

Living on the Waters Edge

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October 2008

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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What is Physical Therapy?

By: Kathy Hanley

October is National Physical Therapy Month. The theme for 2008 is "It's All About Movement." A few years ago the theme was "Movement is Life." These two themes encapsulate the spirit and mission of Physical Therapy: helping people to move safely, easily and more painfree, whether that movement be walking, coming to standing, reaching, bending or any other type of activity. What is Physical Therapy?

Physical Therapists are health care professionals who treat

people with medical problems or other health-related conditions that limit their 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 and thus enhance movement. 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 30-60 minute visits 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

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Seniors: A Lesson in Democracy

By: Kryspin Turczynski

In about a month, millions of Americans will go to the polls and exercise their democratic right to vote. Voter turnout has been

steadily increasing since 1996, which saw the lowest turnout ever in a presidential election year. If the recent primary elections are any indication, voter participation should continue along this

upward trend in 2008. With an increasing population of elderly in the United States, along with a traditionally high turnout rate among this group, we can expect more sen-

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Seniors: A Lesson in Democracy (Continued)

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ior citizens than ever to vote this coming November.

The role of seniors in this year's election is worth pondering for a couple of reasons. First of all, in a close election, every vote counts. When a certain demographic participates at a higher rate than any other, it tends to carry relatively more political clout. When either candidate addresses an issue that is important to America's elders, such as Social Security and Medicare, it is an effort to reach out and appeal to a group that can be relied upon to actually translate support into votes. Yet this does not mean that all seniors vote the same way and thus decide elections. People do not suddenly abandon their lifelong political philosophies and vote in lockstep just because they have reached a certain advanced age. The senior vote

is quite diverse, and statistics from past elections actually confirm that presidential voting preferences among the elderly do not differ significantly from those of the general population.

The more salient point of this discussion, in my opinion, is the importance of civic participation. A recent book by Andrea Louise Campbell (*How policies make citizens: Senior political activism and the American welfare state*, 2003) makes the case that the political activity of senior citizens is a great model of a healthy democracy. Using Social Security as a central issue, Campbell shows how voting and policy outcomes become a mutually reinforcing cycle among elders. Through campaign donations, letter writing, and voting, senior citizens have been able to defeat numerous efforts to cut Social Security and Medicare benefits. Beneficial policy outcomes then serve as proof that

the democratic process really is responsive, thus reinforcing the importance of political activity. In this way, senior citizens have been able to defend their hard-earned and well-deserved benefits from some very powerful corporate lobbies over the years.

The lesson for the rest of us is that democracy can work. When politicians know that their actual bosses (their constituents) are paying attention, keeping them accountable, and exercising their patriotic right to vote, they will listen. If we only spent less time watching American Idol, and spent more time learning about the issues that matter most to us as a nation, we would have a government that actually works for and responds to "We, the people." In this, as in so many other things, we would be wise to follow the example of our elders.

Protect Yourself: Get a Flu Shot

By: David Ruttan

The flu season is from November to April, with most cases occurring between late December and early March, but the vaccine is usually offered between September and mid-November (and may be given at other times of the year). Getting the shot before the flu season is in full force gives the body a chance to build up immunity to, or pro-

tection from, the virus. Although you can get a flu shot well into flu season, it's best to try to get it earlier rather than later.

Given as an injection, the flu shot contains killed flu viruses that will not cause the flu, but will prepare the body to fight off infection by the live flu virus. Getting a shot of the killed virus means a person is protected against that

particular type of live flu virus if he or she comes into contact with it.

Even if you may have gotten the vaccine last year, that won't protect you from getting the flu this year because the protection wears off and flu viruses constantly change. For that reason, the vaccine is updated yearly to include the

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What is Physical Therapy? (Continued)

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tailored for that individual. Physical Therapy treatment techniques promote the ability to move, reduce pain, restore function and prevent disability.

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.

Waters Edge Lodge and Elders Inn residents are fortunate in having Physical Therapy available to them in-house. Physical Therapy is provided on the second floor of Waters Edge Lodge in the Rehab Clinic, Room 22 and at Elders Inn, it is provided at the Rehab & Fitness Room on the 1st floor. At Waters Edge Skilled Nursing Facility, it is located in the Rehab Room. Our Physical Therapy staff includes:

- *Kathy Hanley PT, Rehab Director*
- *Marie Solorzano PT, Wa-*

ters Edge Lodge and Elders Inn

Ellen Anderson PTA, Waters Edge Skilled Nursing Facility

Kathy Hanley PT is available to all Waters Edge Lodge and Elders Inn residents for consultation. If you would like to speak with her or arrange for a consultation, please leave a note with your facility nurse and she will relay the message to Kathy.

