

Living on the Waters Edge

Volume 9, Issue 10

October 2012

A tradition of caring since 1971.

Now in our Forty-First Year of Providing Health Services to the Elders of the Alameda/Oakland Area.



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Health Benefits of Pumpkin

By Brittany Malone



It's that time of the year again when we see front porches lit by carved pumpkins and doors covered with fake spider webs. Often, pumpkins are associated with holiday desserts such as grandma's famous pumpkin pie, pumpkin muffins, or pumpkin ice cream. Pumpkins are much more than a rotting

jack-o-lantern on your porch.

Research shows us that pumpkins offer several health benefits and it's a good idea to eat them year round. Before we dive into nutritional value, would you consider a pumpkin a fruit or a vegetable? *The Farmers Almanac* lets us know that pumpkins are considered a fruit, even though they are often referred as vegetables in the culinary world.

Pumpkins are often an

overlooked vegetable that is extremely low in calories and a great snack because it contains mostly water and nutrients. Pumpkins are also rich in potassium, vitamin A, C, & E. Potassium helps our heart, brain, kidney and muscle tissues maintain a healthy condition while Vitamins A, C, & E boost your immune system. And if you don't mind getting

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Mysteries of Your Body, Part 2!

By David Ruttan

What are goose bumps and why do I get them?

There are muscles located at the base of every hair. Goose bumps are formed by a reflex of these muscles called piloerection. When humans were much hairier, as cavemen, piloerection would have benefitted us in the cold weather by creating a boundary

layer that traps in warmer air or when emotionally aroused by making the hairs stand up on end creating a threatening effect, like a bird puffing out its feather to appear larger.

Why do men get more hair in some places yet lose it in others as they age? It seems that the older a man gets, the less hair grows on the head and the more grows on the rest of his body. The

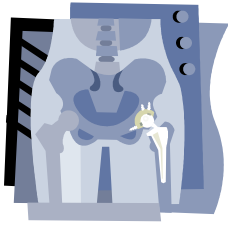
main culprit in this scenario is the sex hormone DHT, aka dihydrotestosterone. Men that become susceptible to this hormone tend to lose stimulation in the hair follicles on their heads, but the hormone also stimulates hair follicles elsewhere including the nose and ears.



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Hip to be Safe

By: Nathan Ubl



Most seniors are aware that falling is a major concern for their age group.

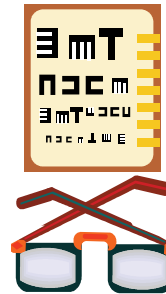
According to the CDC (Centers for Disease Control and Prevention) one out of three adults age 65 and older falls each year, but less than half talk to their healthcare providers about it. In 2010, 2.3 million non-fatal fall injuries among older adults were treated in emergency departments and more than 662,000 of these patients were hospitalized. Fractures can be a result from falling and, according to the CDC, approximately 95% of hip fractures are caused by falls.

There are various factors that could be involved in a person falling; one of them could be due to decreased proprioceptive ability. Proprioception is basically the ability to know where your body is in space. An example of this is walking on stairs and not needing to look at each step as you walk. Proprioception can be improved with exercise and exercise is just one of the things you can do to help prevent falls.

Other factors and preventative measures are: having your eyes checked to maximize quality of vision, knowing the side effects of medications,

and making the home environment safe by reducing tripping hazards.

Simple changes to your home environment can go a long way in decreasing your risk for falls. Have furniture arranged to allow enough room for a walker (if needed) to be used in the home. There is a great temptation to simply put the walker aside and hold on to each piece of furniture as you walk around your home, this is known as “furniture walking”. This can be dangerous, because holding on to furniture is not a natural walking position and can easily position a individual in a



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World Tour: Western and Central Europe

This month we will be traveling through Western/Central Europe. We are stopping by Germany, France, The Netherlands, Belgium, Switzerland, and Austria.

Fun Facts about the area:

- Germans are the second largest beer consumers in the world, after the Irish (of course).
- It is illegal to kiss on railways in France!
- Famous French inventions include: the hot air balloon, the submarine, and the parachute.

- In Switzerland you are never more than 10 miles from a lake.
- Over 60% of Austria’s electricity is supplied by renewable sources.
- The first Oktoberfest was held in Munich, Germany in 1810 to celebrate the marriage of Bavarian Crown Prince Ludwig.



