

Living on the Waters Edge

Volume 4, Issue 4

October, 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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No need to Fear the Flu

By: Kryspin Turczynski

Flu season is almost upon us, making this a good time to review some basic information about the disease, and what we do to prevent it among our residents and staff. Influenza, also called the “flu”, is a highly contagious respiratory infection. Flu can cause fever, chills, headache, dry cough, runny or stuffy nose, sore throat, and muscle aches. Unlike other common respiratory infections such as the common cold, influenza can cause extreme fatigue lasting several days to more than a week. Although nausea, vomiting and diarrhea

can sometimes accompany influenza infection, these are more likely in children, and gastrointestinal symptoms are rarely prominent. The illness that people often call “stomach flu” is not influenza.

Typically, influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the virus. Good personal health and hygiene habits are reasonably effective in avoiding and minimizing influenza. After a person has been infected with the virus, symptoms usually appear within 2 to 4 days. The infection is often considered contagious for

another 3 to 4 days after symptoms appear. Because of this, people used to think the flu was caused by the “influence of the stars and planets.” In the 1500's, the Italians called the disease “influenza,” their word for influence. Three influenza pandemics occurred in the 20th century and killed tens of millions of people, with each of these pandemics being caused by the appearance of a new strain of the virus in humans. Each year, an estimated 10 to 20 percent of the population contracts influenza.

Vaccination against influenza with a flu

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Physical Therapy and You

By: Kathy Hanley, PT

October is National Physical Therapy Month. Waters Edge Lodge and Elders Inn

residents are fortunate in having Physical Therapy available. Many residents ask the question: What is Physical Therapy?

Physical Therapists

are health care professionals who treat people with medical problems or other health-related conditions that limit their

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No need to Fear the Flu

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vaccine is strongly recommended for high-risk groups, such as children and the elderly. The most common human vaccine is the trivalent flu vaccine that contains purified and inactivated material from three viral strains. A vaccine formulated for one year may be ineffective in the following year, since the influenza virus changes rapidly over time and different strains become dominant. There are also live vaccines, but these are not recom-

mended for nursing homes since they make infection control much more difficult. It is possible to get vaccinated and still get influenza, but studies show that vaccines are quite effective in preventing large-scale outbreaks in institutional settings like hospitals and nursing homes. In fact, the flu shot is considered so important for elders, Medicare will cover it once a year in the fall or winter! We will be providing flu shots to our residents and staff in October/November.

Fitness is Fun Again

My Name is Lindsay Jones, and I am the newest member of Alameda Elder Services. If you haven't had the opportunity to meet me, it may be that you haven't been getting your recommended dose of daily exercise. I am the group instructor and personal trainer buzzing about in the fitness and wellness room, but you may have seen me at some other functions at the Waters Edge Lodge. I am ecstatic about returning to the health and wellness field and eager to motivate and inspire ALL residents of EVERY physical ability level to establish and attain progressive fitness aspirations. My wellness philosophy inside-out: to become more physically fit we must first make the decision to dedicate time to improve our body and mind. I have set some new goals for the exercise and fitness program and need your help. First I want to implement classes that cater more to the interests and abilities of our residents. As a start I would like to come up with new fitness routines that are a little less routine and a lot more fun. To determine the types of exercise classes our residents prefer to participate in, I have set up an exercise suggestion box at my desk. Please share your opinions, thoughts and feeling about the fitness program. My second goal is to improve attendance. Please get involved and become a part of achieving a new outlook on physical fitness.

Welcome to WENH: Eddie Ilagan

My legal name is EDUARDO VELEZ ILAGAN. Everybody calls me 'Eddie' for short. I am the new administrator of the Waters Edge Nursing Home. I began working on August 28, 2007. I have been in the healthcare industry since I arrived in the US in 1984. I have evolved from business office manager, accounts Payable/Payroll, RCFE administrator, and now finally NHA (Nursing Home Administrator). I owe this to my Preceptor, Carmen Preston-Foo. I know my mission is to serve the elderly, so I shoes this career. I worked eleven years with one company so when I left them in 2005, I was nervous about working with another company. After one month with the Waters Edge, I'm happy with the people I work with and the residents we care for. Not to mention the

