

Living on the Waters Edge

A tradition of caring since 1971

Waters Edge Lodge on Harbor Bay • Elders Inn on Webster • Alameda Elder Services



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Lifting Weights and Strengthening Bones By Arran Rogerson

Bones are living tissue. Just like your skin and muscles, they are constantly building and rebuilding themselves to keep up with your needs. Your skin will form calluses in response to severe irritation and thus makes its self stronger. Similarly, bones strengthen themselves when



challenged by weight or impact. Bones provide the structural framework for your body; therefore, it is extremely important to keep them strong. An excellent way to keep them strong is to lift weights.

Lifting weights causes your muscles to pull on your bones. Using the power of gravity,

weights overload the muscles and bones when you lift them up and down. This challenges and stresses the bones, stimulating them to respond and grow. Exercises that are not weight-bearing, like swimming and cycling, do not have the same effect on your bones.

As you age, you start to lose bone mass and your bones become weaker. This makes bone- continued on 4

Exercise Your Brain

When we visualize muscles, we never really think about all of them. In fact, most people don't realize that the brain acts just like every other muscle and it needs all the help it can get to

move faster and longer.

The brain is unlike any other organ in the human body. Scientist have been studying the brain intensively over the last 4 centuries, yet we still don't know too much about the brain. Each year, we find ourselves more and more confused about what the brain can and can not do.

Like all muscles, the brain needs exercise. It has several different parts and they work together to achieve movements or goals. The brain is divided into hemispheres, and each hemisphere has its own set of functions and goals. Memory, cognitive function, reason, and comprehension are all different aspects

By Wilson Trang

of one goal. Even the senses are controlled by three different parts of the brain.

When we 'want' to do something, different parts of the brain combine to create these actions. Lets say I ask you, "Can you please hand me the sugar?" Your ears hear the sounds that are coming out of my mouth. The sounds are then placed into the memory banks to match what these sounds mean. After your brain has decided it knows what I want, it will begin the process of finding the word "sure" and telling your mouth what shapes are necessary to allow it to pronounce it properly. Your brain then thinks about, what is the correct or common etiquette as a

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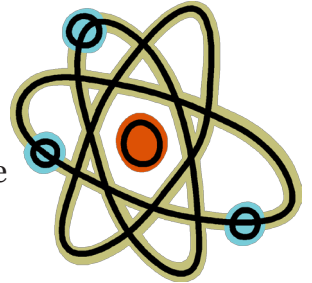
EXERCISE YOUR MIND

Brain Benders

If EELS + MARK + BEST + WARY = EASY

What does HELP + BARK + WARD + LEAD equal?

A man and his son were on a tour of an atomic power plant. In the control room the boy asked if he could see the controls for the reactor core. The head physicist said yes, and explained how the controls worked. After the boy left, the head physicist turned to an assistant and said, "That was my son." How could that be?



What happened on this day in history?

- September 1, 1985: This was found off the coast of Newfoundland.
- September 2, 1789: This US government department was founded.
- September 3, 1939: These two countries declared war on Germany.
- September 4, 1888: He received a patent for a roll-film camera.
- September 8, 1974: He was given an unconditional pardon by President Gerald Ford.
- September 9, 1850: This state was admitted as the 31st in the US.
- September 12, 1954: This long-running children's TV show featuring a collie made its debut.
- September 16, 1620. The Plymouth Pilgrims left this country.
- September 25, 1981: She was sworn in as the first US Supreme Court Associate Justice.

Last Month's Answers

Name these August Birthday Babies:

- Celebrated English poet who wrote The Lady of Shalott - Alfred Lord Tennyson
- Host of The Prairie Home Companion - Garrison Keillor
- Excellent marksman and star of Buffalo Bill's Wild West Show - Annie Oakley
- First child of English parents born in the New World at Roanoke Island, NC - Virginia Dare
- One of the famous aviation-pioneering brothers - Orville Wright
- I Dream of Jeannie actress - Barbara Eden
- 36th US President - Lyndon Baines Johnson
- Actress whose most famous scenes include stomping grapes to make wine, packaging chocolates in an assembly line, and a "mirror gag" with Harpo Marx - Lucille Ball
- His 1976 novel Roots won the Pulitzer Prize - Alex Haley
- 42nd US President - Bill Clinton
- Author of the novel Frankenstein - Mary Shelley
- Actor who starred in Tootsie - Dustin Hoffman
- Iconic musician whose fans are "grateful" - Jerry Garcia
- He won two US Opens, the British Open, and the Masters after a near fatal automobile accident - Ben Hogan
- She took her first cooking lesson when she was in her 30s and became The French Chef - Julia Child

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ALAMEDA ELDER COMMUNITIES

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Come September

It was just spring. Summer breezed in with high hopes of sunny days filled with fun, adventure, and long care-free afternoons. Leaves are changing, September is here and Fall begins on the twenty seventh.

