

# AEC Living

*A tradition of caring for seniors 1971*

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

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## Brain Health

The old adage “If you don’t use it, you lose it” is being shown to be just as true for our brains as for our muscles. We used to believe that we are born with all of the brain cells that we will ever have, and that once they die there is nothing that we can do about it. Research says that is not quite true. We can continue to regenerate cells in the brain as well as rewire the cells to create greater connection paths.

Learning is the key to both regeneration and rewiring of the cells in the brain. Current research suggests learning something new every 6 months to help keep your brain fit and keep the regeneration and rewiring going. What do scientists recommend learning? Practically anything. Learn to play a new card game, learn to paint,

take up a new form of exercise, or read a new style of book (if you like mystery try reading books on historical time that interest you). What you learn is less important than the act of learning. You don’t even have to be good at it for the regeneration and rewiring to happen.



## Benefits of Exercise

Most people have heard that exercise is beneficial for us therefore, some of us exercise. One question does come up

as we exercise however, What exactly are these benefits of exercise?

According to the National Institute of Health (NIH), “exercise can be one of the healthiest things you can do.” The various benefits of daily exercise include prevent physical inactivity, prevent or delay disease, manage stress, and improving your mood.

Along with these benefits, exercise can also increase your muscular strength, endurance, flexibility, and balance to help keep you physically independent.

There are some adults who are reluctant to exercise and that may lead to inactivity and being inactive can be risky. The risk that is involved with inactivity is losing the ability to do things on your own and that can result into depending on others to help you with everyday activities. The inability to do things on your own does not come exclusively from age, it comes from being physically inactive, and exercise can help prevent being physically inactive.

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## EXERCISE YOUR MIND

### Brain Benders

A traveler arrives in a small town and decides that he wants to get a haircut. There are only two barbershops in town—one on East Street and one on West Street. The East Street Barbershop is a mess, and the barber has the worst haircut the traveler has ever seen. The West Street barbershop is neat and clean, it's barber's hair looks as good as a movie star's.

Which barbershop does the traveler go to for his haircut and why?

How can you throw a ball as hard as you can and have it come back to you, even if it doesn't hit anything, there is nothing attached to it, and no one else catches or throws it?

A man is trapped in a room. The room only has two possible exits: two doors. Through the first door there is a room constructed from magnifying glass. The blazing sun instantly fries anything or anyone that enters. Through the second door there is a fire breathing dragon. How does the man escape?



Can you figure out which professional football team each clue refers to?

- seven squared
- marine mammals
- proud Americans
- 747s
- black birds
- dollar for corn
- sunburned people
- suntanned people
- Lone Star State residents
- young male horses
- expensive British cars
- Greek mythological giants
- rodeo horses
- Native American Leaders
- hostile attackers

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### August Trivia Answers

You don't have to know everything about geography to succeed in this quiz...just those places whose names begin with the letter C.

- This Danish capital city is consistently on international lists as one of the cleanest and most livable cities in the world. **Copenhagen**
- This is the largest city on the Nile River. **Cairo**
- This Ohio city's airport is actually over the border in Kentucky. **Cincinnati**
- This is the second-largest nation in the world, yet it borders only one other country. Its two official languages are French and English. **Canada**
- This is the most populous country in the Caribbean, and one of only five Communist states left in the world. **Cuba**
- This country's capital is Phnom Penh. It borders Thailand, Laos, and Vietnam, and in 1979, its savage dictator, Pol Pot, was deposed. **Cambodia**
- This South American country is 2,700 miles long, but never more than 109 miles wide. It also lays claim to the world's southernmost city. **Chile**

### September Fun

By Nancy Rafalaf

We are now in the month of September, the ninth month in the Georgian Calendar, the seventh month in the Roman Calendar.

Ever wonder how they say September in other languages?

- Danish - September
- French - Septembre
- Italian - Settembre
- Spanish - Septiembre
- Chinese (Mandarin) - Jiuyue

Some interesting facts about the month of September:

- Australian Rugby League Grand Finale is played the last Sunday of September
- Vietnamese National Day is September 2
- Mexican Independence Day is celebrated September 16
- Uncle Sam's Day is on the 13th, his image was first used in 1813

Lastly here are some unusual facts:

- The first hot dog was sold on September 09, 1884
- The Beverley Hillbillies debuted on September 26, 1962
- The Tonight Show debuted on September 27, 1954
- Quick Draw Mc Graw's Birthday is on September 29, 1959

### World Tour: Western and Central Europe

This month for our World Tour we get to visit Western and Central Europe. Here we get to explore the countries of Germany, The Netherlands, France, Switzerland, Austria, and Belgium.

