

Living on the Waters Edge

Volume 3, Issue 5

October, 2006

Established in January, 1972. Now in our Thirty-Fifth Year of Providing Health Services to the Elders of the Alameda/Oakland Area.

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The Four Wheeled Walker: Friend or Foe?

By: Kathy Hanley

We see them everywhere in our facilities. Many come in pretty colors. Many have a seat to sit on if you get tired. Many have a convenient basket to carry things with. To the casual eye they would seem to be an excellent deterrent to falls. Why wouldn't someone want to have one, like so many other people? Isn't the four wheeled walker right for just about anyone who wants its convenience and doesn't want to fall? The answer is not as simple as it might seem.

Like most things in life, this particular device has both advantages and disadvantages, and for the most part it requires the evaluation of a Physical Therapist to decide who is appropriate for using a walker. From a Physical Therapist's viewpoint here are the advantages and disadvantages of us-

ing a walker.

Advantages:

- Provides a wide base of support for people with sufficient balance problems that they are unsafe using a cane or walking independently.
- Allows people with endurance limitations to walk further.
- Allows a person to carry things in a bag or basket attached to the walker.
- Walkers with seats allow a person to walk longer distances, take a rest, and then walk again.

Disadvantages:

- Since the walker provides such a wide base of support, the person using it does not have to use their own balance reactions, and these balance reactions begin to be lost. The per-

son's balance then becomes much more impaired than it was prior to starting to use the walker. This is a classic case of "If you don't use it you lose it."

- When using the walker, much of the weight goes on the arms rather than the legs. As a consequence the legs get weaker.
- Because of the bar and/or seat at the front of the walker, it is impossible to have a normal walking pattern. The step length gets shortened, which can lead to inflexibility in the hip muscles.
- Most people tend to lean forward while using the walker. This inevitably leads to tightening of the muscles on the front of the thigh which consequently prevents a person from standing (Cont. pg 6)

Ode to Waters Edge

By: Charlie Johnston

Allegiance to our flag we
pledge.
Appreciation we feel for Wa-
ters Edge.
Thanks for the fine staff and
crew.
Who do so much for me and
you.

We have to take what comes
our way,
And do your best from day to
day.
Get to the dining room at the
call,
But go with care, and do not
fall.

We are never too old to learn,
Listen to others, and show
concern,
If you don't agree to the let-
ter, showing concern makes
them feel better.

Give respect to all others,
Most of us are fathers or
mothers.
Many people like to make
many friends;
It's something that pays good
dividends.

At the end of the day, ou will
be ahead,
Say your prayers and climb
into bed.

*Charlie Johnston is a resident at
the Waters Edge Lodge.*

Brain Teaser

Neo-Platonism and the Journey

By: Kathy Hanley

In history of philosophy, Arist-
totle is succeeded by a group
of philosophers called the
Neo-Platonists, the most no-
table of whom are Plotinus
and Porphyry who lived in the
2nd Century, CE. Neo-
Platonism had a quasi-
religious tone to it, and it sub-
stantially influenced theologi-
cal thinking for centuries to
come, including Christianity's
St. Augustine and Judaism's
kabbalistic schools. Accord-
ing to Neo-Platonism there
are three primary realities or
substances: the One, Intellect,
and the World Soul. The One
is the Absolute, the ultimate
reality which is responsible
for the unity of all things.
The Intellect or *nous* is the
first differentiation and the
introduction of multiplicity
into the world. It is some-
what like the story of the Gar-
den of Eden, where Eve, by
biting the apple, brought mul-
tiplicity into the world in the
form of Knowledge of Good
and Evil. The World Soul is
all things in space and time,

including human beings. The
ultimate purpose of life is to
move from the state of multi-
plicity and return to the state
of unity, to return to the One.
This is the journey or "dance"
that we all must participate
in. We must find our way
back to the Garden of Eden.
But this journey requires dar-
ing or *tolma* on the part of
the wayfarer. It is a journey
that requires movement and
active participation, a strug-
gle to return to that from
which we came. If we can
make it back to the One, the
circle will have been com-
pleted, and we will be back
home--at rest in abiding
peace. How do you see your
life? Where do you think you
came from and to where do
you think you are going? Do
you let life pass you by or do
you look at it as an adven-
ture—a journey from which
one continually learns and
moves forward toward a
higher level of perfection? Be
a daring traveler on road of
life—you'll be amazed where
it takes you.

