

Living on the Waters Edge

Volume 4, Issue 2

August, 2007

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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Therapeutic Exercise vs. Fitness Exercise

By: Kathy Hanley, PT

Residents at Waters Edge Lodge and Elders Inn sometimes get confused as to what is Rehab and what is Fitness. This is understandable as both departments offer exercise programs. Exercise is exercise, right? *Wrong!* While both forms of exercise are extremely valuable to our residents for the maintenance of their health and wellbeing, there are definite distinctions between the two.

•The exercise given

by the Physical and Occupational Therapists of our Rehab Department is *therapeutic* exercise. What does this mean? Therapeutic exercise has a medical orientation. It is designed to work on specific medical and functional problems. For example, if a resident has specific heart or lung problems, such as Chronic Obstructive Pulmonary Disease or Congestive Heart Failure, the therapist will prescribe specific exercises to improve the function of the heart

and lungs and increase endurance. If a resident has a particular orthopedic problem, such as Osteoarthritis of the knee, Degenerative Joint Disease of the spine, or a hip or knee replacement, the therapist will design an exercise program to increase strength and flexibility of those joints. If a resident has specific pain issues, therapeutic exercises can work on that. If a resident has balance problems, the therapist will do neuro-

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27th Annual Nursing Home Picnic

September is fast approaching, which means the annual picnic on the bay for Alameda nursing home residents is in the works! The 27th Annual Alameda Nursing Homes Picnic will be held on Thursday, September 13th, at Crown Memorial State Beach, ad-

acent to the Crab Cove Visitors Center. Elders from every nursing home in Alameda, along with their caretakers, relatives, friends, volunteers, and local dignitaries will come together for a day of music, games, food, and fresh air. In order to make this event a success, we

need help from you, friends of elders, in the form of either monetary donations or your time as volunteers. If you can help out in some way, please contact the Activity Director of Waters Edge Nursing Home at 510.522.1084 . Or by e-mail at: wenhactivity@gmail.com

Therapeutic Exercise vs. Fitness Exercise

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muscular facilitation and re-education exercises to retrain the body's balance system.

- Fitness exercise, while equally important, has a different focus. This type of exercise works to increase the strength, balance and endurance of the body in a more general sense. For this reason, our exercise classes involve strengthening exercises that include most major muscle groups of the body. The classes are designed to meet the needs of our resident population in general rather than the specific needs of an individual.

- Therapeutic exercise is given by a Physical or Occupational Therapist and is done under the auspices of a physician prescription. A Physical or Occupational Therapist must complete 6 years of university training and is licensed by that state.

- Fitness personnel typically receive their training in non-university settings. Many have on-the-job training or have taken certification classes. We are blessed to have 2 trainers, Peggy McCormick and Jackie Fay, who have multiple years experience in exercise with the elderly.

- Rehab therapeutic exercise is generally done for a short period of time, typically 3-6 weeks, to work on specific problems. Once these problems have been addressed, therapy is stopped.

- Fitness exercise, done for generalized fitness and well-being, extends over a much longer period of time. Ideally, it is a life-long endeavor.

- Therapeutic exercise, prescribed by a physician, is generally paid for by Medicare or other forms of health insurance.

- Medicare does not pay for Fitness/Wellness classes or

personal training.

Residents of Waters Edge Lodge and Elders Inn are fortunate to have both therapeutic exercise and fitness exercise at their disposal. Fitness classes are available free of charge to residents at both facilities Monday through Friday. Personal 1 on 1 training is also available for a fee. For details on Fitness programs, see Peggy McCormick, Wellness Director, at Waters Edge Lodge, and Jackie Fay, Wellness Director at Elders Inn. For details on Rehab programs, see Kathy Hanley PT, Rehab Director. Our Fitness and Rehab programs are designed to complement each other. For example, a resident might do 4 weeks of Physical Therapy and then transition to the Fitness programs upon discharge. Or Fitness personnel might identify a resident who is having some specific problem and refer them to therapy.