Western and Central Europe are bordered by the North Atlantic Ocean to the west, the North Sea to the north, by the countries of Poland, Czech Republic and Hungary to the east, and by the Tyrrhenian sea to the south.

Central Europe is somewhat difficult to define, and the concept rather elusive. Regardless, scholars argue that the region exhibits a distinct culture, with similarities in the historical, social, and cultural characteristics. And historically it has proven to be one of the world's richest sources of creative talent.

### Fun Facts:

- There are over 150 castles in Germany.
- France is the most visited country in the world, with over 80 million visitors every year.
- 70 % of Switzerland is covered by mountains
- Swiss people consume the most chocolate per capita in the world.
- The sewing machine was invented in 1818 by Josef Madersperger, an Austrian.
- 62% of Austria's total land area is covered by the Austrian Alps.
- Austria's official language is German.
- Belgium produces 220,000 tones of chocolate per year.
- The 'Netherlands' mean "Low Country" in Dutch.
- There are 35 dialects of the German language.



# AEC Living

## ALAMEDA ELDER COMMUNITIES

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### Congratulations and Thank You!

Our staff is full of hard working, caring people who make up the heart of what we do. We wouldn't be us without their continuous efforts and dedication. Every month we would like to acknowledge those who will be celebrating their anniversaries this month!

#### One Year

Beatrice Sulus, Lodge  
Stacey Wilson, Elders

#### Four Years

Dan Fulgueras, Elders

#### Six Years

Shardha Dahal, Elders

#### Seven Years

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

#### Nine Years

Josefina Gomez, Elders

#### Ten Years

Ricardo Urbina, Lodge

#### Eleven Years

Nancy Rafalaf, Elders & Lodge

#### Twelve Years

Florinda Jenkins, Elders

#### Twenty Three Years!!

Christine Merchant, Elders



### Benefits of Exercise *continued from 1*

Another benefit exercise can provide is prevent or delay health diseases and chronic conditions. Exercising daily can benefit adults with arthritis, heart disease, high blood pressure and diabetes. Exercise can also help individuals who have issues with walking and balance. As we are improving our balance, we are also managing our stress and improving our mood through exercise. Daily exercise and physical activity can help with depression and anxiety. It has also been shown in some studies that exercise can help with cognitive function such as remembering an appointment or planning your day.

Finally, exercise can increase your overall endurance, muscular strength, balance, and flexibility. Exercises like brisk walking or swimming,

improve your circulatory system, which consists of your heart, lungs and blood vessels. Having an improved circulatory system can make walking to the store, in a park, or other activities of daily living easier. Exercises such as lifting weights and using resistance bands can increase your muscular strength which results to lifting heavier items or getting out of a chair

with less effort. Exercising your lower body will improve your balance and body awareness to prevent falling risk. Exercises such as stretching can improve your flexibility and being more flexible can help you with dressing yourself, reaching and grabbing an item in a shelf, or tying your shoes.

Overall, exercise has many benefits such as preventing physical inactivity, prevent or delay disease, manage stress, improving your mood and many more. If you want to live your life as independently as possible, exercise can help.

If you are interested in how exercise can benefit you, join one of the free daily classes, or the walking club, or talk with Matthew or Wilson about personal training.



### Managing Pain

It is a common misconception that older people need to live with their aches and pains, and that there is nothing that can be done about them.

While it is true that older joints tend to show arthritic changes that can result in degeneration, stiffness, and pain, there are many things that can be done for this. On a personal basis, individuals can work to stay fit and keep their weight down to a healthy level. Many joint pains can be markedly reduced simply by having strong muscles to support the joint; less body weight means decreased compressive forces on the joints.

Participation in group exercise programs, like those available at Waters Edge Lodge and Elders Inn, will help to keep joints flexible and strengthen the muscles surrounding the joints. Individual personal training with one of our exercise

specialists is also available for customized strength and fitness training. There are times, however the pain becomes so marked that it starts to interfere with function and quality of an individual's life. This is the point where our Rehab Department should get involved.



Our therapy staff has received intensive training on pain management techniques for the elderly. Through soft tissue and joint mobilization, in association with strengthening and range of motion, painful joints can become strong and pain-free.