During National Physical Therapy Month, come meet our Physical Therapists and see what Physical Therapy can do for you.

Yom Kippur

By: David Ruttan

Yom Kippur, translated from the original Hebrew, means "Day of Atonement" and it is the holiest day of the Jewish year. This year, Yom Kippur begins at sundown Wednesday, October 8th and ends at sundown Thursday, October 9th.

After the Israelites alienated God by worshiping the golden calf, Moses ascended Mount Sinai to ask God for forgiveness. While Moses was on the mountain, the Israelites repented by fasting. On the tenth day of the Hebrew month of Tishrei, Moses descended Mount Sinai with the sacred tablets. Thus, on the first Yom Kippur (approximately 3,500 years

ago), the Israelites succeeded to atone for their sins and renegotiate their covenant with God.

Yom Kippur is a day of "self-denial" with the goal of cleansing oneself of sins through repentance. Devout Jews fast for 25 hours during this period and it is the only fasting day that is decreed in the Bible. Religious services on Yom Kippur are lengthy and solemn and, in addition to fasting and praying, Yom Kippur is a complete Sabbath; no work can be performed on that day. In Israel, the country comes to a complete halt on Yom Kippur. Places of entertainment and stores are closed, there are no television or radio broadcasts (not even

the news), and public transportation is suspended.

Yom Kippur is observed eight days after Rosh Hashana (The Jewish New Year) and it is believed that on this day, God inscribes all of our names in the "books". Eight days later, on Yom Kippur, the judgment entered in these books is sealed. The days between Rosh Hashana and Yom Kippur are called the Days of Awe and Yom Kippur is, essentially, our last chance to demonstrate repentance and change God's judgment, because on Yom Kippur, our fate for the coming year is sealed.

Resident of the Month: Helen Toman

Helen was born in September of 1917 in San Francisco. She is the youngest of 9 children, 7 of whom were girls. "We grew up in 'Butcher Town.' It's known as the Bay View district today, but back then there were a bunch of slaughter houses in that area of San Francisco." Growing up, Helen attended Saint Joan of Arc Elementary and Girls High School. "I graduated when I was 16 years old." Helen was a very active child who loved to play baseball with her brothers, roller skate around town and go dancing or swimming at the Fairmont Hotel. After high school Helen worked at the Emporium as a cashier during the day and attended business school at night. "Some ladies

from work and I would go to the Fairmont Hotel and swim for 75 cents. We had fun." Helen met her husband at the Fairmont Hotel. "He asked me to dance and then we went steady." They eventually moved to Alameda in the 1940's. They have one boy and a girl. "My son is the founder of the Alameda Journal and former owner of Jonathan's Sandwich Shop on Santa Clara Ave. My daughter has been a court reporter since she was 21 years old." Helen also has four grandchildren and one great grandchild. Tragically, Helens husband passed away in 1964 from a stroke. Through the years Helen has traveled to places such as Ireland, England, Hawaii, Canada and Mexico.

While attending Mass at Saint Joseph Basilica, Helen met another widower with whom she began to relate . They eventually married and continued to live in Alameda. Once again Helen proved her strength and ability to overcome adversity when her husband died in 2003. "I moved here to the Lodge shortly thereafter. I've lived here for five years and I'm accustomed to it. I couldn't see myself living anywhere but here." Helen is a proactive woman who truly does "love thy neighbor." So, join us as we recognize the lovely Helen Toman as Octobers Resident of the Month.

October Activities

At the Lodge, we have many exciting activities planned for October. We will be going on outings to the Farmers Market, Free Library, Theatre, Alameda Marketplace, Café Enrico and once again Fentons Creamery. We are also having a surprise performance in the Living Room. Also don't forget about our favorite performers like John Heleen, Jerry Gee, Charles Earlye and Mitch Marini-they'll be back too. We also have a volunteer named Calvin Fong who will be here this month to perform on the Piano. Remember those Girls from Yesteryear? Well, they remembered you and will be

coming here to dazzle and charm you on the 22nd. On Halloween we're having a costume party so, start thinking about what you will dress as for Halloween. All residents are encouraged to attend activities. Not only will you be mentally and physically stimulated but you can sleep at night knowing that tomorrow will be more rewarding than the today. Stay active and know that you can make a difference.



Need Exercise?