Climbing Back On That Horse

By: Peggy McCormick

It can be a huge disappointment when you know you've done everything right. You've attended the exercise and balance classes religiously. You feel stronger and more capable than you thought possible at your age. You're able to move around easily and attending activities and family outings doesn't tire you as

much. But then it happens. You have a fall. Suddenly all the self-confidence you gained by empowering yourself physically is gone. Just like that. There may be an injury or bruising. Hospitalization and physical therapy may begin to get you on the road to recovery as quickly as possible. Your days are filled with doctor appointments and visits with the therapist and nurse. In the blink of an eye you've gone from being physi-

cally active and in charge of your life to a patient, and not so patiently. Everything seems to be on hold while you try to get your old self back. Yet as you begin to recover, there is one injury that isn't visible and more often than not takes longer to heal. That is fear; fear is like a bruise on the soul. I can see it in your eyes as you dutifully go to your therapy and doctor ap-

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Plato: The Tripartite Soul

By: Kathy Hanley, PT

In both *The Republic* and *Phaedrus*, Plato describes the soul as having 3 parts. It should be noted that his use of the soul does not have the religious connotations that it does today. Rather the soul is the mind or non-material part of a person which is his true essence. The first and highest part of the soul is reason, the ability to critically think and use language. The second is the “spirited” element, expressed by emotions. The third is the “appetitive” element which includes bodily appetites and cravings for material things. Each of these 3 parts of the soul has its own “desire.” Truth is the desire of reason, honor and courage are the desire of the “spirited element,” and physical appetites and money are the desire of the “appetitive” element. Each

of the 3 parts also has a corresponding virtue: reason has wisdom; the spirited element has courage, and the appetitive element has temperance. The key to mental health, morality and justice in each individual person is maintaining a harmony and balance between the 3 different parts. However, in life there is often conflict between the 3 and this disharmony is at the root of many personal problems. In this way, Plato actually presages the theory of psychological conflict developed by Freud almost 2000 years later of the Id, Ego and SuperEgo. In *Phaedrus*, Plato describes the 3 elements in terms of a charioteer who is driving 2 horses. It is the responsibility of reason to be the charioteer to control the horses or the 2 lower parts so that they work together and pulling in the same direction.

This is reaching true harmony and balance in one’s life. Are your 3 elements in harmony and ruled by reason? Which “drives” you—the desire for truth and wisdom or the desire for eating, drinking and money? Is your “spirited” element under the control of reason? Or do anger, fear and aggression make us lose control? If we bring our 3 elements into balance and harmony and under the control of reason, we will be happy indeed and living a just life. Plato, using his metaphor of the charioteer and the horses, says that if we have harmony in our 3 elements, the horses will develop wings—like Pegasus of Greek mythology—and carry us to the celestial regions of the gods. Strive for harmony in the elements of your soul and feel yourself begin to sprout wings!

Climbing Back On That Horse

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pointments. I see it in your posture as you walk to the dining room with your head lowered. And I can hear it in your voice when I inquire about your return to class. Some of you even try to avoid me for fear I will ask the dreaded question, “When are you coming back?” But I know, from my own personal experiences that tackling that invisible injury, that fear, is the best medicine possible. I know an injury, fall or illness

can shatter your self-confidence and make you feel diminished, less of a person. You feel more like a shell of yourself and have serious doubts that you can jump back into life as it was. But I am telling you it can be done. It may take some work emotionally. The support of your friends, family and your exercise buddies is vital. But hopping onto that horse is going to give you back the confidence you had in yourself, heal your body **and** your soul and allow you to take back

your life. There are blind people who climb mountains, double amputees who run marathons with prosthetic legs, and quadriplegics who play on basketball and soccer teams. All of these people had to conquer their illnesses and injuries, which for them were life-changing. But they adapted, learned how to get back on that horse and now continue to be physically active and do the things they enjoy. You can do the same. And we’re here to help you. Don’t let fear dictate your life.