September's name means seven, and, in the early Roman Calendar, it was the seventh month. In the Julian and Gregorian calendars, it's the ninth month.

In my youth September meant school days. Do you remember getting ready for the school year? Getting supplies for school, like pencils, erasers, notebooks, rulers and new clothes for school. New clothes, if you were lucky, was shopping with mom. It also could have been home made by your mom

By Nancy Rafalaf

or grandma. Even hand me downs freshly mended with love were special.



September brings a few holidays: Labor Day, Grandparents Day, National Pet Memorial Day, Jewish New Year,

Rosh Hashana, Yom Kippur, Sukkot, Mexico Independence Day, and Japan's Respect for the Aged Day.

It's also National Preparedness Month! Starting in 2004, every September FEMA and Homeland Security sponsor a month of awareness for potential disasters. The purpose is to encourage Americans to be prepared for all emergencies in homes, businesses, schools, and communities.

In honor of 9/11, we will remember our courageous first responders by continued on 4

Fun Facts:

- Saudi Arabia is the largest country in the world without a river.
- The Dead Sea in Israel, is the lowest point on earth reaching depths of 1,315 below sea level.
- The glue on Israeli stamps is kosher.
- Lebanon is the oldest country name in the world today, it is 4000 years old.
- Noah's Ark is believed to have been built in Iraq.
- In terms of area, Saudi Arabia is the largest country in the Middle East.
- 45% of the land in Palestine is dedicated to olive production.
- The official name of Jordan is The Hashemite Kingdom of Jordan.

World Tour: The Middle East

Our next stop in the World Tour is the Middle East. This region basically encompasses Egypt and the majority of Western Asia. Throughout history, the Middle East has been a center for world affairs. It is the historical origin of many major religions, including Judaism, Christianity, and Islam.

The climate here is generally hot and arid, with limited agricultural opportunities.

Many countries in this area have large amounts of crude oil.

Interestingly, the term Middle East appears to have been made popular in September of 1902 by an American attempting to define the area surrounding the Persian Gulf.



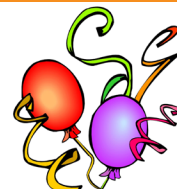
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ALAMEDA ELDER COMMUNITIES

Congratulations and Thank You!

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

Cecilia Mercado, Elders

Three Years

Dan Fulgueras, Elders

Four Years

Maria Nicolas, Lodge

Five Years

Shardha Dahal, Elders

Six Years

Noel Caoile, Lodge

Victoria Fermin, Elders

Ambar Lopez-Barajas, Elders

Eight Years

Josefina Gomez, Elders

Nine Years

Ricardo Urbina, Lodge

Ten Years!

Nancy Rafalaf, Elders

Eleven Years!

Florinda Jenkins, Elders

More Than 20 Years

Christine Merchant, Elders, 22!

More Than 40 Years

Chris Zimmerman, AEC, 42!

Stay Hydrated!

By Kelsey Hasiak

Seniors are especially at risk in high heat situations. The following are great ideas that help keep everyone safe.... Drink plenty of liquids, avoiding caffeinated beverages helps as well. When outdoors, protect your skin from damage by wearing hats, visors, and sunscreen (30 SPF or higher). Stay indoors during extreme heat and please be aware of signs of heat stroke. The signs may be flushed face, high body temperature, headache, nausea, rapid pulse, dizziness, and confusion. Please take immediate action if you feel these signs coming on. Most importantly, please remember to stay hydrated by drinking plenty of water!

Interesting Fact: Did you know that an average 12 oz of water evaporates by exhaling the air you breathe every day?

September *continued from 3*

baking cookies and delivering them to our local firehouses and police stations.

Lastly here are some fun facts

for the month:

- The birth stone is Sapphire.
- Zodiac signs for this month are Virgo till September 21st

then Libra.