Fellow resident Sarah Hartsook has a new dog named Kirby. She loves to walk him but needs someone to walk with her. If anyone wants to "buddy up" with Sarah and help her walk her companion, please let the receptionist know.

Reminder

Just a friendly reminder, the Staff of the Waters Edge Lodge is here to help you should you need assistance. Please let us know if there is anything we can do to make you more comfortable. Also, it is important to notify the nurse of any Falls.

Waters Edge Art and Photography Gallery

October brings good tidings to bingo players: starting this month, the Red Cross Youth will be hosting bingo in our very own Bay Room every first Saturday of the month at 2:00 pm. There will be prizes for winners, and a heap of good fun for all, so mark your calendars for October 4th! The World Tour takes us to Western Europe this month, and what better way to celebrate the waning days of fall than with tasty beer and good cheer? An Oktoberfest-themed Happy Hour is planned for Thursday, October 16th in Room 308. Beer and wine will be available for residents (with permission from their doctors, of course!), with Ger-

man snacks and music.

Lest anyone forgets, this is also a presidential election year, and a highly contested one at that. In preparation for the exercise of our civic duties, we will hold a mock election in mid-October, just in time to submit results to the editor for publication in our November newsletter. We conclude the month with that most ghoul-ish of holidays, Halloween. All are welcome to join us for our Halloween party on Friday, October 31st at 2:00 pm, featuring games, music, and a costume contest. Come and see that there's no such thing as a dull day at the Waters Edge!

Fall Back

November 2 marks the end of Daylight Savings Time. So before you go to bed on Saturday, November 1st, remember to set your clocks one hour back! (Not applicable to Arizona, parts of Indiana, and other places that like to be unique!!)



Resident of the Month: Madeline Schroepfer

Madeline Bertha Bieler Schroepfer became 99 years of age in September. She was born in Brooklyn, NY to French Huguenot parents who after several years, moved to Jersey City, NJ. As a young adult Madeline worked in the offices of several businesses.

Coming from a Christian family, she soon began attending the Dutch Reformed Church where she met Tony, the man she would marry. After her two sons were born she became a stay at home mom. She brewed ice tea in the backyard sunshine, as well as the old family whiskey and spice brew—a special old country remedy for colds and stomach upsets. Her French inspired recipes were regularly requested by family and friends.

Madeline's home was orderly and kept spotlessly clean. An example was the agony she put her young sons through wiping the house windows again and again until every smudge was removed and they were spotless. Much time was spent doing laundry. Every item in her home had its place. Needles and thread were always at hand to repair the family's clothes. She sold Avon cosmetics to help with the family budget. She also enjoyed making ceramic figurines and gardening. She and Tony were always ready to serve and help people. Using her spiritual strength, she surrounded the family with love, prayer, and Christian principles. She often played the piano for church services and was involved in many church activities.

To maintain her French heritage she kept in contact with her French relatives. With her kids in tow, she made regular trips from Jersey City to New York City to large department stores like Macy's and Gimbals'. Nylon stockings being scarce during World War II, but these stores had occasional supplies. She and Tony always enjoyed taking the family to the New Jersey seashore for swimming and walking the boardwalks.

After living and raising her family forty years in Jersey City, she and Tony retired to Florida. After twenty years they moved to California. Madeline came to Waters Edge Nursing Home from the Waters Edge Lodge. She has four grandchildren and seven great-grandchildren.

From the Desk of the Administrator

For all the non-Kaiser residents, flu shots will be given on October 14, 2008 @ 1:00 pm in the nurse's office. Kaiser will be here on October 29, 2008 @ 1:30 pm to administer the flu shots to Kaiser residents and employees that have Kaiser as their health coverage.

We have increased the Wheelchair Exercise Program to five dates a week. Please see the Activities calendar for the

posted schedule.

The Alameda Theatre and Cineplex is offering a discount to groups of seniors for a midweek movie watching event. Discounts will also be given for tickets and purchases at the snack bar. The Alameda Theatre will email me a list of upcoming movies. If you would like to go, please inform Patrick, Mat or Nancy.

In the next several weeks, you will be seeing student volun-

teers facilitating activities events on the weekends. This is a requirement for the students in order to graduate and we are happy that they have selected Elders Inn for their community service.

Just a friendly reminder that Nursing Clinic hours are Monday-Friday 2pm-4pm. Should you need to meet with the Resident Care Coordinator call 510-521-9200 Ext. 106 to schedule an appoint-

October Activities

We have outings planned for the month of October. We must have at least five residents sign up for each excursion or the outings may be cancelled because of low attendance.