Waters Edge Lodge on Harbor Bay

August Activities

August is Summer Fun Month! On our world tour, we will be leaving North America and head towards Southern Europe and the Mediterranean. During this month residents at the Waters Edge Lodge will be going on several outings. Like always, we will have our two resident choice shopping trips and the ever so popular tour of Alameda. On the third of August, our favorite dogs Theresa and Winnie will join us at the Circle of Elders. On the ninth, we will be going on a lunch outing to La-Val's Pizzeria. On the 15th we'll be going over to Petco to find some new fish for our beautiful tank. On the 16th we'll be going over to Oakland to watch the A's play baseball. On the 23rd we will walk over to Café Enrico's for an Italian lunch. On the 31st we'll head over to the Dog Out to eat some jumbo hot dogs.

We also have a new activity planned for the 12th. A current resident along with her long time friend will be sharing their past writings with us. This will give those residents who have written poems or stories a stage to express themselves as well as a place to listen to other works. The sessions will be held at 4:00pm in the Activity room the second Sunday of every month. The sessions will be dubbed Creative Writing Expressions. We hope to see you there!

World Tour: Southern Europe

Do all of you hear that loud barking? It must be the dog-days of summer! All of you who have ever wondered where this term comes from can read all about it in this newsletter!

As wonderful as our beautiful Waters Edge Lodge is, maybe

we can whisk ourselves away to our next stop on the World Tour this month: Southern Europe and the Mediterranean. What a fascinating area, rich in history and splendor! Dave Ballerini will undoubtedly dig into his magic bag of tricks and dazzle us with a clever and entertaining display by the Dining Room as well as activities that represent the culture of this grand part of our world. Please come by and check out the display and feel free to lend any art or collectables that you may have so that we can proudly share with all Residents.

Resident of the Month

Jackie Neary was born in Kansas City, Missouri on February 15, 1921. She is the daughter of Edna and Frank and the oldest of her three siblings. She was raised by her parents in Utah under the Mormon religion, and it was in Utah where Jackie went through her schooling. After high school she married and soon thereafter had a baby boy. From Utah they moved to Los Angeles where they lived for some time. Her family then moved north, living in Nipomo (just south of San Luis Obispo) and eventually up here to the Bay Area. Jackie moved into the Waters Edge Lodge on June of 2006. "I fell madly in love with this place" she recalls. "I can't complain at all, I love it." Her hobbies are sewing and taking long walks around the Lagoon. She also enjoys participating in our golf putting challenge in the living room as well as Happy hour. We are pleased to recognize Jackie Neary as August's resident of the month.

Circle of Elders

30 and growing! That is the average number of Residents that participate in our daily Circle of Elders, held every Monday through Friday from 12:30 until 1:30 in the Living Room. Gee---we must be doing something right! Our two "Daves", David Ruttan and Dave Ballerini trade off regaling our Residents with stories and sparking lively conversation pertaining to the culture change that Live Oak represents. Local news of the Waters Edge Lodge, our community of Alameda, California, the United States or the world is all discussed and challenged at the Circle of Elders. All are welcome to share their views and opinions and maybe hear a funny story or two courtesy of the "Daves".

Waters Edge Nursing Home

Resident of the Month: Stanley Chrobak

Stanley Chrobak was born in December, 1915, in Farrell, Pennsylvania, just a couple of miles from the Ohio border. He was the oldest of 9 children (4 boys and 5 girls). Stanley grew up speaking Polish at home, and learned English at his Catholic grade school. Stanley received very good grades in high school, and went on to enlist in the Navy, where he served for 2½ years as a signalman. When he was discharged from the Navy, Stanley went to work for U.S. Steel, the company for which his father worked. Due to his intellectual aptitude, Stanley was chosen to work in the human resources department, and moved up the ranks over the years to become Manager of the Employment Office, where he primarily dealt with employee benefits. Stanley retired from

U.S. Steel after 40 years of service. Stanley had a number of hobbies and interests, ranging from basketball (he was manager of his high school basketball team) to golf, which he played prodigiously. He was also involved in a rifle club, was a lifelong member of the Elks, and even dabbled in gardening. For Stanley, however, everything pales in comparison to the love he has for his family. With his wife Julia (his beloved Lady Bug, who awaits him in heaven), Stanley had 5 children, who have blessed him with 10 grandchildren and 8 great-grandchildren (with a ninth on the way!). Stanley has been a resident of Waters Edge Nursing Home for almost 3 years, and it is with great pleasure that we celebrate him as our Resident of the Month for August 2007.

