sleep? *Yes, 15 minutes or less can improve decision making ability.*

One way to help reduce stress and improve overall health is through improvement/practice of diaphragmatic breathing. Diaphragmatic breathing refers to breathing in such a manner that the diaphragm does most of the work. As we age, poor posture habits, stress, and trying to “suck it in” have contributed to decreased diaphragm involvement in our breathing. Shallow breathing can result in respiratory alkalosis, anxiety, decreased pain threshold and allergies. Proper diaphragm usage can also improve core stability, which improves posture and reduces neck pain. There is a simple test to assess your breathing function; it is called the “high

-low test”. Sit in a chair or lay down, then place one hand on your chest and the other on your belly. Take a few relaxed breaths and take note of how much your hands move while you breathe. If the hand on your chest moves significantly more than the hand on your belly, this could indicate low diaphragm function in your breathing. Work on improving your diaphragmatic breathing by practicing taking relaxed and deliberate breaths. It can not only improve diaphragm function, but reduce stress too. Soon you'll be making progress toward walking taller, achieving a better night of sleep, and feeling more relaxed.

World Tour: South Pacific

Start packing and grab your passport! This month we are traveling through the Pacific Islands. These nations and territories are made up of thousands of tiny, scattered islands. Some are low-lying coral reefs, while others are mountainous, with tropical forests. If your passport isn't current, don't worry! Hawaii is here too, so you don't even have to leave the States!

Fun Facts about the area:

- New Guinea is the largest Pacific Island by area with approx. 342,000 square miles. It is also the second largest island in the world

(after Greenland).

- Australia has the world's largest cattle station. At 30,028 square km it is almost the same size as Belgium.

- In New Zealand, the South Island is larger than the North Island by only a few square miles.
- Hawaii was once 6 different chiefdoms.



Healthy Feet

(Continued from page 1)

our feet," says the National Institute on Aging. "So can disease, poor circulation, improperly trimmed toenails, and wearing shoes that don't fit properly. Problems with our feet can be the first sign of more serious medical conditions such as arthritis, diabetes, nerve and circulatory disorders.

Foot problems for the elderly include muscle weakness, imbalance disorders, arthritis, corns, calluses, vascular-related disorders, bony prominences, diabetic ulcers, poor circulation, nail problems, skin rashes, loss of sensation, weight-bearing imbalance and skeletal deformities (that can have an effect on the back as well as ankles, knees and hips).

The NIA advises seniors have their feet checked regularly (ask a member of your family or our staff). It also helps to keep blood circulating to your feet as much as possible. Do

this by putting your feet up when you are sitting or lying down and stretching if you've had to sit for a long while. Don't sit for long periods of time (especially with your legs crossed) and **KEEP WALKING!**

A Few Tips to Maintain Healthy Feet

1. Inspect your feet regularly and pay attention to changes in color, texture or appearance.
2. Maintain good foot hygiene, including washing and drying between the toes.
3. Hydrate the skin. Warm weather and open shoes can cause rapid loss of moisture from the skin and may result in cracking or the formation of fissures. It is helpful to replace the moisture content by using lotions or creams on a regular basis.
4. Buy proper-size shoes. You may not wear the same size in shoes made by different manufacturers. Purchase new

shoes late in the day, when feet tend to be their largest. Always buy the shoes that feel the best.

5. Don't ignore foot pain. Symptoms that increase or do not resolve within a reasonable period of time need to be evaluated by your podiatric physician.

6. Cut toenails straight across. Never cut into the corners — this could cause an ingrown toenail. Gently file away sharp corners or rough edges with an emery board.

7. Exercise. Walking is a great way to keep weight under control and is an excellent conditioner for the feet. Be sure to wear appropriate athletic shoes when exercising.

Our staff at AEC is well trained in dealing with common foot problems, but we also arrange for regular visits by two Alameda podiatrists. Just make an appointment at the Front Desk.

Time to Try the Par Course!

By Wilson Trang

This time of year, the beautiful weather in Alameda gives us a chance to use the Senior Par Course located in front of the Lodge. What is a Par Course? Well, let me explain it to you.

A par course is an area designed to encourage people to exercise outside at a number of different stations and using different exercises. Designed long before gyms were popular and popping up in parks and common areas, par courses give people a chance to exercise without a strict program. Most par courses consist mainly of different benches, elongated surfaces and other obstacles that focus on body weight movements.