Congratulations!

The following staff members celebrate their anniversaries this month, and we would like to thank them for their continuing service and dedication. We couldn't do it without them!

Four Years:

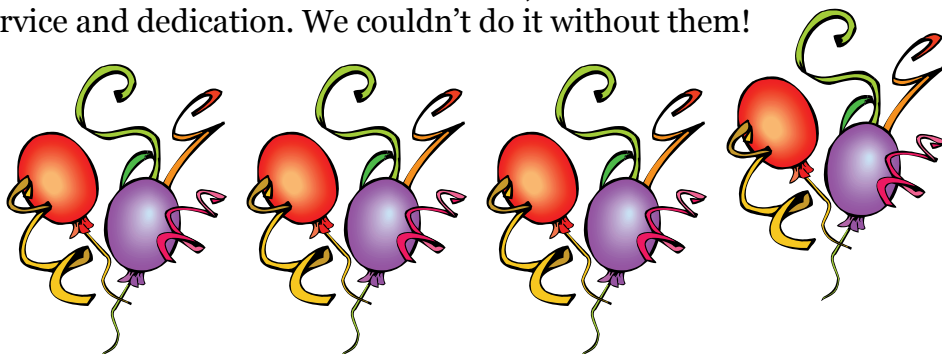
Denise Marshall, Elders

Ten Years:

Carmencita Viray, Lodge

Eleven Years:

Aselefech Belayneh, Lodge



Pumpkins for Health

(Continued from page 1)

your hands slimy from cleaning the inside of a pumpkin, the “pumpkin meat” is high in carotenoids (which neutralize bad or “damaging” molecules). Pumpkin seeds are an excellent source of protein, and research tells us one ounce of seeds provides about

seven grams of protein. If you ever want to substitute salty, buttery popcorn while watching a movie, think about grabbing a bag of pumpkin seeds instead! But during the holidays, go ahead and engage in the holiday spirit by having a piece of pumpkin pie for dessert!



Correction

We would like to correct a mistake that appeared in Lodge's September Resident of the Month article. Melba Fazio received her Bachelors degree from Cal with a major in Music. She did not teach at Cal as a professor of English and Music, but taught private piano lessons for many years. Our apologies to Melba for the error.

Body Mysteries, Part 2

(Continued from page 1)

What causes bad breath?

The most significant contributor to bad breath is that nasty white film that is found coating your tongue in the morning. The white film is a collection of bacteria and dead cells. The best way to combat this is to brush your tongue, back to front, using a soft toothbrush.



Why do I lose so much hair in the shower?

Just like skin cells, your body also sheds hair follicles. In fact, most people (not me of course) lose

approximately 100 to 150 strands of hair per day!

Taking a shower or combing your hair just rustles out more hair at one time than would normally fall out in a day. If these hairs shed are longer, it may seem shocking, but is usually just your body's way of cleaning house.

Why can't I tickle myself?

There is a part of your brain, the cerebellum, that monitors all motor movements. Research in this area suggests that the cerebellum can predict how self-administered touches

feel which alerts the brain that a sensation may be coming. Since tickling requires circumventing the cerebellum, in other words a surprise, trying to tickle yourself is impossible.



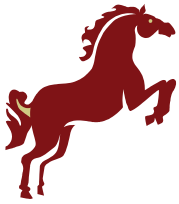
Why does my body produce earwax?

That nasty yellow stuff that resides in your ear actually keeps your body protected. Ears, like any open orifice, are welcome maps for pathogens such as bacteria and fungi. Earwax is a collection of moisturizing oils, dead skin, and infection-fighting enzymes.

Resident of the Month: Virginia Harris

As Virginia Harris recalls her favorite childhood memory, she pauses and says "Old Bird." Old Bird, a female horse, was her way of getting to school until third grade. Being the only child, she had the privilege of riding Old Bird, their only horse, to school.

At the age of seventeen, Virginia went to Kansas State University, where she met her



husband, Ralph. Virginia vividly remembers how her husband proposed, "I have a ring, will you wear it?" In 1942, after a year and a half of dating, they tied the knot. Since Ralph was in the army, he, Virginia, and their four daughters, had to move frequently.