The Joyful Journey

Here at Waters Edge Nursing Home, we realize that the friends and family members of our residents are a vital part of the community. They are an important source of support to their beloved elders, and their care and concern help make Waters Edge the special place that it is. A true community recognizes all its members, and gives a voice to all those individuals that contribute to its well-being and culture, and so it is with great excitement that we announce the formation of a Family Council. The Family Council will be a forum for residents' relatives and friends to come together and discuss issues of importance to them. In this way, an important segment of our community will have a chance to provide input about the quality of care and the culture of the home.

August Activities

July was full of excitement and patriotic fanfare, from the Independence Day BBQ on the Fourth of July, to the red, white, and blue concert on the 6th featuring famed tenor David Flagg. This month brings not only our regular lineup of great entertainers and fun-filled activities, but will also feature an exciting new outing: a trip to the Coliseum to watch the Oakland Athletics play the Chicago White Sox in an exciting American League matchup. If

you are a friend or relative of one of our residents, and would like to join them in an outing to an A's game, you have one more chance to participate. We have scheduled another outing for Wednesday, September 19th, when the Athletics host the Seattle Mariners for the last of three games. For more information, or to reserve a spot for you and your loved one, please contact Kryspin, the Activity Director, at (510) 522-1084 or at wenhactivity@gmail.com

The Family Council will meet the first Wednesday of each month, at 3:00 pm, in Room 308. The inaugural meeting will be held on Wednesday, September 5th. This is a wonderful opportunity to contribute to the continuing project of culture change at Waters Edge, and all relatives and friends of our residents are invited and encouraged to attend!



Live Oak

In bringing the community together, we discovered that staff and residents are deeply concerned about saving our environment. Residents suggested ways to reduce waste: Recycle paper and aluminum cans. Eventually, we all would like to see the amount of plastic reduced. One of our residents shared information that she received from Stop-Waste.Org and our residents requested more information on Recycling. Recycling Information: www.stopwaste.org

The Dog Days of Summer

By: David Ruttan

Everyone knows that the “dog days of summer” occur during the hottest and muggiest part of the season. But where does the term come from? Why do we call the hot, sultry days of summer “dog days?”

In ancient times, when the night sky was unobscured by artificial lights and smog, different groups of peoples in different parts of the world drew images in the sky by “connecting the dots” of stars. The images drawn were dependent upon the culture: The Chinese saw different images than the Native Americans, who saw different pictures than the Europeans. These star pictures are now called constellations, and the constellations that are now mapped out in the sky come from our European ancestors.

The brightest of the stars in Canis Major (the big dog) is Sirius, which also happens to be the brightest star in the night sky. In

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Resident of the Month: Bob and Lois Morris

Bob and Lois Morris have been together for over sixty-five years and have three wonderful sons: Bruce, Dennis and Jon. Bob met Lois in Truckee, California. They dated for many years and wed in 1941. Lois' father was the pastor of the local community church and officiated the wedding ceremony. They honeymooned in Santa Cruz, California and then moved into their new home.

Bob was born and raised in Riverside, California. Bob's father was a supervisor line man for the telephone company in the late 1800's. Bob

served in the military during World War II and was stationed at Catalina, California. He knew Marilyn Monroe when she was Norma Jean (she was married to a policeman friend of Bob's). Bob was a teacher and principal in Santa Rosa, California for over thirty years. Lois was born in Eureka, Montana. Her father was a pastor. Lois worked for Bank of America.