'home-like' atmosphere - like one big family, or shall we call it 'community'? I am a very 'sensitive' and 'sentimental' person due perhaps to my background, as an 'artist'. I was brought up in the entertainment world since birth. My father was a movie director, my mom and brother were radio announcers, and my sister was formerly a recording artist in the music world. She now lives in San Jose. I myself was for many years a radio/tv announcer at ABS/CBN network who owns TFC (The Filipino Channel) here in the United States. I would like to thank Chris and Darnelle, the business office, the two other administrators (Sabrina and Christina), and my department heads for the warm welcome. Everybody has been very supportive.

Physical Therapy and You (Continued)

(Continued from page 1)

ability to move and perform functional activities in their daily lives, such as walking, getting up to standing and balancing. Through the use of exercise and joint mobilization, Physical Therapy can strengthen weak muscles, loosen stiff joints and improve the ability to move and function. With modalities such as ultrasound, electrical stimulation and light therapy, Physical Therapy can also help alleviate pain. An order from a physician for Physical Therapy is required to begin therapy. Most Physical Therapy is reimbursable through Medicare and other forms of insurance.

All Physical Therapy visits are by appointment. Most people are seen for a one hour visit three times per week until the presenting problems are resolved. During the first visit, the therapist administers evaluative tests to determine each individual's specific problems and needs. The therapist then designs a treatment program specifically tailored for that individual.

Physical Therapists must graduate from an accredited Physical Therapy program, successfully complete a series of internships and pass a national licensure examination. Most Physical Therapists hold a Master's Degree, although many programs now award the Doctor of Physical Therapy (DPT) degree.

Our Physical Therapy staff includes:

Kathy Hanley PT, Rehab Director

Kathy received her Physical Therapy training at University of Wisconsin-Madison. She has over 30 years of experience in the field of Physical Therapy and has worked at both acute and rehab hospitals as well as an out-patient sports and orthopedic medicine clinic. Kathy also had her own Physical Therapy clinic in Alameda for 10 years. Kathy also holds a Masters Degree in Philosophy from San Francisco State University. She has 2 daughters and loves to play tennis, ski and read.

Sheri Arjo, PT

A Massachusetts native, Sheri graduated from Simmons College in Boston and has been a Physical Therapist for 23 years. She has worked in acute hospitals, including Eden Hospital and Alameda Hospital, doing in-patient and out-patient work with both orthopedic and neurologic patients. Other work includes experience at a skilled nursing and rehab facility. Sheri has traveled throughout Europe and has lived in both England and Argentina. Sheri met her husband in Scotland and is the mother of twin girls and a boy.

Ellen Anderson PTA

Ellen has been a licensed Physical Therapy Assistant

since 1988 and received her Physical Therapy training at De Anza College in Cupertino. She has worked in private Physical Therapy clinics and several skilled nursing facilities around the Bay Area. She has also worked at the Arthritis Center at Mt. Diablo Hospital and is committed to teaching clients self-management skills for chronic illness and pain. Ellen is also a certified massage therapist. She has a Bachelors Degree from University of San Francisco and a Masters Degree in Psychological Counseling. She also has diverse experience in bodywork. A native of the Bronx in New York, Ellen still returns to New York City on a yearly basis to visit family and friends.

Physical Therapy is provided on the second floor of Waters Edge Lodge in the Rehab Clinic, Room 22. At Elders Inn, it is provided at the Rehab & Fitness Room. Residents and their families are welcome to stop by the clinic to speak to our therapists about therapy services or call Kathy at 521-9200 ext. 105. During National Physical Therapy Month, come meet our Physical Therapists and see what Physical Therapy can do for you.

Waters Edge Lodge on Harbor Bay

ROM: Penny Bell

Penny was born on May 26 at a holiday resort in Blackpool, England. She made her first trip to America in 1949 visiting her relatives in New York.

