

Living on the Waters Edge

Volume 9, Issue 7

July 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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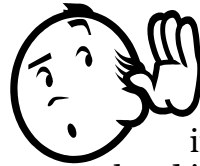
Don't Keep Quiet About Hearing Loss!

By David Ruttan

Hearing loss is a medical disorder that affects nearly 36 million people in the United States. Impaired hearing may be caused by many things.

Likelihood Increases with Age

Older people are the largest group affected by hearing loss. Contributing factors range from excessive noise,



drugs, viral or bacterial infections, head injury or head tumors, and heredity. One in three adults older than age 60 has hearing loss. Nearly half of people older than age 75 have hearing loss. People with impaired hearing may:

- Have difficulty hearing well over the telephone

- Think other people are mumbling, especially in noisy places
- Find it hard to follow a conversation when two or more people are talking at once
- Have trouble distinguishing between "s" and "th" sounds

Psychological Effects

(Continued on page 4)

What is Balance?

By Wilson Trang

As you get older, one thing you realize is that your balance has gotten worse and it is essential to maintain or improve your personal balance. But what is balance and how do we achieve it?

Balance is largely the result of your body's sense of where it is; the combined result of three organs-your ears, eyes, and spinal

cord working together. Numerous studies have found that if one of these three organs were to be damaged or lessened in any way, your balance may be compromised.



Ears are believed to be the most important part of balance. It might seem contradictory, but the organs in the

ear are responsible for telling your body where and how it is moving. There is an organ in your ear called the vestibule. Think of it as a water balloon with hairs on it. The hairs stand up and react to the currents made in the water when you move the water balloon around. The vestibule allows the body to know if the head is spinning, on

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Exercise Your Mind! Brain Benders

Trivia

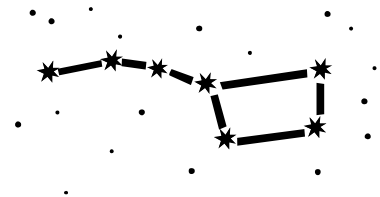
1. When was Yankee Doodle written?
2. What did Yankee Doodle call the feather in his cap?
3. What painting by Archibald MacNeal Willard is also known as Yankee Doodle?
4. The movie Yankee Doodle Dandy (released in 1942) starred who as the male lead?
5. Finish this line of the song. *Mind the music and the step and*
_____.

Dog Days of Summer

The Dog Days of summer are upon us!



I'm sure that most of you have heard this phrase at one time or another, but you probably don't know its true origin. It doesn't have anything to do with dogs, but rather the "disappearance" from the sky of the "Dog Star" named Sirius. Dog Days originally were the days when Sirius rose just before or at the same time as sunrise, so it was "missing" from the evening sky.



Red, White, and Blue

All of the answers contain one of the colors.

1. Chewing gum
2. Hero
3. Type of music
4. Symbol for surrender
5. Brooke Shields movie
6. Snoopy's flying foe
7. Seven Dwarfs' friend
8. Baseball team
9. Bureaucracy term

What Year Was It?

What year are we talking about?

New house cost: \$34,9000
 New car cost: \$3,756
 Movie ticket cost: \$1.75
 New release movie: *Murder on the Orient Express*
 World Series winner: Oakland Athletics
 News: Nixon Resigns
 Presidency on August 9

Last month's answers

Fathers of...

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

Trivia

Name the Revolutionary War naval hero who died in France. **John Paul Jones**
 What state's capital building had an oil well on its grounds? **Oklahoma**
 Gary Cooper won an Oscar for playing what

WWI hero? **Sgt. Alvin York**

Yankee Doodle is the official song of which state? **Connecticut**

Who was the first American President born in the 20th century? **John F Kennedy**

Name the country and western performers who hosted the TV show, Hee Haw. **Buck Owens and Roy Clark**

What year was it? **1947**

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

Balance

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its side or lying still.

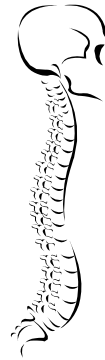


Your eyes are responsible for spatial awareness of the

environment. The eyes are directly linked the brain, which puts all the information together. Your eyes let you know where objects are in the environment, allowing your brain to take the most basic information and extrapolate other information from it, such as; how much does it weigh, will it fall over, will it move, etc.

The last organ is your spinal

cord. The spinal cord has a system of nerves called the autonomic nervous system. It relays information from the body, such as muscle length, touch and body movement, to the system in the spinal cord. If necessary, the spine can and will make movement calls without consulting the brain. Imagine if you put your hand over a fire, the impulse to flinch away from the fire comes from your spinal cord, not your brain.