Upon retirement, they moved to Tahoe and moved again to Washington state. Now they are enjoying their time here at Elders Inn.

August Activities

We plan to have walks every Tuesday to the Farmers Market, weather permitting. Departure time is 8:45 am.

We also have added an afternoon walk on Thursdays at 4:00 pm. This is a food walk around our community. Please sign up, this is very important. This will be our new walking club and we will add more walks as attendance grows.

We plan to have another luncheon next door at the East Ocean Restaurant on August 10, 2007 (Friday). Departure time is 11:00 am to avoid the lunch rush. Please sign up by August 8, 2007 or inform our Activities Direc-

tor, Rene Eastridge.

Items are needed for the world tour display for to Southern Europe and the Mediterranean. If any resident, family member, responsible party, staff member are interested in sharing their special items, please contact Rene Eastridge, Activities Director.

Iron Person of the Month: Mary Kilty

To look at Mary walking down the hall, you would be shocked to think that she would be named Iron Person of the Month, but Mary goes to exercise class almost every day and does all the exercises very well and with good form.

By the time this article is printed, she will be 91 years old (7.16.15). She was born in Kansas City, Missouri, to a boiler maker for the railroad and a housewife. Her father was a gregarious fellow with a lust for travel and then, once established, got to know all his new neighbors right away. Her mother, who stayed at home, wondered just how he always acquired the information about all the neighbors, but he obviously loved people and talked to everyone.

Mary was an only child, and even a bit sickly. Her best childhood buddy, Frances,

lived just around the corner. Their favorite argument was, "I'm right." "No, you're not, I am." They were both very smart and when Mary started to college, her professor asked if she had graduated from St. Rose. She knew most all the answers, as did the other St. Rose students, which set them apart from all other students.

As a child, she earned her own money for clothes by babysitting. She did her own homework right alongside the children she sat for, and helped them when they got stuck.

When Mary just started to college, her father became ill. The railroad transferred him to Fresno, California, for a change of climate. She dropped out of college and when she arrived in Fresno, she looked for employment

for herself.

Her father's words of wisdom were, "Don't be anxious, just pass the exam and follow through the best you can." Mary took the exam for a seasonal job at the DMV and ended up spending the rest of her life in state and federal government positions. She has been rewarded with good pensions for this part of her life. Mary never married, but she has wonderful cousins who live locally and look after her now.

The Dog Days of Summer

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fact, it is so bright that the ancient Romans thought that the earth received heat from it. Look for it in the southern sky (viewed from northern latitudes) during January.

In the summer, however, Sirius, the "dog star," rises and sets with the sun. During late July Sirius is in conjunction with the sun, and the ancients believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. They named this period of time, from 20 days before the conjunction to 20 days after, "dog days" after the dog star. Today, dog days occur during the period between July 3 and August 11. Although it is certainly the warmest period of the summer, the heat is not due to the added radiation from a far-away star, regardless of its brightness, but rather the heat of summer is a direct result of the earth's tilt.

Alameda Elder Communities

Alameda Elder Communities would like to thank the following staff members for their continued service and dedication.

1 Year

Irene Pagud, WENH
Jeanette Mitchell, Elders Inn
Fretzel Clavido, WENH

2 Years

Yesenia Urbina, WE Lodge
Eyan Park, WENH
Adelina Binaoro, WENH

3 Years

Romeo Lacson, WENH

Peggy McCormick, AES

5 Years

Kuldip Warraich, WENH
Kuay Saelee, WE Lodge
Dave Lonsdale, AEC

6 Years

Aracely Garcia, WENH
Trinh Mai, WENH

Over 10 Years

Rosalinda Balanza, WE Lodge
14 years

Over 15 Years

Myra Lander, Elders Inn
15 Years

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: aecadmissions@gmail.com

Website: www.alamedaelder.com

For free copies of Alameda Elder Communities monthly newsletters, please visit our website at:
www.alamedaelder.com

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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