Our Physical Therapists also offer an array of pain-reducing modalities such as ultrasound, various forms of electrical stimulation, light-therapy and

By Kathy Hanley, PT  
moist heat.

Our Occupational Therapist can work with an individual to ensure that activities of daily living, such as dressing and toileting are done in a safe, energy efficient and pain-free way. Occupational therapists can also offer an array of assistive devices to make activities less painful. The Rehab Therapist's goal is always to decrease pain and increase function. When ordered by a doctor, Medicare will often pay for therapy.

Our Rehab staff can consult with you and help you get an order from your doctor. Speak with your Administrator, Admissions Coordinator, or your Wellness Coordinator for more information about the therapy services offered by AES. Remember Don't accept pain as a necessary evil. We can help.

### American Football - A Brief History



September marks the start of the American Football Season. Though it shares a

name with European Football (or soccer as we call it), did you know that American football is actually more similar to rugby?

In the early 19th century college campuses began to play

intramural games of football. And early on, each school played their own version of the sport, most of them bloody. The games were so bloody that in 1860 Yale (and in 1861 Harvard) banned the playing of the games on campus. It wasn't gone long, both schools had reintroduced a new version of the game by 1867, with new and improved rules.

Interestingly, it wasn't until 1873 that there was standardized rules for intercollegiate football; these rules were based on soccer. In 1876 the colleges met again and altered the rules to more closely mimic rugby. A few more tweaks to the rules, mostly by Yale graduate, Walter Camp, and American football was born.

### Resident of the Month: Mary Wilgus

Mary was born in Aberdeen, WA and was raised in Lacy, near Olympia. Mary graduated from Olympia High School (class of 1953) and married Robert Gray in 1956. Together they had three children Mark in Alameda, Timothy in Orange County, and Laurie in Alameda.

The family moved to Bakersfield, CA in 1962. She worked as a secretary for General Telephone Company. Mary moved to Paradise, CA with her 2nd husband in 1974, then later moved on to Chico.

Mary married James Wilgus in 1985. At that time she worked for the California State Employment Development Department. Her job there was helping people find jobs – she worked there for about twenty years! Mary’s husband James passed away in 2008. She moved to Alameda in 2013.

Mary enjoys listening to Christian music and watching a variety of TV shows. She

especially enjoys the channel HGTV, the property shows, and do it yourself shows. Mary enjoys reading novels, mostly love stories, and enjoys doing crossword puzzles. Mary is fortunate to have four grand children and three great grand children!

Mary’s bright smile and blue eyes will instantly make you want to be friends with this sweet lady. Please introduce yourself to Mary and welcome her to our community.



### Walking Club

The Elders Inn Walking Club, has added another 5,000 steps (2.5 miles) to our grand total since March.

**That brings us to an incredible, 37,690 steps!**

That adds up to over 18.75 miles, which is equivalent to walking all the way to Coyote Hills Regional Park! It is located along the eastern shore of the San Francisco Bay and is comprised of nearly 978 acres of marshland and rolling grassland covered hills; a great for walking, bird watching and picnicking.

Let’s keep up the great work to see how far our many miles of walking can take us next time!

### News & Notes from Activities

On the 1st we have our delicious Labor Day BBQ lunch! Be sure to invite your loved ones, the more the merrier.

In honor of our brave first responders, we will be making a special visit to the fire station around the corner to show our appreciation, on September, 11th. The week of September 21st through the 27th is Active Aging Week! Each day we will focus on different aspects of active aging, like the importance

of walking, proper foot health, fall prevention, bone health, and more.

To top things off, we will put our taste buds to the test on the 29th, sipping on a variety of flavorful beverages at our National Coffee Day Social!



Don’t forget to come to the Resident Council!  
It’s on the First Sunday of the Month.

### Garden News!

This month we are learning some fascinating facts about flowers.

The flower for this month is the Aster flower. The word Aster is Greek derivation which means “star like.” And did you know that many species of Asters are drought resistant?

# AEC Living

## NEWS FROM THE LODGE

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### Resident of the Month: John Ratto

John Ratto is an Alameda native, born and raised on the island. What he remembers most about his youth in Alameda is “work” – from the tender age of 12 he worked on our very own Bay Farm Island, harvesting potatoes. He remembers that he and his cousin had to get up and the crack of dawn and be ready to work, loading trucks well into the evening. Around the age of 16, he went on to less back breaking work, still in produce, he worked a fruit and vegetable

stand at 7th Street Market (or Swan’s as many know it now). After that, he “jumped around” working all types of different jobs, everywhere from calculator companies to Pac Bell.