All three components are required for balance. Other factors have been found to contribute to balance such as memory and muscle control.

A *Sport Science* experiment found that elite athletes memorize details of their environment while they are moving in the air to anticipate and perform feats while off-balance. Muscle control and development is required to move the body in order in keep the body in balance. Sharper muscle control means the body needs to do less and is able to accomplish more to retain or regain balance.

By working all three of these organs on a regular basis, a certain level of balance can be regained through regular exercise.

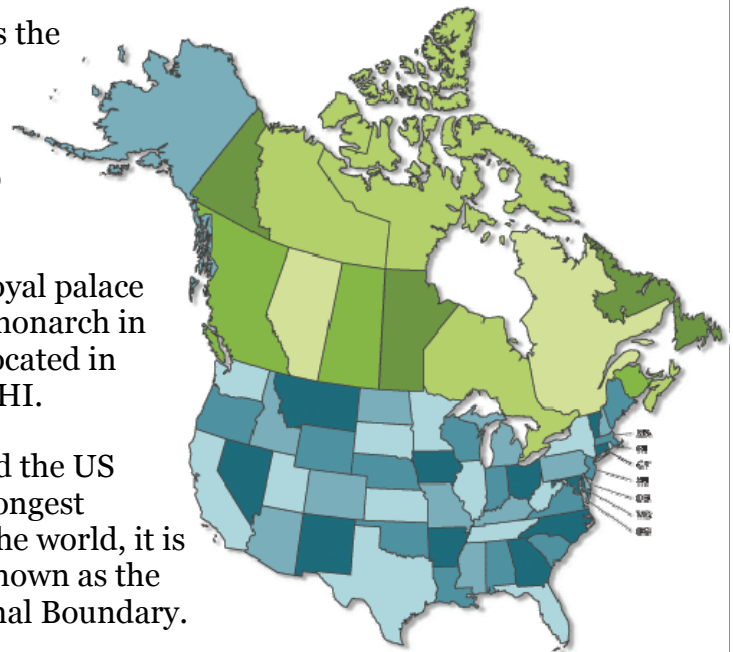
World Tour: United States and Canada

This month we will be experiencing the United States, Canada, and Native American cultures. Home to all of us, the U.S. spans the whole of central North America. Above us, Canada's islands are scattered like pieces of a giant jigsaw puzzle across the Arctic.

Fun Facts about the area:

- The US is the fourth-largest country in area in the world.
- Canada is 98,201.5 square miles larger than the US. That is just a bit smaller than Oregon.

- Canada has the world's longest coastline at 202,080 km.
- The only royal palace used by a monarch in the US is located in Honolulu, HI.
- Canada and the US share the longest border in the world, it is officially known as the International Boundary.



Hearing Loss

(Continued from page 1)

People with hearing problems must work harder to understand others. This could result in fatigue, anxiety and stress. Some people with hearing loss may withdraw from social activities, which impacts their relationships with friends and family. They may even feel isolated or depressed.

You Can Get Help

To determine the exact cause of your hearing loss, and how it can be managed, ask our



nursing staff if it would be wise to schedule an appointment with an audiologist for a complete medical examination. Many treatment options — including hearing aids and surgical measures— can help people with hearing loss communicate better with others.

Thanks to advances in

technology, hearing aids are now smaller and provide better sound quality than ever before. More hearing aids are now digital, which may provide better background noise reduction and offer more programming options to improve hearing in different settings. For people with more serious hearing problems, special implants can be surgically inserted into the inner ear to restore some hearing.

Join Us for a Walk!

By Wilson Trang



Summer time means walking time. While there are many benefits of walking,

summer time has brought all sorts of friends and new neighbors to us in the lagoon here at the Waters Edge Lodge. This week, a pair of ducks near the park on Chatham Pointe introduced a new family of 5 ducklings to the lagoon.

Summer is the traditional time for migratory birds to give birth to their young and nest them in the safety of Bay Farm Island. Lucky for us, a few of these birds have taken a liking to places within Walking Club's path, giving

us a great view of the wildlife.

The lagoon has been a home to two types of ducks for a number of years. Mallard and buckhorn ducks are seen in the water around the year.

The mallards are the ones where the male sport a green shades on the heads while the female sports an all brown shade.

Bufflehead duck is the species that carry the white shade on its head. Because the bufflehead duck is significantly smaller than the mallard, they tend to shy away from hanging out and eating with the mallards and are found isolated near Robert Davey, Jr. Drive.