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Resident of the Month: Charlotte Burnett

Charlotte was born September 21st, in Idaho, to the family of a Lutheran Minister. When she was a child, her family moved to Pasadena, where she grew up playing the pipe organ in her father's church.



At the age of 17, Charlotte started an art show as a fundraiser to raise enough money to buy

a new pipe organ for the church. It was her first solo art show, and it was love at first sight. She soon made the decision to go to UCLA, where she earned her degree in Art.

Charlotte met her husband, Rex Burnett, at work. He was an automobile illustrator, and "the best artist I ever met". Together they have 5 surviving children, 3 sons and 2 daughters. Later in life, they led tours through Switzerland for tourists, taking them from

one amazing sight to the next.

We welcome Charlotte to the Waters Edge Lodge, and we look forward to getting to know her. She is a wonderful and inspired addition to our community. Please take a moment to introduce yourself and make her feel welcome. And congratulations to Charlotte on being June's Resident of the Month!

WELCOME

Beautiful Music

Our bi-annual Urquhart band performance is scheduled for June 27th at 7:15pm. This 25 person band assembles in our Living Room and will be playing patriotic songs to celebrate our upcoming Independence Day.

This well attended Living Room concert is a favorite for our community here at the Lodge. Look for them again this December to hear them play all of our holiday favorites.



Happy 4th of July!

We are welcoming all families to attend a picnic-style Ice cream social this Fourth of July at 2pm, (after the Alameda holiday parade). After a hot day under the sun, what better way to cool off than with family and ice cream? We are looking forward to seeing friendly and familiar faces gathering together for

some summer time fun. If you plan on attending please RSVP to Hannah via email (hannah@alamedaelder.com) or by phone [\(510\) 748-4300](tel:5107484300).



Book Nook (Audio)



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

This month's book is:

Red Lilly

by Nora Roberts

Now that the weather is finally warming up, we can start planning more outdoor activities!



Look for fun additions on our activity calendar such as Golf Putting - at Chuck Corcia Golf Center, and ice cream socials in the dining room

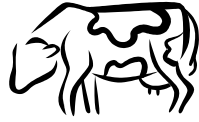
every other Wednesday.

We also have a couple of new additions to our entertainment schedule, Paulette ReNee who sings like Doris Day, and Chris Waltz who will be singing Irish folk songs on June 15th.



Resident of the Month: Mary Tully

Mary Tully recently relocated from the Waters Edge Lodge to Elders Inn. She was born and raised on her father's dairy farm in Fortuna, CA. She grew up with her parents, older sister, grandma & uncle, who lived close by. Mary is three years younger than her older sister and still maintains a close relationship.



Mary worked for the FBI for

nine years in San Francisco as a stenographer (writing in shorthand) and a secretary. While at work, she met her husband Leo, who was an FBI agent working with her from the Bronx, New York. Mary's husband asked her out on their first date to a baseball game in Emeryville, CA. Mary was a country girl and fell in love with Leo, a city boy. Mary and Leo enjoyed playing golf together, driving across the U.S. (2 times), and

traveling the world.

Mary and Leo have two sons and four grandchildren. Mary enjoys listening to music, especially John Heleen sing and play guitar every Thursday at Elders Inn. Mary is also trying to get back into making bracelets and earrings and would love to get to know the residents more at Elders Inn!



Garden Neighborhood News!



June is here in all its glory and our residents are really enjoying our daily Walking Club

at 10:00 am. The garden paths are full of beautiful roses and the fragrance is in the air. Stopping to smell the roses is one of life's great pleasures!



We have a new activity to announce---bowling! Our residents are testing their skills every Monday at

11:00 am in the Living Room. This game isn't only fun, but also helps hone eye and hand coordination while fun victories are accomplished.

We Have Hummingbirds!

Last year, we were blessed with a mama hummingbird making her nest in one of our bamboo trees and evidently she was so pleased with the outcome that she has built a nest this year too!

Come see the tiny nest in our beautiful patio in our Garden Unit! There are two eggs as of this writing and even if the little ones have flown away, the nest should be there for

all to see. What a beautiful example of the beauty of nature and the renewal of spring!

Did you know that hummingbirds can fly at speeds exceeding 34mph? Or that they can fly backwards (and are the only birds able to do so)?

Check with your activities staff for more fun facts!

News & Notes

Celebrate Flag Day with a very special presentation of American Flag history and fun facts on Thursday, June 14th at the Circle of Elders.