Fun Facts About Asia

- Red is a very lucky color, which is why on Chinese New Year, the envelopes given are red.
- The spaghetti noodle is from China. Marco Polo brought his noodle to Italy after a trip to China.
- Ice Cream was invented in around 2000 BC. The Chinese packed a soft milk and

rice mixture into the snow, and it froze.

- In America, we have the toot fairy; in China, when a child loses an upper tooth, it is planted in the ground so the new tooth will grow straight. If the child loses a bottom tooth, it is thrown up to the rooftop, so that new tooth will grown in straight and upwards!

October Activities

We will be led into temptation by our stomachs this month as we celebrate the Orient by having two outings for delicious food—Chinese and Japanese. Keep your eyes peeled for more details about this culinary extravaganza, and sign up quickly.

On October 15th, we will be having a special presentation of song and charm by Temple Israel schoolchildren as they celebrate Mitzvah Day. The concept of Mitzvah is to “do a good deed” for someone. This is very important in Judaism. Let us welcome these wonderful children as they entertain us at 12:30 pm in the living room.

We have a new musician. On October 29th, we welcome a musical visit from Paul Kelsey at 3:00 pm in the Living Room. Please enjoy an hour of Banjo Playing by our new friend.

Live Oak

Wow! We’re growing and thriving at the Circle of Elders Monday through Friday from 12:30pm to 1:30pm. David leads a lively discussion ranging from local and world concerns to concerns of the Lodge. Trivia, weird news of the day and David’s notoriously bad jokes add to the mix of empowerment of the Residents speaking their minds and taking part in their environment. Following the Circle of Elders every Thursday is the Circle of Champions. Patrick McCabe leads residents and staff in a session designed to let everyone get to know each other better and make the Lodge a better place. Please join us every weekday for the Circle of Elders and every Thursday at 1:30pm for the Circle of Champions.



World Tour: Asia

As we proceed into the second of the two most beautiful months of the year at the Waters Edge Lodge, there is a noticeable change in seasons. The gorgeous trees that line the lagoon are sensing the upcoming chill, and we welcome the beauty of nature at it’s best. Who doesn’t love the nip in the air, and the color changes of the leaves? We are truly blessed to be in such a fine place as the Lodge. October brings not only a change in the weather, but also the World Series and Halloween. Let’s all dress up as baseball players, and kill two birds with one stone.

We leave the exotic country of Russia, and head east to the equally exotic Orient. We’ll spend the month of October in China, Japan and all the other lands that comprise Asia. Informative opportunities at the Circle of Elders, interesting movies, and delicious foods will help us learn about this great area of the globe. Come and join us as we travel halfway around the work in search of adventure.

Resident of the Month: William Wacker

Bill is a true living legend—an actual Alameda Native Son! He was born eighty four years ago on the corner of Mound and Adams Street, here on the grand island of Alameda. He attended Lincoln school and Alameda High School, graduating from AHS in 1940. He went into the army, joined Patton’s 3rd, receiving 4 Battle stars including Normandy and actually landed at Omaha Beach 40 days after D-Day.

After the service, Bill worked in a furniture factory. He then became an automobile electrician, repairing cars for 20 years. He worked 10 years for the city of Alameda, servicing city vehicles and maintaining City Hall. He retired in 1982, and has been enjoying his time by traveling to Europe with the California Adventure College. Bill never married, but has a large family including 2 great-great nieces.

Harvest Festival

On October 26th, we will be celebrating fall with students from a local elementary school. We will have games, treats and fun for all at this wonderful afternoon celebration.



October Activities

- 10/9: Canada, Thanksgiving Day; US, Columbus Day
- 10/16: National Boss Day, we will be discussing the word Boss during the community meeting.
- 10/21: Sweetest Day, this day is to celebrate and remember the sick, elderly and orphaned, and friends, relatives, and associates.
- 10/29: Day Light Savings Time Ends, don't forget to "Fall Back" and set your clock back one hour.
- 10/31: Halloween, we will be celebrating by discussing the origins of Halloween. We will have special entertainers, games and prizes.

October In Services

- Week 1: Caring for Residents with Sensory Deficits
 Week 2: Meaningful Activities
 Week 3: External Disaster Drill
 Week 4: Recognizing Abuse and Neglect

Thank You

The 26th Annual Alameda Nursing Home Picnic at Crab Cover was a fun and exciting outing for our residents. The weather was perfect! Residents enjoyed lunch and fun activities. Thank you to all the residents who participated.