The true star of the last few



weeks have been the great egrets that have decided to take up the area near Lagunana Lane. You might not be able to see them the first few minutes, but you can hear them in the tall pine tree. They sound like a combination of a turkey and a car horn. They are an all-white bird with a sharp beak, a long neck and a fancy head dress. Nearly 50 of them have taken residency in the pine tree and occasionally come down to feed.

Canadian geese have also come to visit the lagoon as well. In the last month, the population of geese have exploded from 3 or 4 to about 60, mainly around Chatham Pointe. They are eager, friendly and travel in

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Resident of the Month: Bob Hansen

Bob Hansen is a lifelong California resident who was born and raised in Oakland. Some of his fondest childhood memories include playing with his best friend and neighbor, Mack. In 1935 he met his future wife, Marjorie, on a blind date. After a few years and a job promotion, Bob and Marjorie finally said their vows.

Mr. Hansen was the Assistant Superintendent Steel Inspector at the Richmond

Ship Yard during the day, and in the evenings and on weekends he enjoyed carpentry; he'll tell you he was always in the middle of a project at home.



One of the things Bob and Marjorie enjoyed most was dancing; they enjoyed dancing so much that they decided their house needed a Dancing Room, where they could host parties and dance

the night away. Mr. Hansen vividly recalls that it took him longer to build that dancing room than it took Kaiser to build a new clinic. The couple also enjoyed taking cruise vacations and visiting the Hawaiian Islands. We here at the Lodge are happy to welcome him to our



WELCOME

Suggestion Box

We had a request to post our special events calendar to a website so everyone can see what's coming up.

In response to this request we would love to encourage all Residents and families to check out the Lodge's page on our website, www.alamedaelder.com, where you can find our activity calendar and see upcoming events and activities that you may find interesting.

August Activities

This August is going to be filled with ice cream socials to beat the heat. Look for a special outing to Tuckers Ice Cream, where we will gather together and snack on some delicious varieties of this sweet, cool treat.



We will also be continuing our new monthly outing to

the Chuck Corica Golf Center on the first Monday of the month; sign up sheets can be found at the front desk. As this is a popular outing and available seats are limited, make sure you sign up early!



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:

The Best of Me
by Nicholas Sparks

From Hannah's Desk

This month's lunch outings have been chosen to be Dragon Rouge on July 12, and India Palace on July 26th. I would love for our van to be full and to share a meal with some wonderful people. Please Sign up now at the Front Desk and get your name on the list! We also have TWO new bingo callers, Harshal who calls Bingo on

Wednesday nights, and Sarah who is now calling on Sunday nights. On the topic of activities, we are looking to start a new novice Bridge group, so all those who are interested please drop Hannah a message so we can get a new group started. I'm looking forward to a full filled July, and I hope you are too.

Resident of the Month: Bill Eggert

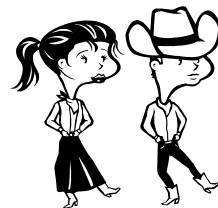
William “Bill” Eggert was born in the thriving metropolis of Dinuba--- smack in the middle of the San Joaquin Valley with a population of 3,000 hearty souls. His dad had a garage and a machine shop and his mother was a homemaker keeping her hands busy raising Bill and his sister and 2 brothers. She also handled the books for the business when she wasn’t chasing after the 4 busy children. The family moved to Porterville, CA and finally to Berkeley, where Bill graduated from

Berkeley High School and San Francisco City College. Bill then went into the Army, but remembered his roots, as he asked a certain young lady from Berkeley High to be his bride---they had met at football game years earlier.



Bill and Georga established a home after Bill finished up with the Army and he worked 33 years for PG & E as a field electrician. He was the guy who installed, repaired and kept those meters humming! Georga was a stay-at-home

Mom for their 3 kids until the kids were off in school and then went to work as a church secretary. They loved to square dance and traveled all over to conventions—Canada, Scotland, England and Alaska, square dancing all the way!



Bill adores his 5 grandchildren---2 grandsons and 3 granddaughters and is a great asset to Elders Inn. We salute Bill Eggert as Resident of the Month.

Garden Neighborhood News!

By Nanacy Rafalaf

We’re so lucky to have a tea party every day at 2:00! We serve freshly made tea in pretty teacups with cookies in the Garden Dining Room and the residents



always look forward to this time of day. This is our chance to meditate, talk, or sing songs as we sip our tea.

All family members and loved ones are always welcome to join us to make it an even more special occasion.

Nurse Notes



Residents (and families!): When you go out with friends or family, please remember to let us know if you will be missing a meal and/or if we need to prepare your prescriptions for you to have while you are out.

News & Notes About Activities at the Inn

The annual Alameda 4th of July parade will be on a Wednesday this year---try to guess the date! All families are invited to return to the Elders Inn after watching the parade for a picnic lunch.