"They invited my family to visit but I was the only one who went." In reference to her three sisters, "I was the wild one in the bunch." Penny eventually meet her husband at Mardi Gras in New Orleans, Louisiana. "Three weeks later we got married. My husband spent over 20 years in the US Air force and was one of the first pilots to relieve the Flying Tigers during the war. We traveled all over the country and parts of the world. We even lived in Japan for three years." Penny is the mother of three boys and a girl: "My husband worked and I was a family oriented person." Her interests are cooking, gardening, shopping and collecting Oriental artifacts. Penny moved to Alameda in January of 2007 and to the Lodge in June 2007. When asked what she liked about living at the Waters Edge Lodge she said, "It's nice, the rooms are quiet and peaceful and the residents are great."

If you see Penny in the hallway stop her to say Hello. Penny describes herself by saying: "I'm just a happy person. I love to make people laugh." Penny is a valued asset to our family here at the Lodge and we are proud to commemorate her in the month of October as our Resident of the Month.

Artist of the Month: Grete Steiner

Grete has been a resident of the Waters Edge Lodge for about 10 years. She began participating in our art classes a year after she arrived. "I love art class. Art is my lifesaver. It gives me great pleasure." Grete paints every day using mostly watercolors for painting landscapes. "It's hard to fix your mistakes with watercolors. With oils you can paint over your mistakes but not with watercolors." When asked who she admires as an artist, "I don't know there are so many. I like Cezanne, Monet, Pissarro - there are too many to choose from!" She reminisced on the

Mona Lisa and was surprised by how small the painting was. When asked, what is art? Grete said, "For me it's an outlet. Art is not something you can teach-it's a natural gift." She continued to stress the importance of practicing daily. "The only regret I have is that I didn't start painting when I was young." Grete still enjoys our art program with Bridgette every Friday at 3:00pm. If you are interested in art, come join Grete, along with her fellow residents every Friday. "It will make you forget all your problems," Grete says.

October Activities

Oh boy! Where do we start this month? We previously mentioned the Root Beer Float Social which is on October 1st, the Casino trip on October 23 and the wine tasting at Rosenblum Cellars on the 16th but hold on to your hats! We have also planned an autumn picnic at the beautiful Middle Harbor Shoreline Park on the 8th, practice your putting at the Golf Course with Patrick on the 11th and a special pumpkin carving and painting with our own Bridgette at the Art Class on the 19th.

It seems like every day brings another opportunity for Residents to get together and enjoy the good life here at Waters Edge Lodge. Sign up now so you won't be left out! See Dave Ballerini or David Ruttan.

Oktoberfest

I think that if I had to choose a favorite month, I would have to go with October. It is still warm but there is just the slightest feeling of the fall in the air! We have a full calendar of fun activities planned for this month---everything from root beer floats to a trip to a casino to a private wine tasting. In addition, I'm sure that we just might be visited by some little goblins as we approach the holiday season with Halloween. Did you know that The term *Halloween* (and its older rendering *Hallowe'en*) is shortened from All-hallow-even, as it is the evening of/before "[All Hallows' Day](#)" also known as "[All Saints' Day](#)"? We better be Saints this year so the young trick or treaters don't trick us!

World Tour: Germany

Germany is famous for many things, including some of the world's best beer. One artifact of this strong beer-drinking tradition is the glass boot, or *Bierstiefel*. The Bierstiefel is a glass receptacle shaped in the form of a boot, and holds up to 2 liters of beer. According to some, the Bierstiefel dates back to 15th century Heidelberg, but another story attributes the origin of the boot to a

Prussian general. This general supposedly promised his troops he would drink out of his boot if they were victorious in some particular battle. His troops won, and the general had no choice but to honor his oath. Not wanting to drink out of a sweaty piece of leather, the general cleverly had a local glass maker create one out of glass – and voila, the birth of the Bierstiefel.

October Activities

October is upon us, and with it comes not only cooler bay breezes, but also opportunities for new experiences as an elder-centered community. On Thursday, October 18, Room 308 will be turned into Little Munich, as we celebrate Oktoberfest during our regularly scheduled Happy Hour. As always, relatives and friends are welcome to join us, this time for beer, appetizers and old-fashioned German folk music! On Wednesday, October 24, our residents will have the opportunity to go to the Oakland Museum to see exhibits on the sociocultural history of California and go on a simulated journey through California's diverse ecosystems. And no matter how advanced in age we are, Halloween always remains a fun and interesting celebration, which we will observe on Wednesday, October 31 with a party. Prizes for best costumes will be given to residents, staff and guests, so dust off those capes, wigs, masks, and funky 70's bell bottoms, and come get your groove on in the spookified Bay Room at 2:00 pm on Halloween day!



