

Living on the Waters Edge

Volume 9, Issue 9

September 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.



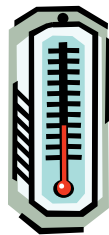
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Warming Up as it Cools Down

By Wilson Trang

As the summer closes and fall begins, the drastic weather changes throughout the day can cause a number of problems for seniors. One major problem is the body's inability to cope with the change in temperature;



especially the drop in temperature.

The human body closely resembles

dough and honey in its purest form. When the temperature drops, especially when the human body is sleeping, the body becomes stiffer. Imagine that the muscles in the body are dough. When cold, it is difficult to mold and roll dough. However, after a few minutes of kneading the dough, it becomes pliable. Similarly, blood is much like honey. When cold, blood is very thick and viscous. This is why more heart attacks happen in the morning

than any other time in the day. When the human body warms up, the blood becomes more fluid and better able to run through the veins.



Warming up the body might seem difficult, but it really isn't. The main objective of warming up the body is to raise the 'core temperature'. Core

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Feet are our Foundation

By Wilson Trang

One piece of clothing a lot of people tend to neglect is their shoes. While clothing is often determined by the weather or function, shoes are often given the short stick in terms of both time devoted to trying them and buying them. Because the body's foundation is built on the feet, careful planning for

footwear should be used for all future purchases. The feet are designed with an arch-like design to absorb force. Every step a human takes places about 1.5 times the body weight in force on the feet. It is significantly more when one is trying to climb the stairs. For example, for a 130 pound person, that means 200 pounds of force is placed on your feet with each step. The design of our feet

gives us a good idea of what helps and hinders their use. The soles of the feet are designed like an arch of a bridge. If you look up pictures of ancient bridges, you can often see that the bridges that last the longest, such as the aqueducts of Ancient Rome, are often based on an arch. There is no support structure under the high point

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Exercise Your Mind! Brain Benders

Logic Puzzle: Determine the full names of all four of the players, the position each played, and each player's best hit of the game.

1. Alec played the center field position. Sam Crisp didn't get the grand slam.
2. Brad, whose last name wasn't Reach, didn't play the 1st base position.
3. The player who got a double wasn't the player who played the 3rd base position.
4. Mr. Ember didn't play in the center field position but he did get a single hit.
5. Mr. Mann got a triple. Will, whose last name wasn't Mann, didn't get a single.
6. The player in the catcher position got the grand slam.

	Crisp	Ember	Mann	Reach	1st base	3rd base	catcher	center field	single	double	triple	grand slam
Alec												
Brad												
Sam												
Will												
single												
double												
triple												
grand slam												
1st base												
3rd base												
catcher												
center field												

Baseball Trivia

What US President had a baseball field built behind the White House?

Which Major League team has not won a World Series since the "Curse of the Billy Goat" in 1945?

Why was there no World Series in the 1994 season?

Who is the most famous of the players banned from baseball for his participation in the 1919 Black Sox Scandal?

Who is the "Say Hey Kid"?

Last month's answers

Olympic Trivia

What do the 5 rings on the Olympic flag stand for? **The 5 continents from which participants come**

Name an Olympic sports in which the US does NOT compete. **Table tennis**

This year's Olympics in London set a record, what is it? **The first Olympics in which women competed in every sport (though not every event).**

This year London set a record by hosting the Olympics, what is it? **The city that has hosted the Olympics the most times.**

How many countries will participate in the Olympics this year? **205**

The Olympic motto is "Citius, Altius, Fortius"; what does it mean? **Swifter, Higher, Stronger**

Ring Puzzle

Fill each circle with a number, 1-5, so no overlapping circles hold consecutive numbers.



Mysteries of Your Body, Explained!

Why do I wake up in the morning with gunk in my eyes?

That crusty stuff is actually just dried tears. Your tear glands are constantly watering your eyes to flush out irritants. While you're awake, the act of blinking wipes tears away before they can build up, but when your eyes are closed at night, the dried tears accumulate inside the corners.

Why do my fingers and toes wrinkle in the water?