While raising her daughters, Virginia spent her free time quilting; it is something she still enjoys. She also enjoys watching Jeopardy and Wheel

of Fortune. Don't hesitate to ask her about her fond memories being born in Missouri; she will be happy to share them with you over a game of bridge.



We are proud to welcome Virginia aboard and honor her as October's Resident of the Month!



Eating Out

This month, we will enjoy lunch at Speisekammer German restaurant in Alameda. If you enjoy eating German food, or if you want to try something new, please join us on Thursday, October 11 at 11:30 am.

We are also planning on visiting Cafe Jolie, a French cafe, on Thursday, October 25 at 11:30 am. If you are interested in going out for lunch, please sign up at the front desk!

Fall Festival

Halloween is just around the corner and it is almost time for our annual Fall Festival! We will have many fun games, prizes, and treats for residents and their families to enjoy! There will be a cake walk, lollipop pull, and ping-pong game, just to get a sneak peak!

This year, the festival will take place on October 27, from 1:00pm - 3:00pm, at

Waters Edge Lodge. We encourage residents and families to join in on the fun and come dressed in your favorite Halloween costume!

Please RSVP to the front desk. We look forward to enjoying Halloween candy and getting into the spirit of Halloween!



Book Nook (Audio)



Please join our book club group every Sunday at 1pm as we discuss the month's book selection.

This month's book is:

The Magician's Assistant
by Ann Patchett



Happy Halloween! This month we can't wait to enjoy fresh pumpkin bread and pumpkin cookies during one of our socials (in the dining room on Friday, October 12, 3:00pm)!

We also plan on having lunch in the park on Wednesday, October



17, at 11:30am, accompanied by pizza, wine, and jazz music. We encourage residents to sign up for as many outdoor outings as they can while the warm weather is still around.

Keep your eyes peeled for more seasonal entertainment as the month progresses!

Resident of the Month: Richard Edgar

Richard Edgar was born in Oakland, but his parents lived in Alameda on Clinton, right by Alameda Hospital. Peralta Hospital was the winner, getting to deliver Richard, and shortly after, his family moved by Lake Merritt in Oakland. He attended



Oakland public schools and graduated from Oakland High. At Oakland High, he was the sports editor for the Aegis---the school newspaper.

Richard was an only child.

His father was in the coffee industry and worked many years for the W. R. Grace Company while his mother, a teacher in Canada before her marriage, decided to work harder at home!

After graduating from Oakland High, Richard enrolled at UC Berkeley and joined the ROTC to better his opportunities in the military. He was commissioned as a First Lieutenant in the Army and served out his stint at Fort Ord. He then worked for Crocker Bank for 30 years before retiring. Richard did a

lot of volunteer work including many years of helping seniors do their taxes through the AARP.

Richard has always been fascinated by trains and has criss-crossed America many times by his favorite mode of transportation. He is obviously a huge Cal Football fan (GO BEARS) as well as our beloved San Francisco Giants. We welcome Richard and are delighted to have him as our Resident of the Month.



Garden Neighborhood News!

By: Hannah Leigh

This month we've seen our neighborhood spiffed up with new floors in the bathroom. What a beautiful improvement!

While the new floors are nice to see, our fresh baked bread



on Thursdays is a delicious snack that keeps our home smelling great throughout the day. Come visit us for afternoon tea and we would be happy to show you around.

Yuck it Up!

What do you call someone who puts poison in a person's cornflakes? ***A cereal killer!***

Do zombies eat popcorn with their fingers? ***No, they eat the fingers separately!***

How do two ghosts dance? ***Sheet to sheet!***

News & Notes About Activities at the Inn

October means Oktoberfest! To celebrate this wonderful tradition, we will be asking our local troubadour, Claudio Medeiros, to step away from the piano and bring his gorgeous accordion to entertain us with an hour of German polka and oom-pah-pah music. Check the schedule to see which Happy Hour will feature pretzels,

German mustard and cider. Maybe we can even sweet talk Claudio into wearing his leiderhosen!

We are expecting an invasion of monsters and gremlins at the end of the month! Be forewarned! Elders Inn will be joining the Webster Street Business Association and celebrating Halloween on Wednesday, October 31st. A

bunch of balloons in front of our building will alert all parents and children that we have loads of treats for them. Please come down to the lobby and cafe and help hand out goodies to all of the costumed Trick or Treaters--- don't get tricked



when you can help treat!