Resident of the Month: Bettie Clark

Bettie Rose Clark (née Ramsey) was born in Terre Haute, Indiana, in 1920. She did not stay in the Midwest very long, though, since her family moved to Los Angeles when Bettie was only 3 months old. Growing up in “the most beautiful city in the world”, as Bettie put it, certainly had its perks. Since her mother worked as a film-cutter in Hollywood, Bettie had a chance to meet many famous movie stars of that time. After high school, Bettie enrolled at UCLA, where she majored in both music and accounting. She married Robert T. Clark, and when he went off to war, Bettie put her education on hold so she could go to work (she eventually went back and earned a degree).

Robert remained in the Army after World War II, and as a military wife, Bettie had an opportunity to live and work all over the world. She lived in Bangkok, the capitol of Thailand, where she worked for the Red Cross and collaborated with the Queen of Thailand. She lived in Washington, D.C., where she worked first for John F. Kennedy, and then for Robert F. Kennedy. The most

extreme transition in terms of climate was when Robert was transferred from Alaska to Puerto Rico. Among other accomplishments, Bettie managed credit unions, and worked in international banking and trade development. All in all, Bettie says that leading such a nomadic life was difficult at times, but also made life an adventure and provided a wealth of memories!

Bettie and Robert were blessed with two children, a daughter and a son. After 27 years of service, Robert retired from the Army, and they settled down in San Leandro (Bettie's mother-in-law lived in Alameda). He passed away in 1986, and is now buried in the Presidio in San Francisco. Not content to stay at home all the time, Bettie spent a few summers at Oxford University in England, studying literature and immersing herself in the life and works of Virginia Woolf. Bettie eventually moved to the Lodge, and from there she came to the nursing home, where she has established herself as a fun and gregarious member of our community.

Resident of the Month: Marilyn Hill

Marilyn Hill was born in Detroit, Michigan where she attended an all-girls school. After graduating, she attended the University of Arizona. Marilyn studied Botany, English and French. While on school vacation in Beverly Hills, Marilyn met Charlie Chaplin and Gene Tierney and she was asked to play tennis with them (she always carried her tennis racket with her). After the game, they told her that they were looking for a young girl to be in their movie. She was asked to do a screen test for them. However, she declined, deciding instead to go back to Arizona and continue her education. While continuing her studies, she took voice lessons to work on her "midwestern twang". Once school was out for the summer, she went back to California, did the screen test and was chosen to be in the movie "Monsieur Verdoux" with Charlie Chaplin. She was later put on contract with the studio. She married a playwright who won many awards. He also won several Academy Awards including one for writing "House of Stangers". After his death, she moved to Chico, California and had a beautiful boutique. She later married a doctor and raised four sons. Marilyn enjoys horseback riding and was still doing endurance racing with her horse up to the age of 78. Then she de-

ecided that it was time to give it up. Marilyn Hill moved from Chico where she was living in an another assisted living community to the Elders Inn on Webster, where she has been residing for the past several months.

Live Oak

At our Circle of Elders we have been focusing on being kind and helpful to our neighbors. When walking through the halls of the Elders Inn, many acts of kindness are visible such as residents helping other residents, family members lending an ear and listening. This is a perfect example of what being a friend and a neighbor is all

October Activities

October 01 – International Day of Older Persons: The theme for this year's observance of the International Day of Older Persons, "Aging in the New Millennium: Focus on poverty, older women and development." **Resident(s) will have discussion and current events with Nancy at 2:15pm.**

October 04 – 10 – World Space Week: We will all have the ear of humanity on October 4. Please celebrate World Space Week in 2007 and every year. **We are showing the movie "APOLLO 13" at 1:00pm.**

October 08 – Columbus Day: Please come and join us with our Residents for a **Tea Party at 1:00pm with Charles on Keyboard.**

October 09 – World Post Day is celebrated each year, the anniversary of the establishment of the Universal Postal Union in the Swiss Capital, Bern. **Resident(s) will be having a letter competition with Rene at 2:30pm in the Garden Neighborhood**

October 17 – Oktoberfest: Come and join us as we celebrate **Oktoberfest at Elders Inn during Happy hour, 3pm.** Festivities will include soft pretzels, non-alcoholic beer, salami, cheese and crackers. We will also have music honoring German culture.