The top layer of your skin absorbs more water than the layers beneath, increasing its surface area. Since the newly baggy skin is still attached to the tighter layers, it bunches up and causes a prune-like effect.

Why does my nose run when it's cold outside?

Your nose helps perform a kind of climate control by heating and humidifying the air that you inhale so it better matches the moist, warm conditions inside your lungs. Glands in your nose produce secretions that add moisture, and blood vessels in your nose dilate to warm the incoming air. When you breathe cold air the glands in your nose produce more secretions, and when you exhale warm, moist air out into the cold world, some of the moisture condenses into droplets of water which adds to the runny feeling.

What are hiccups, and how can I stop them?

A hiccup is an involuntary contraction of the diaphragm

and the muscles between your ribs. Short-term hiccupping is called a "bout" and is usually the result of overeating or drinking carbonated beverages (other causes include stress, sudden excitement, or too much alcohol). Traditional remedies include holding your breath, sipping cold water, leaning forward to compress your chest, or gargling. If a bout lasts more than 48 hours, see a physician; an underlying medical problem, like gastritis might be the cause.

Why do fingernails grow faster than toenails?

We know that fingernails grow about three times as fast as toenails and that the nails of

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World Tour: The Middle East

This month we will be traveling through the Middle East, including Israel, Lebanon, Iran, Syria, Iraq, Jordan, Saudi Arabia, and Palestine. This ancient land is always in the news and it has been for six thousand years!

The Middle East is comprised of thinly populated deserts and dry grasslands. Ethnically, the region is extremely mixed. Arabs, Jewish people, Persians and Turks are the largest groups, but there are several substantial minorities — Kurds, Armenians and others — with their own languages, customs and sometimes their own countries.

Fun Facts about the area:

- Israel has the highest ratio of university degrees to population, in the world
- Lebanon is the only Asian Middle Eastern country that has no desert.
- The Dead Sea, the lowest natural point of elevation on Earth at 409 meters below sea level, is in Palestine.
- Saudi Arabia is about 1/5 the size

of the United States and 80% of it is desert, uninhabited except for the nomadic tribes.



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!

Two Years:

Dan Fulgueras, Elders
Nathan Ubl, AES

Three Years:

Maria Nicolas, Lodge

Four Years:

Shardha Dahal, Elders

Five Years:

Victoria Fermin, Elders
Ambar Lopez, Elders
Noel Caoile, Lodge

Seven Years:

Josefina Gomez, Elders

Eight Years:

Ricardo Urbina, Lodge

Nine Years:

Nancy Rafalaf, Elders

Ten Years:

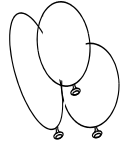
Florinda Jenkins, Elders

Twenty-One Years!

Christine Merchant, Elders

Forty-One Years!

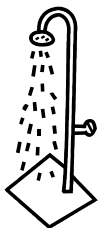
Chris Zimmerman, AEC



Warming Up

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temperature is the temperature that is found deep in the body. Once that temperature rises, it raises the rest of the temperature in your arms and joints. There are two ways to warm the temperature: physically or externally.



The easiest way is externally. A hot shower or some time in a jacuzzi is often the most popular way.

During the Olympics, swimmers were often seen sitting in a jacuzzi after their events or between events to stay warm. A warm shower will also work. The warm temperature of the water forces the blood in the extremities to circulate, creating an artificial circuit. Wearing warmer clothes can also increase core temperature.

A slightly more difficult method is physically, by exercise and moving around.

When the human body is forced to move, the heart pumps more often to circulate additional blood. As the physical activity creates heat, the body will circulate the heat so that the body won't overheat. Simple exercises such as walking around and doing the morning exercise classes are more than enough to raise the core temperature.

When you wake up and your muscles are tight and your joints are stiff, warm up!

Feet are our Foundation

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of those arches.

When it comes to buying shoes, you must consider the function of the shoes as well. While some shoes might be designed for walking and standing, other shoes are built for comfort. Due to the mix of functions, having one pair of shoes for all functions doesn't make much sense. Using loafers for an hour long walk is going to



hurt.