Calling all Dads! We will be serving beer and pretzels during the entertainment on Sunday, June 17th to celebrate Fathers Day. Everyone is invited to join the party!

Our annual patriotic concert, starring the



incredible Urquhart Big Band, will be held on Wednesday, June 20th at 7:00pm in our beautiful courtyard. Come one, come all and get those toes tapping!

Join us at the Elders Inn for an old fashioned picnic lunch after the 4th of July parade at noon, followed by an ice cream social at 2:00pm! RSVP to the front desk.

Iron Woman of the Month: Harriet Rotner

This month, we honor Wii Balance extraordinaire: Harriet Rotner. The term Ironman/Ironwoman has been thrown around a lot lately but Harriet represents something that has long been attributed to the original Ironman Jack LaLanne; a lifetime devotion to exercise, fitness and health.

Harriet was born in San Francisco but she and her family moved to Oakland following The Great San Francisco Fire. She grew up in the Lakeshore area with her brother and two sisters. She went to dancing school and has danced everyday since she was seven. Her



dancing teacher enjoyed putting on shows so Harriet was always performing.

Following graduation, Harriet began teaching adult school in the Alameda United School District. She primarily taught dance and music. She eventually founded her own dance group with eight students she cultivated from the dance program and performed privately at a variety of different venues and events.

When her 3 children, all sons, moved out and went to college, her house became too big for Harriet and her husband, so they decided to move to Alameda, especially since all her nieces and nephews lived in Alameda.

Harriet keeps up with the news on a regular basis and can be found reading the newspaper in the Living Room everyday after lunch. Besides reading, Harriet takes the Wii Balance class everyday to help her balance. She is constantly scoring well and competing with the other regular champion Wii Balancers, Charlie Campe and Grace Owdom. She also continues to come to the morning exercise classes on a regular basis to keep up her strength and flexibility. Harriet has always lived a life of health and fitness and continues to do so now. Her healthy lifestyle is the reason why Harriet is the Iron Woman of the Month.

Congratulations Harriet!

Walking Course Opens for Season

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Par courses are a great blend of exercise, functional activity, and outdoor activity. Why do three separate things when one can do all three simultaneously? The par course also has a great scenic view; a nice change from exercise classes indoors.

Doing exercises outside is also a great opportunity to get your recommended daily dose of Vitamin D. Vitamin D is responsible for bone health and has been clinically proven to decrease the chances of

falling.

AES designed and built the par course based on the fitness needs of the senior community, especially those at the Lodge. All of the exercises on the par course can be completed by seniors of any ability level. The walkways have handrails and benches for breaks, and are maintained on a regular basis to make sure debris is not a tripping hazard.

Join the Par Course Introductory class beginning this month!

Walking Club

The Walking Club at Waters Edge Lodge is getting out there and enjoying the weather! Here's their total mileage!



Between February 17 and May 14, the club walked 71.41 miles.



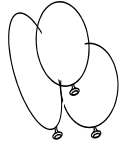
That's like walking to, and back from, the Wente Vineyards and tasting room in Livermore, and then dropping by Elders Inn to share a toast! (Followed by a ride home!)

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:

Vanessa Johnson,
Lodge



Nine Years:

Daine Ambegia, Elders

Two Years:

Mariah Geronimo, Lodge

Thirty Three Years, WOW!

Darnelle Zimmerman, AEC

Piper's Corner

Piper is the man (cat) in the know at Elders Inn and a very vocal resident. Here he shares his daily experience.

I was one of the first residents at the Inn and have been here for 11 years now. Nothing goes on here that I don't know about.

I love wandering the building and am only hampered by my lack of opposable thumbs (and height). If you see me sitting near an elevator, please push the buttons for me so I can visit everyone! These days I spend a lot of my time with Daine at the front desk. She and I have a running joke where we see if we can convince people I'm a toy or mannequin. No luck yet but we're getting there.

Haiku

By: Bernard Welz, Resident

Cat met potato bug
In garden
Both jumped at contact
But bug jumped the wrong way.

Tree shakes in winter cold,
Hoping for an early spring.

Cat eats dog's food
While dog sleeps.
Dog awakens,
Trouble Brewing!

Daine on Piper

I met Piper 9 years ago this month; he sure is the type of cat who loves attention! Sometimes I wonder if he is actually a cat, he seems to act and understand like a person! I think he keeps track of the time and knows when I'm supposed to be at work in the mornings because he is always waiting for me at my desk.

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

specifically 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.