October 31 – Halloween: **We celebrate by passing out candy to neighborhood trick-or-treaters.**

Welcome to WEL: Lindsay Jones

Lindsay Jones was born in Redding, California in 1981. Do the math...it's good for your nog-gins! She has since lived in 5 different states, but mostly in California and Alaska during her college years, where she studied accounting, journalism and general education.

Her unstable upbringing has encouraged her subsequent travel to Mexico, Canada, Germany, Ireland, Honduras, Costa Rica, the Panama Canal, the Bahamas and 24 of our 50 states. It may have also led to her restless employment history encompassing these fields: accounting, administrative, bar/restaurant, education, health and fitness, hospital-ity, personal care and wellness.

She has 5 brothers which has helped her understand the male psyche and "manly" sports to an exceptional degree of precision. She has been involved in sports for 18 years. She is so spirited and competitive that she was once thrown out of a championship softball game for arguing with an umpire about a bad call. Going on her 10th season of

snowboarding, with at least two injuries sustained from this sport, she claims she will be a die-hard snow bunny with or without global warming.

She is a certified massage therapist practicing on evenings and weekends. Her elderly grandparents in San Leandro enjoy having her help with household duties. As an avid reader and published author, she has enjoyed writing this autobiography.

Her exercise instruction skills come from employment with 24-Hour Fitness, including personal training, yoga, hip hop and boot camp classes.

When she is not at the gym (60 minutes of cardio, 5 days a week @ 7am), she is here motivating and guiding you to a more active lifestyle, practicing massage or helping her grandparents out. She spends weekends enjoying eclectic cuisine, listening to music, dancing and socializing at various events in the bay area—not all at once! Though, for the snow season, she is just a Tahoe-bound snow junkie.

Welcome: Gabrielle Sims

I am Gabrielle Sims the new personal trainer at Elders Inn. My job is to inspire anyone willing to give fitness a chance. One big way I help people stay fit is through encouragement. I have always had great interest in health and wellness.

All of my life I have been athletic and an exercise enthusiast. As a child I played soccer for AYSO (American Youth Soccer Organization). In high school and college I played on the tennis team and swam competitively. For almost a decade I have committed my time to working with others to help them reach their fitness goals.

Although my professional background has primarily been in biotech sales and marketing, I have followed my passion. My special interest is with the geriatric population teaching them to take better care of their bodies. As we age, physical activity is very critical to mobility and agility. To gain further knowledge in my area of interest I applied and was accepted to the Leonard Davis School of Gerontology at the University of Southern California. I think gerontology is a fascinating subject because everyone is affected by aging from the time of birth.

Three years ago I founded Executive Fitness a.k.a. LoveFitness to serve the Oakland community. The idea was born from listening to a community leader speak of the disproportionate number of obesity and ailments of American people.

Come visit me at the Elders Inn. Remember to ask for me, Gabrielle.

Alameda Elder Communities

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

1 year

Roxana Quintero, WE Lodge
Kryspin Turczynski, WENH
Amanda Jones, WE Lodge
JD Williams, WENH
Noberta Paras, WE Lodge
Ruby Acena, WENH

3 years

Yavonne Bizzell WENH

4 years

Melodia Mejia WENH

Olivia Nacis WENH

5 years

Gerardo Dizon WENH
Carmencita Viray WENH
Ludelyn Sosa WENH
Yolanda San Juan WENH

6 years

Aselefech Belayneh WE Lodge

7 years

Biljana Kukuruzovic WENH

8 years

Sandra Davis WENH

For placement and care questions:

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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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