Another factor that many people neglect is shoe size. After buying shoes for over sixty years, seniors often feel they know exactly what size their feet are, and thus neglect to try on shoes before buying them. However, there is a lack of consistency in footwear sizing. Some shoe companies run slightly smaller, while others run larger. These inconsistencies can create problems if you

don't try them on first.

These factors can be easily solved by careful consideration before making any footwear purchases. If you remember that each shoe has a different function, size and feel, you can take away the headache of buying proper shoes. Try the shoes! Walking around in them in the store can give you a better idea of how they fit. And remember, even if the initial feel is great, shoes don't last!

Resident of the Month: Alice Levine



"I'll see you in Rio", that's what Alice Levine

told her husband Sam when he first left to teach in Brazil. Alice gladly recalls her days in Sao Paulo, Brazil. When she and Sam moved their family to Brazil, their six daughters were already attending school; while they were there, her oldest daughter had to move back to the United States alone, so she could attend college. This is a day Alice will never forget— it was the day

JFK was assassinated.

That trip definitely helped solidify Alice's love of travel and new experiences. Since then, she has also traveled to Manhattan, Scotland, and Israel!

Alice Levine grew up in Little Rock, Arkansas. She started school at a young age and eventually graduated from Louisiana State University in Baton Rouge. Before she married her husband, Sam, she taught, then she worked

for Army Republic Relations and the Associated Press.

Alice enjoys talking with everyone, about almost anything. If you need someone to share your travel experience with, your thoughts about a certain topic, or your own history, Alice loves to listen.

We are happy to have Alice as part of our community and would like to congratulate her on being September's Resident of the Month!

Eating Out

This month, in keeping with our World Tour destinations, Residents can enjoy an Ethiopian lunch at Addis in Oakland's North Temescal district on 9/6, or join us for lunch at Flavors of India located in Oakland on 9/20.

If you are interested in attending, please list your name in the Monthly Activities binder located at the front desk. We'll meet in the lobby at 11:30; remember to please bring cash with you!

Take Me Out to the Ball Game!

A's On Wednesday, September 5th, Residents will have the opportunity to take a trip to the Oakland Coliseum and watch the Los Angeles Angels play the Oakland A's!

The teams are division rivals and are competing for a spot in the playoffs. This makes for an exciting game and we can't wait to cheer the A's on! The

game starts at 12:35 pm, so please remember to wear sunscreen and bring sun friendly attire! If you are interested in attending, please sign up at the front desk ASAP so you are guaranteed a ticket!



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 Confession
by John Grisham



This month we will have our first "Garden Beautification

Day." Before the hot summer days run out, we would like to dedicate a specific area on the property and give it a face lift. We plan on planting fresh flowers, pulling a few weeds,

and making sure the area looks beautiful.

We also plan on holding a Creative Writing session at the end of the month. We encourage residents who enjoy writing to come to the Activities Room on September 21st!

Resident of the Month: Bea Rowney

Bea Rowney is a true rarity--- a genuine native born Alamedean! She was born in what is now Alameda Hospital in 1914 and was the youngest of 3 in the family--- she was the little sister to 2 older brothers. Her father worked for the famous book publishing company, Scribner and Sons, and then became an editor for the San Francisco Monitor, a Catholic newspaper. Her mother was a nurse and they met during the 1906 San Francisco earthquake!



Bea attended Haight School, the Notre Dame Academy and Lux College in San Francisco before taking her first job at Saint Joseph Notre Dame as a Physical Education teacher. She then began an illustrious career with the Alameda Parks and Recreation Department for the city of Alameda. She retired in 1976 after devoting an astonishing 42 years

enriching the lives of thousands of people in Alameda. She was honored at a ceremony that was attended by hundreds of the thousands of people, young and old, who can proudly say that they know Bea Rowney. To this day, most of the visitors to Elders Inn will come up to a staff worker and ask "Isn't that Ms. Rowney?" Everybody knows Bea Rowney and Bea Rowney knows everybody too! We here at Elders Inn are proud to know Bea, and honor her as this month's Resident of the Month!