- Flowers for the month are Forget-me-not, Morning Glory and Aster.

Bone Strength *continued from 1*

strengthening exercise a vital part of your bone health. Weight training in particular can make your bones stronger and less likely to break. If you do not engage in this kind of activity, your bones shrink and become brittle, making any kind of trauma, such as falling, extremely dangerous and

possibly fatal.

In addition, lifting weights makes for stronger muscles and strong muscles improve posture, provide better support for joints, and reduce the risk of injury from daily activities.

At the Lodge, weight-lifting is incorporated into the morning

exercise classes at every Monday and Wednesday. At the Inn you can see some weight lifting action if you talk to Wilson. So come on down and strengthen those bones!



Living on the Waters Edge

NEWS FROM ELDERS INN

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Resident of the Month: Novalyn Goldsmith

Our resident of the month is Novalyn Goldsmith. She came to Elders Inn ready to be involved in many activities. Our article was ready to publish when, unfortunately, Novalyn passed away. In honor of her memory, we are still proceeding with the article.

Novalyn Goldsmith was born in 1932 in Borne Terri, Missouri. Her father was in retail lumber, her mom stayed home and took care of Novalyn and her sister. Her mother was her dad's book keeper for his lumbar business. Starting at a young age, Novalyn

was active in music at her church. She always loved every aspect of music, whether it was singer or dancing.

She attended Fredrick Town High School, Stevens Junior College, and the University of Oklahoma.

Novalyn met her husband through a friend at a Halloween party. Novalyn was a witch and her potential husband came as a newspaper. They dated, got



engaged, got married all within a year. Her husband was a social worker and she became a choral director in a High school. They were married for 46 years and had two children, a son and a daughter.

In 2010, Novalyn came to California to be close to her daughter and grandchildren. She had her own apartment before coming to Elders Inn.

May Novalyn rest in peace. It was a pleasure knowing her and she is missed by all.

Super Herbs!

This month's herb "lavender."

Did you know that lavender actually comes from the mint family? It's not just used to make soaps and perfumes; it actually has great healing properties as well. Just a few drops of lavender oil can help with the itching from insect bites, due to its anti-inflammatory action.

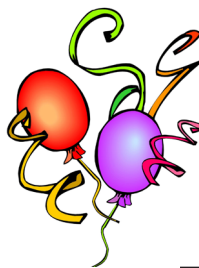
News & Notes from Activities Team

We are starting a new tradition and want everyone to know.

We like to acknowledge and celebrate each and everyone of our residents birthdays, as we enjoy all of you being here with us so much. To this, each month we will be setting aside one day to celebrate all the residents who

have birthdays that month.

At lunch we will have a sing-a-long of "Happy Birthday" for all of you, and of course, some delicious birthday cake in honor of your special day!



Don't forget to come to the Resident Council!

It is always on the:
First Sunday of the Month.

Garden Neighborhood News!

We hope everyone has been enjoying the new activities in the Garden Neighborhood. We've been working hard on making sure there is always something interesting to do. While our lovely weather lasts a bit longer, we'd like to invite the residents to join us in the Garden's garden as we plant our herbs and other plants.



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NEWS FROM WATERS EDGE LODGE

Resident of the Month: Lewis Monk

Lewis is a true blue Oakland native - born in Oakland, he attended Glenview Grammar School and Oakland High. His father owned an auto repair shop in West Oakland during the Great Depression. Lewis worked for his dad on Saturdays, and his "pay" was getting to drive the family car from Glenview to West Oakland. His mother was a homemaker famous for her homemade orange nut bread and orange marmalade.

After graduation from high school, Lewis joined the Coast Guard while his sister joined

the WAVES. He was discharged after 3 1/2 years and had a very hard time finding a job, as it was still the Depression. He finally landed a job as a mail boy with the Southern Pacific and remained with them for 35 years, until his retirement in 1981. He met his wife at a Mother's Day dance at the Oakland City Club and they married the following New Year's Eve. He claims it was love at first sight for the both of them!

Lewis has 2 children, a boy

and a girl. His son just retired from the Lawrence Livermore Labs and his daughter is a CPA and lives in Sonoma. One of his granddaughters lives in Denver and is getting married in October, and his

other granddaughter studies speech therapy in Portland, Oregon.