October Movies

- 10/7: Travel the World by Train
 10/14: Asia/Health Secrets
 10/21: Road to Singapore
 10/28: My Fair Lady

Resident of the Month: Isabelle Beall

Isabelle was born in Michigan in 1908. She had one brother, named Dermand, who fought in World War II. Dermand came back alive, but many of Isabelle's friends died in the war.

Isabelle met her husband Henry Beall in a college psychology class. They were married for over fifty years.

Isabelle worked as a fourth grade teacher for twenty-nine years. Her husband Henry was the principal of the school where she was teaching.

Isabelle and Henry had one

daughter, Carol, who now lives in Alameda, and comes to visit her mom almost every day.

Isabelle's hobbies are collecting Arrow Heads, which she found while living on a farm. She loves reading the newspaper, and traveling.

This year, Isabelle won a wonderful gift basket at the Annual Nursing Home Picnic, where she was able to enjoy the beautiful weather, and wonderful company.

Isabelle would like her daughter to know that she appreciates her visits.

World Tour: Asia

Asia's huge and diverse population, with ancient traditions, has charged developments in economics, society and technology. As the largest continent in both area and population, Asia offers a variety of different cultural experiences. The travel season is typically from May to Early October. Some of the countries we will visit are Bahrain, Bangladesh, Cambodia, China, Hong Kong, Indonesia, Japan, North and South Korea, Bangladesh, Los, Malaysia, Mongolia, Nepal, Burma, Pakistan, Singapore, Thailand, Vietnam, Japan and the Philippines.

Come and join us as we tour Asia and learn about many of the different Asian Cultures.

Special Announcement:

Due to safety issues, the Waters Edge Nursing Home will no longer allow private parties in the Bay Room. Because of choking risks, allergies and other food safety issues, families planning to celebrate their loved one's birthday are encouraged to hire an entertainer rather than serving food. This will allow all residents to participate. Our activity director can make suggestions of appropriate entertainers.

Families wishing to serve cake and other food are welcome to do so privately in room 308, where they are also able to invite staff to attend.

If you have any questions, please contact the activities department.

World Tour: Asia

By: Christina Carter

Did you know that in Japan, Japan is known as Nippon?

In October 1999, I had the unique opportunity to go with some friends to Southeast Asia: Japan and Hong Kong. I had a friend going home after twenty years of living in the United States, and family did not want her to be alone. Before we knew it, five of her friends were joining her on her amazing journey. We took a flight out of SFO and 14 hours later landed in Hong Kong, China! After getting our luggage, we took a taxi to the hotel in Kowloon province. Hong Kong is beautiful, it somewhat reminded me of San Francisco. For five days,

my group walked through Hong Kong. I saw Buddhist Temples, attended a vegetarian lunch at a Buddhist monastery, went shopping at the night markets and open malls, rode on a double-decker bus, walked on Lantau island and touched a 40 foot "Bronze" Buddha. The food in Hong Kong is unique with a British influence. I was served hot tea with cream and pastry treats. I also sampled many foods including Green Tea ice cream and chicken feet. I purchased many souvenirs, several of which will be displayed this month.

In Hong Kong, we joined a Chinese speaking tour that was going to Japan. Once we landed in Japan, I felt like a

celebrity! At Tokyo Disneyland, I had many people come up to me and ask for my autograph and photo. This lasted throughout my entire tour of Japan. I saw a volcano erupt, went to the botanical gardens, sang Karaoke. I toured a pearl factory, and went swimming in the largest (at that time) enclosed man-made beach. The highlight of my trip to Japan, was visiting the Sanrio store (Hello Kitty). I purchased and won so many unique Hello Kitty items (not available here in the US) and I gave them as Christmas presents later that year to my friends and relatives. In Japan, we went to the four main islands: Honshu, Hokkaido, Kyushu and Shikoku. At the hotels, the foods were traditional Japanese combined with American foods. One could eat pancakes, bacon, eggs, salmon fillet and rice for breakfast! To this day, I still prefer to eat rice with all my meals.

After our tour was complete, we flew to Hong Kong. This time we relaxed and did some last minute shopping. It was an extremely fun and educational trip. Please join

Resident of the Month: Glenn Homer

Glenn Homer was born on the same day as Former President, Ronald Reagan; but not the same year. Glenn was born on February 6, 1916 in Oakland, California. He is a California Native! Glenn was married 56 years and fathered two boys. He also has a grandson.