Iron Woman of the Month: Katherine "Kay" Hawkins

Our October Iron Woman of the month is Katherine "Kay" Hawkins, a former Marine and plane builder extraordinaire. It has taken months of work to change her mind, but Kay is now a regular attendee of morning exercise classes.

Kay was born and raised in Michigan, near the Canadian border. She grew up in a large family with 5 brothers and 5 sisters. She enjoyed skating, playing ice hockey, and was an avid softball player until she left to start the many adventures in her life.



During WWII, Kay worked for Ford, helping build B-52s. She was responsible for building the doors, setting the bomb racks, and putting in the bomb

bay doors. She remains extremely proud of the work she did for the war effort. Kay later joined the Marines; she was trained and stationed at Marine Corps Air Station Cherry Point, North Carolina. She served two years as a Marine, moving up in the ranks to the position of Corporal.



After leaving the Marines, Kay moved to Massachusetts, where she settled down and married her husband. Her husband, ironically, was also a Marine, though they did not meet in the armed forces. Together they had one daughter, and raising her was Kay's next great adventure.

Kay moved to the West Coast to be closer to her daughter,

who was working as an administrator at UC Davis. She continued to live an active lifestyle, playing tennis with her daughter regularly.

Kay moved to the Lodge about two years ago and, since doing so, has fallen in love again with exercise. She can be seen regularly in the morning exercise classes but also at her favorite activity, balloon volleyball.

A resident at Lodge said to me the other day, "You don't become an 'Ex-Marine'. Once a Marine, always a Marine." I believe that Kay embodies that spirit, especially in her recent renewed interest in exercise. Please join me in congratulating Kay as our first Marine Iron Woman of the Month!

Hip Safety

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compromised balance position. Furniture often has flat surfaces that do not allow for a proper grip to stabilize yourself during movement or in the event of loss of balance. If there is a grab bar in your bathroom, please do not place towels or clothing on the grab bar; when a grab bar is gripped with a towel or clothing over the bar a person will easily lose their grip as the clothing/towel will simply slip off. These are just a few of the ideas on how to make your home safer.

Applying exercise to an already

active lifestyle can provide seniors with a better chance at avoiding falls or, at the very least, reducing the severity of a fall. If you are already participating in a regular exercise routine, seek out your favorite fitness professional and take a moment to review your program to help ensure that you are getting the most benefit out of your routine. As we age injuries become more difficult to recover from with hip fractures being particularly strenuous on the body; remember that it is hip to be safe.

Walking Club

The Walking Club at Waters Edge Lodge is getting out there and enjoying the weather! Here's their total mileage!



Between February 17 and September 11, the club walked 121.5 miles.

That's like walking from the Lodge all the way to Angels Camp, just outside of Yosemite National Park.



What is Alameda Elder Communities?

Alameda Elder Communities is a group of family owned senior services devoted to serving the needs of elders in Alameda and the East Bay. Our mission is to enable elders in our local community to age in place and achieve the greatest possible level of self-sufficiency.

Elders Inn on Webster is a 52 unit assisted living facility offering every Resident the opportunity to live as independently as possible. With three “neighborhoods,” Elders Inn offers a range of services including a delayed

egress area for the safety and comfort of Residents affected by Alzheimer's and dementia.

Waters Edge Lodge is an assisted living facility located in a unique and peaceful setting on the lagoon at Harbor Bay. Offering 101 suites which provide seniors with a warm and familiar homelike atmosphere, the Lodge allows Residents to maintain an independent and active lifestyle.

Alameda Elder Services Rehabilitation Agency (AES) is a wellness and fitness center that has been specially designed for elders.

This Medicare approved Outpatient Rehab agency specializes in Physical, Speech, and Occupational Therapy for the older adult. As a fitness center, AES provides affordable wellness and strengthening programs tailored to the needs of seniors.

Alameda Senior Magazine is the newest member of Alameda Elder Communities. This quarterly magazine focuses on senior specific issues and resources available in Alameda and the surrounding area.



Alameda Elder Communities
Caring for Alameda Seniors since 1971
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