October 10, 2008 12:00 pm: Lunch out at Speisekammer, a local German Restaurant. Sign up early as seating is limited!

October 15, 2008 3:00pm: Oktoberfest Celebration. Please join us as we sample German beverages and snacks. Kryspin Turczynski from the Waters Edge Nursing Home will provide the entertainment.

October 31, 2008 All day A Halloween costume contest to be judged by the residents and also distributing candy to the young Trick-or-Treaters at the Front desk.

Resident of the Month: Myriam Washmera

Myriam comes from Central America (Nicaragua). At age 19, during World War II, she left her country and family to come to Los Angeles, California and later San Francisco, California. By 1960, she succeeded very well in Beauty School and was able to open up her own beauty shop business in San Francisco. She learned English through a very good tutor and later married him at Saints Peter and Paul Church in San Francisco. He served in the United States Army until his passing away some years ago. Myriam has two children: Raymon and Melida and three grandchildren. She is nursing a broken foot at the moment which is healing very nicely with the Rehab and Therapy programs here at Elders Inn. She will be out of the wheelchair and dancing around in the near future. Myriam is a pleasure

to talk to and has plenty of "sparkle" in her.

World Tour: Middle East

Oktoberfest tradition began in 1810 to celebrate the wedding of Crown Prince Ludwig to Princess Therese. The celebration lasted five days and the people of Munich were invited to attend and participate. Oktoberfest is now the world's largest beer festival in Munich, Germany. Many countries also hold their own Oktoberfest celebrations and on October 15, 2008, Elders Inn will celebrate Oktoberfest at 3:00 pm during Happy Hour. The Waters Edge Nursing Home's very own Kryspin Turczynski, Activities Director, will provide the entertainment with songs and stories.

Good Medicine

By: Nicky Hiemenga

Since the advent of the microscope used in microbiology almost 500 years ago, Western Medicine has overshadowed the incredible benefits of natural and indigenous medicine. At the time when western medicine began to focus primarily on the material body, the ancient knowledge of the subtle body began to lose its "reality". While western medicine has definitely brought stunning advancements to humanity, such as wiping out smallpox and other plague-like diseases, eastern and indigenous medicine continue to be a sustainable resource for holistic and preventative care. Preventative care can be defined as a practice that stops a disease from arising. While western medicine is best for trauma and immediate sur-

gery, holistic medicine integrates the process of the physical, mental, emotional and spiritual bodies working together toward the wellness of the individual. Society at large has been largely mis-educated about holistic medicine. Few of us have been empowered with the knowledge, tools, and resources to actively engage in making healthy decisions and lifestyle choices that create overall physical, mental, emotional and spiritual wellness. Many have yet to hear of natural medicine and the power of self-healing, but it is often communities that are most affected by chronic but preventable diseases. Natural and integrative medicine can go a long way in addressing the health disparities that exist for people with low income. Now is the time to balance the scale. Two-thirds of

Americans are overweight. Heart disease is the number one killer of adult males, followed by cancer and diabetes. We are more dependent on western medicine, doctors, and drugs than ever before and the human body is forgetting its own power to heal itself. This model of health cannot sustain our bodies or our communities. The time has come to integrate holistic medicine back into this society. After all, western medicine is really the "alternative" medicine since it is the new kid on the block; holistic medicine dates back 7000 years or more! Ancient techniques such as massage, acupuncture, ayurveda, nutrition and herbs, exercise, yoga, Tai Chi, Qi-gong, homeopathy, hypnotherapy, sound healing, light healing, and crystal healing all predate western medicine.

Protect Yourself: Get a Flu Shot

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most current strains of the virus.

The flu vaccine reduces the average person's chances of catching the flu by up to 80% during the season. Because the vaccine prevents infection with only a few of the viruses that can cause flu-like symptoms, it isn't a guarantee against getting sick. But even if someone who's gotten the shot gets the flu, symptoms

usually will be fewer and milder.

So no excuses!!! Get your flu shot and be well! Please check with the Nurse or the Administrator to find out your flu shot date.



Announcement

Nicky Hiemenga will be the full-time fitness instructor at the Waters Edge Lodge. Kam Lau will be the full time fitness instructor at the Elders Inn. Please welcome them to their new positions.

During the upcoming month look for more changes to our already popular fitness and physical therapy programs.

Keep exercising, it's good for you.

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: aecadmissions@gmail.com

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For free copies of Alameda Elder Communities monthly newsletters, please visit our website at:
www.alamedaelder.com

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*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 facility 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 to maintain an 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 Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.



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