Garden Neighborhood News!

By: Hannah Leigh

Our walking club has really been warming up! We have started taking our walks in the morning sunshine, and as we wind down our walks in the courtyard, the smell of fresh baked cookies is too much to resist for a morning



snack. We are all enjoying our walks through the sun, and relaxing with friends. If you see us out there, stop and say hello, or better yet, join us! The more the merrier!

Baseball!

As of this writing, both the San Francisco Giants and the Oakland A's are in the thick of a pennant race. What fun it would be if they made the playoffs! The Buena Vista Lounge is the perfect place to meet other baseball fans and watch all the action on the big screen. Please join us there!

News & Notes About Activities at the Inn



We will be having our traditional Labor Day Barbeque on Monday, September 3rd. If the weather cooperates, we will be serving on the patio (but all dining rooms will be open as well). Since the barbeque is at noon, why not join your friends outside this year? This is always a popular event, so please let us know in

advance if any family members will be joining you for this salute to the end of summer.

We continue to enjoy the religious programs for those who wish to participate in "Something Higher". Every Sunday at 2:30 in the Buena Vista Dining Room, we present a worship service and all faiths are welcome. In

addition, our wonderful representatives from Saint Barnabas come every Friday at 9:00 am to offer Communion to those of the Catholic faith. Please let us know if you wish to have Communion, either in the privacy of your apartment, or another meeting place.

We welcome other ideas as well---please let us know.

Iron Woman of the Month: Marjorie Munn

By: Nathan Ubl

Marjorie is a spark plug, but, she will be the first to admit that she is not the biggest fan of exercise. Despite that, Marjorie is September's Iron Woman of the Month. She is thus honored because of the remarkable improvement on how she views exercise. A year ago, if I had asked Marjorie to join me for exercise, her response would have been curling her finger up and down and insisting that the finger movement was exercise and she did not need any more than that. Now, with some Physical Therapy since the beginning of the year and participating in personal training, she still answers with a finger movement up and down, BUT she has a big grin and is more

than willing to spend time in the gym for personal training sessions. Marjorie is also very aware that aging might bring some memory loss and is determined to keep her mind as healthy as possible. She can often be found with her nose in a book, a paper or working on her crossword puzzles.

Marjorie fell in love with her husband, Walter B, because of the boots he wore as a member of the Texas A & M marching band. Early in their marriage, times were tough and Walter sold the boots. Nearly 40 years later a young man tracked down Walter B and returned them; Marjorie still has the boots today. Marjorie and Walter had 3 children, 1 boy and 2 girls, and when she



was not busy with her children, Marjorie could be found walking.

Despite her arthritic knee, Marjorie is an avid walker and still gets up and around to get things done. With an improved view of movement activities, Marjorie's safety awareness and balance have improved over the past several months. While she can still give a sarcastic smirk, she is more willing to try new things. I am very proud of Marjorie and how far she has come in the past months. Her improvement is proof that change later in life is possible.



Mysteries Explained

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your dominant hand grow more rapidly than those of your non-dominant hand. What we don't know is why. The most accepted theory is that since you use your fingers more than your toes (and your strong hand more than your weak one), the faster nail growth results from the body's attempt to repair whichever parts are undergoing the most "trauma" (from activities like writing or digging for keys).

Why do people ache more as they get older?

The older you are, the more likely you are to develop arthritis. The Arthritis

Foundation estimates that 27 million Americans suffer from the most common form, osteoarthritis, which happens when cartilage—the connective tissue cushioning our joints—begins to break down. Without this protective padding, bones rub together, causing stiffness and pain. Older adults are also more likely to develop a condition called bursitis, in which the bursa—the fluid-filled sacs that reduce friction where tendons slide over bones—become inflamed. The good news? Increasing your activity level may make the symptoms milder (and help you feel better).

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 August 20, the club walked 110.4 miles.

That's like walking from the Lodge all the way down to Monterey, to explore Steinbeck's Cannery Row.



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.



Alameda Elder Communities
Caring for Alameda Seniors since 1971
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