I scream? You scream? Do we all scream for ice cream? Keep your eyes peeled to the daily activity board and if the weather cooperates, we’ll all scream together! We’ll be

starting off the ice cream socials on Independence Day, July 4th at 2:30---right after the 4th of July picnic lunch.

On Wednesday, July 18th, we will be walking to a wok! Chef’s Wok! Meet in the lobby and we will walk (slowly!) up the street and enjoy some outstanding Chinese food for lunch. Don’t worry about money---see David Ruttan for details.

The Summer Olympics are beginning on July 27th from London, England. We will be showing the spectacular opening ceremonies on the big screen in the Buena Vista Lounge and serving English treats. Join us for this beautiful event that showcases amateur athletes from all over the world. We will be continuing to show the more popular events during the following weeks.

Iron Man of the Month: Clarence “Jack” Nowak

When the word Iron is used, the first thought that comes to my mind is another word: strength. Not necessarily physical strength, but rather the strength of a person’s mind or spirit. Jack Nowak is 92 years old and is most certainly physically strong, but he also has a strong spirit.



Jack is a regular attendee of the exercise classes at Elders Inn, and he is very motivated to improve with his physical therapy. He is up and around so much that he has already worn out the grips on his walker! Most of the time when you see Jack he has a smile on his face and a great attitude, even while struggling with his medical conditions.

Jack grew up in the small town of Little Falls, MN and spent much of his youth playing in a 100 acre forest near by, with a playground and creek not too far away. Jack recalls that during the late spring, he and his 8 siblings would dam up the creek to create a swimming hole. During his teenage years, Jack worked with his uncle in Detroit restoring equipment, then when he was 17, he joined Civilian Conservation Core (CCC). After spending 18 months in the CCC, he decided to ride freight trains and see the lower 48. In many cities he would work in the fields harvesting local crops, in others he would



box in local club fights. Jack said that the club fights would earn him \$5 a fight and could last up to 5 rounds. In 1939, Jack began working with the Merchant Marines. He worked his way up, retiring as chief engineer in 1982.

Jack has lived a tough, but interesting life and it is clear it has shaped who he is today. Easily one of the more active residents at Elders Inn, Jack wakes up each day with a smile and a vigor for life. He is so determined to get to morning exercise that he asked to change his Physical Therapy schedule so his therapy would not conflict with class. With his Iron strong mind and will, Jack is a wonderful representative of an AES Iron Man.

Walk Together

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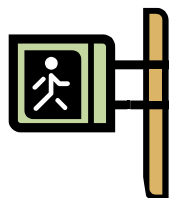
gaggles. Gaggles is the term for a group of geese. If you happen to walk near the water, the geese will not hesitate to gather around you and wait for food.

One of the rarer signs in the lagoon is the great heron. They are also tall, white and sport long legs. Found more often in the water, stalking and trying to pick at things in the water, they tend to travel solo and are often found near the banks of the lagoon, hunting things and avoiding

the other birds. They are also extremely shy.

With all these new neighbors on the lagoon, summer is a perfect time for you to come join Walking Club on Monday, Wednesday, and Friday at 3 and meet them.

If you don’t live at the Lodge don’t worry, there are wonders to be had at the Inn as well! Stroll through the patios and discover your personal fireworks show in the waterfall hydrangeas that are blooming now!



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 June 14, the club walked 83.41 miles.

That’s like walking to, and back from, the trials for the Olympic Gymnastics trials (or Neil Diamond concert) at HP Pavillion in San Jose. Go Team USA!

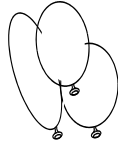


Congratulations!

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:

Jazmin Chamizo,
Lodge



Six Years:

Maria Rangel, Lodge

Eight Years:

Arsenia Estonilo, Elders

Two Years:

Cheryl Champ, Lodge

Sixteen Years!

Leticia Gomez, Lodge

Four Years:

Emilia Krubnik, Lodge

Lauren 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.

Summer time is coming, I can tell these things. The garden is full of flowers (the hydrangeas are amazing this year), the baby birds are learning to fly, and the garden doors are opened for me every day—I love this time of year.

You know why else I love this time of year? Parties on the patios! I'm really looking forward to the music and goodies served on my patio.

Haiku

By: Bernard Welz, Resident

When sad I look at the
Green trees and white lily,
And am risen from my gloom.

Nearby songbirds
Override voices on the patio.



A female hummingbird,
Darting flower to flower,
Followed by three fledglings,
Learning the art of shopping.

Yellow butterfly on
Blue hydrangea,
Trying the bargain stand.

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.