Mr. Homer went to school in Oakland. He is a graduate of Castlemont High. He worked as a house painter for many years. When the attack on Pearl Harbor happened in 1941, Glenn applied for the United States Navy to paint on airplanes. Mr. Homer was in the Navy for two years. He

was in the same infantry as the late Alfred "Lang" Dana. They were in separate units. He and his wife lived in Oakland for many years. They lived in the house that his wife was born in on Farnam Street in Oakland, California. To date, the house is approximately 100 years old! For family activities, his sons would go fishing with him. Currently, his son and grandson play golf in San Francisco. As a resident of Elders Inn, Glenn enjoys his BINGO and distributing "treats" to the staff and other residents. He also enjoys watching "The Price is Right".

Special Activities

10/9: Columbus Day

10/20: Resident Luncheon at East Ocean Restaurant

10/26: Harvest Festival at Waters Edge Lodge

10/31: Halloween Celebration

Iron Person

Mary Bussell is this month's Iron Person. She regularly attends the morning and afternoon exercise classes at Elders Inn. Mary was born in Santa Fe, New Mexico in 1915 and was the oldest of 10 children. In Santa Fe, she attended the Loretto Academy for Girls, and in addition to school work, Mary played basketball and tennis. Prior to her marriage, Mary attended Heald Business College in Oakland and studied Business Law and Administration. She worked as a private secretary for Crown Zellerbach. Mary was married to Ben R. Bussell in May, 1937. They had 5 children and several grandchildren and great-grandchildren. Mary's hobbies include reading and keeping up with current events. As with many seniors, she realizes the benefit of staying active physically and mentally. She also considers staying in touch with friends to be a priority. Her philosophy of life centers around family: Being a good parent, staying in touch with family and maintaining good friendships are all very important to her.

Mary considers exercise very important! She attends exercise classes Monday through Friday with Tom and also walks regularly. The exercise classes help her to stay strong. She feels that exercise improves her balance and makes her feel a lot better overall.

The Four Wheeled Walker: Friend or Foe? (Cont)

erect.

- Because the walkers are wide, they can actually increase risk of fall, because they are easy to catch on objects such as furniture, or while negotiating smaller spaces.
- Many walkers are either too short or too tall for the user, thus compounding walking and posture problems.
- Can't use on stairs.
- Walking usually becomes slower with a walker compared to a cane.
- Many walkers are used incorrectly or unsafely because the user has not received proper instruction from a Physical Therapist.

Recommendations:

1. Don't just give a family member a walker because lots of other people in the facility are using a walker.
2. Don't give a family member a walker out of fear of falls.
3. If there are concerns about falling, or if you are unsure if

you or your family member should be using a walker, talk to your nurse or Physical Therapist and request an evaluation.

4. If you are using a walker, have our Physical Therapist check it periodically for correct height and to make sure that the brakes, if there are any, are working properly.

5. Consider mixed use: a person may be safe to walk for shorter distances or within the living facility with a cane and then use a walker for longer community distances. Or a person may regularly use a cane but use a walker when they aren't feeling well or are feeling dizzy.

Regular exercise, particularly that which emphasizes balance and leg strengthening, can allow a person to stay off or get off a walker.

Are you interested in getting off your walker and walking with a cane? If so, contact Kathy Hanley PT at 521-9200 ext 105 or talk to your fitness trainers at your facility.

Correction

Bernice Cotella has lived in Alameda for 70 years, not Oakland. She was also a Cashier for a branch office of an insurance company.

Sorry for the mistake.

Congratulations:

Alameda Elder Communities would like to thank the following staff members for their continuing service and dedication. We couldn't do it without them! The following staff members are celebrating their Anniversary during the month of October:

1 Year

Salimah Ubaka, WE Lodge
James Britton, AEC

2 Years

Yavonne Bizzell, WENH

3 Years

Joyce Saber-Arriba, Elders Inn
Melodia Mejia, WENH
Oliva Nacis, WENH

4 Years

Gerado Dizon, WENH
Carmencita Viray, WENH
Ludelyn Sosa, WENH
Yolanda San Juan, WENH

5 Years

Aselefech Belayneh, WE Lodge

6 Years

Biljana Kukuruzovic, WENH

7 Years

Sandra Davis, WENH
Lavada Sizemore, WENH

8 Years

Zewditu Alemu, WENH
Gemma Pespitro, Elders Inn

CONGRATULATIONS AND THANKS AGAIN!

Iron Woman of the Month:

Brain Teaser: Answer

**Alameda Elder
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*A continuum of Caring, since
1972*

*Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services*

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 and the Elders Gym 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 Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.



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