Lewis and his wife traveled all over the world while he served as the Executive Secretary of SKAL---a travel organization. His advice for everyone is simple: "Enjoy your life one day at a time."



Eating Out

In keeping with our world tour theme, this month we will be enjoying Middle Eastern food.

First to Bacheesos on Thursday, September 5th and then to Kamdesh Kabab on Thursday, September 19th. Here is your chance to try some delicious cuisine from this exotic part of the world.

Music Appreciation!

If you're interested in knowing who Music Appreciation will discuss this month, here's a clue:

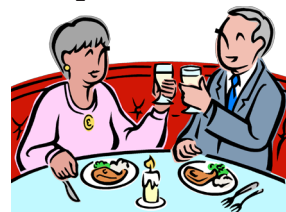
He would have turned 115 years old this month, and along with a sibling, became an American musical icon.

News and Notes from Activities

September brings the long awaited beginning of the football season and we welcome the opportunity to root on both of our Bay Area teams, the San Francisco 49ers and the Oakland Raiders! We are delighted to show the games in the Living Room, or if the living room is having a special event, we can put the game on in the Activity Room. Come out and root!

We have a full plate of fun activities planned for the month of September. In addition to

our lunch outings, we will have regular



food socials featuring yogurt almond cake, sorbet, or mint tea.



Feeling lucky? We are hosting Monte Carlo Night on Wednesday, September 25th from 6:30 until 8:00. There will

be games of chance, roulette, cards, and very special musical entertainer. Appetizers and beverages will be served. Put on your dancing shoes!

Don't forget to come to the Resident Council!

It is always on the First Saturday of the month

Living on the Waters Edge

NEWS FROM ALAMEDA ELDER SERVICES 7

Iron Woman of the Month: Vivian Lee

Vivian Lee is this month's most valuable participant in the wellness program due to her outstanding attendance, performance, and attitude. Vivian is relatively new to the Lodge, only having moved in three months ago, so make an effort to introduce yourself and get to know her. She's delightful!

Vivian was born in China in 1919. After living in Shanghai for many years, she fled the

eastern coast during the Japanese occupation of WWII. After the war, Vivian was able to move to the United States where she lived in southern California and worked as a draftsman. There she met her husband and raised three children.

Vivian attends morning exercise class daily and attends Walking Club often. She can handle heavy weights

and touch her toes! At the age of 94, not only is her fitness impressive, but she is as sharp as a tack and very enjoyable to talk to. Her motivation to stay

on her feet and stay active are extremely inspirational to everyone around her. That's why she is August's Ironwoman. Keep up the good work!



Brain Fitness *continued from 1*

response for that.

At this point, your brain will begin activating responses. It tells the arm and the hand to raise themselves and grab the sugar container. When your hand touches the container, your neuromuscular system kicks in. "Am I grabbing it correctly? Is it in my hand?" Your brain also analyzes your spatial awareness. "Am I going to swing this arm and hit something along the way? How far am I away from the person I am handing this object to.

When you exercise your brain, these connections maintain the same speed. Patients with Parkinsons can have a hard time with this entire chain of events and maybe get stuck in certain transitions, maybe between thinking about grabbing the object or spatial

awareness. But maintaining those connections regardless is the key to be able to continuing to do the things we enjoy.

The easiest way to maintain these connections is practice and stimulation. Focusing on things that both involve critical thinking and physical responses is the one of the best things you can do for your brain; there is a reason why children who watch too much television have been found to be slower in mental and physical reflexes.

Knitting and sewing in a group is a very good example of brain exercise. While your brain is training your hands to use the needle, it is simultaneously trying to create conversation and respond to verbal cues. Also, each conversation you have requires you to draw from a different part of your brain.

Talk to your Fitness Coordinator or Activities Team for more stimulating brain and body exercise activities to help keep your brain fit

Walking Club

The Walking Club at Waters Edge Lodge is going strong!

So far this year, they have walked **74 miles**; that's like walking the entire width of Palestine!



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 neighborhood for the safety and comfort of Residents affected by Alzheimer's and dementia; a neighborhood offering standard assisted living; and a neighborhood that offers a higher level of care than typical assisted living.

Waters Edge Lodge is an assisted living facility located in a unique and peaceful setting

on the lagoons of Harbor Bay. Offering 101 apartments that provide seniors with a warm and familiar 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.