John has been married to his lovely wife Mary, whom he met through family friends, for 68 years. After retirement, life became easier, and as things went on he and Mary spent a lot of their time attending events at the Italian Club. There they enjoyed bocce ball, dinners,

dancing, golf, and taking in various art displays. John still plays quite a bit of golf on the building’s Wii, and says life he likes to spend his extra time with “The Boss” (Mary), watching TV shows like Ancient Aliens and most westerns. He is also a fan of the singers Nat King Cole & Caruso. John is just a joy to be around, with his great sense of humor he is one of those people who can always make you smile even if you’re in the worst of moods.

### News & Notes from Activities

I’m proud to mention that in honor of First Responders Day, our sewing club will be making and donating rescue bears to both the Fire and Police Departments. These bears are kept for children who have been taken out of stressful situations. The bears are given to provide

support, courage, and the knowing someone out there cares during stressful times. It’s a great way for us to give back to the men & women who serve and protect, as well as providing a long distance hug to a child in need.

### Walking Club

So far this year the Walking Club at the Lodge has walked **90 miles**.

That is like walking the entire border of Liechtenstein (a small country between Switzerland and Austria) **TWICE!**

### Eating Out

Please join us for our World Tour lunch outings!

On Friday, September 5th, we will visit Spiesekammer, a charming German restaurant here in Alameda.

Then on Friday, September 19th, we will visit another Alameda restaurant, Mama Papa Lithuania.

Don’t forget to come to the Resident Council!

It is on the First Saturday of the month

### Administrator’s Corner

By Merryn Oliveira

We have several new faces who have joined the Lodge Staff family. Ashley Cameron is our new afternoon Medication Nurse. Ashley has worked previously as a CNA, and we are excited for the depth of knowledge she is bringing.

In the dining room you will also see Conner Pollart and Samantha Williams. Both are high school students and bring energy and vitality with them to our dining room. Please join us in welcoming our new staff to our community.

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### Iron Woman of the Month: Mavis Caulfield

They say consistency is key to success. One person who has been very consistent this month is Iron Woman of the Month, Mavis Caulfield. Her consistent attendance to exercise classes and personal training sessions have been nothing short of impressive.

Born in a very small town known as Arthur, Nebraska (with a population of about 95 at the time), she was the middle of 5 children, and the only daughter! She then moved to South Missouri and then all the way to Napa, California. In high school, she stayed active playing

for the volleyball team as well as going for long bike rides.

After high school she worked for a photography studio in Napa. She married her husband, whom she met in high school, and became mother to 3 wonderful daughters.

About 30 years ago she went on a big road trip traveling from Napa to Washington D.C., Iowa to New York, Missouri all the way back to South Arizona visiting her

friends and family along the way. Talk about a road trip!

When she left Napa she moved here to Alameda and has been trying to keep busy attending the activities and exercise classes on a consistent basis. She loves to stay active to improve her health, interact with everyone around her. I have rarely seen her miss a

class or personal training session, which is why we honor her as Iron Woman of the Month!



### Iron Woman of the Month: Judy Maritzen

When we think of the world famous Iron Man competition, we think about the hard work it takes to prepare, train, and compete in one of the world's most brutal endurance sports. No one exemplifies those quantities more than our own survivor: Judy Maritzen!

Judy grew up in Alameda and graduated from Alameda High before moving on to attend the University of California, Santa Barbara. Judy met her husband, Buck, when they were in high school but they did not get married until after she graduated from college. Judy taught in the Alameda School District until she retired. Her history in Alameda is long and

she is still committed to local Alameda causes such as the Alameda Garden Club and the St. Joseph Garden club.

Judy is a proud stage four cancer survivor. She has been working hard for the last several years to get back on her feet, and she is closer than ever to getting there. She has been working hard with Josh, our Occupational Therapist, for over a year, trying to be as pain free with her movements as possible. She is also working diligently with Jason and Denise (Physical Therapists) on increasing her range

of motion and walking as far as she can with her walker.

Judy has also recently added morning exercise classes to her long days packed with social events, therapy appointments, and meals with her friends. Her dedication to her health and getting back on track is something that should be admired by all.



Take the time out this month to visit Judy and congratulate her on being an Iron Woman of the Month.