

# Living on the Waters Edge

A tradition of caring since 1971

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

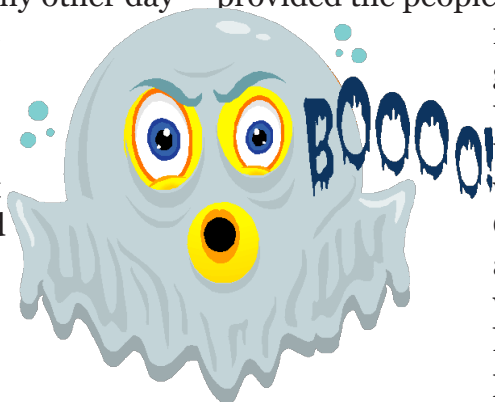


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## Trick or Treat; A Brief History of Halloween By David Ruttan

More than 2000 years ago, the Celts feared the evening of Oct. 31 more than any other day of the year, because it was the eve of their festival of Samhain. Samhain was a joyful harvest festival that marked the death of the old year and the beginning of a new one. The day itself



was a time for paying homage to the sun god Baal, who had provided the people with the ripened grain for use in the upcoming winter. Charms and spells were said to have more power on

the eve of Samhain, and several rituals were performed by the Celtic priests, Druids, to appease the Lord of the Dead. Come evening, evil spirits were everywhere.

Christianity was new, and grew until the fourth century A.D., when the Roman Emperor Constantine declared it unlawful. The Roman Empire tried its best to stamp out the pagan continued on 4

## How Does Your Knee Work?

By Wilson Trang

The human knee is one of the most complex human parts. The knee is able to take more damage, weight and movement than almost any other joint in the body. And when you mix in the technological

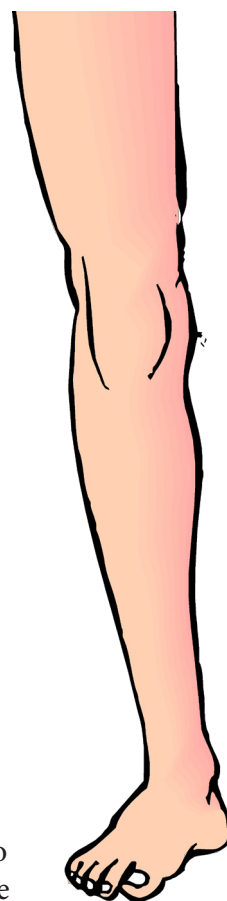
advances on the treatment of the knee, it truly becomes something magical in nature.

The human knee is the connection of the femur (the bone underneath the quad muscles) and tibia and fibula (the shin bones). It is designed not only to bear 70-80% of the human body weight, it also has 180 degrees of motion. In a typical healthy knee, the knee can bend all the way back so the foot can touch the buttocks. You can land on your feet, bend your knees all the way and not hurt yourself.

The knee also contains a number of ligaments that keep the femur connected to the fibula/tibia. They include

the infamous ACL (anterior cruciate ligament) and the posterior, medial and lateral cruciate ligaments. These ligaments keep the knee stable. If one of those ligaments were to tear, the knee would just dislodge with the simplest of movements.

Between the two bones lie cartilage. Cartilage is a soft tissue that act as shock absorbers. In the knee, the two cartilage pieces are known as the meniscus. The meniscus is often seen on the end of the small end of a chicken drumstick. It is chewy and often not eaten. After years of use, the cartilage is either flatten or torn, making walking very painful. continued on 7



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# Living on the Waters Edge

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## EXERCISE YOUR MIND

### Brain Benders

#### Trivia

- When JFK visited Berlin, he said “Ich bin ein Berliner!” He was trying to say “I am a Berliner!” but his pronunciation was off. What did he actually say?
- In what year was the Berlin Wall built?
- Adolphe Sax was a Belgian who died in 1894; what instrument is he famous for inventing?
- The Netherlands is comprised of several provinces, of which Holland is one. Name two of the 10 others.



#### Name the Country

- I am one of the richest countries in the world. My largest city is Zürich. A long range of mountains called the Alps, run through my small little landlocked country. What am I?
- I only border one other European country. I am home to the Azores. I am the most western country in Europe. What am I?
- I am a landlocked country. My people speak German. My capital is Vienna. What am I?

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## Last Month's Answers

If EELS + MARK + BEST + WARY = EASY

What does HELP + BARK + WARD + LEAD equal? **HARD (the first letter of the first word, then the second letter of the second word, the third letter of the third word, and the last letter of the last word)**

A man and his son were on a tour of an atomic power plant. In the control room the boy asked if he could see the controls for the reactor core. The head physicist said yes, and explained how the controls worked. After the boy left, the head physicist turned to an assistant and said, “That was my son.” How could that be? **The physicist was the boy's mother.**

What happened on this day in history?

- September 1, 1985: This was found off the coast of Newfoundland. **The wreck of the Titanic**
- September 2, 1789: This US government department was founded. **The US Treasury Department**
- September 3, 1939: These two countries declared war on Germany. **Britain and France**
- September 4, 1888: He received a patent for a roll-film camera. **George Eastman**
- September 8, 1974: He was given an unconditional pardon by President Gerald Ford. **Former President Richard M. Nixon**
- September 9, 1850: This state was admitted as the 31st in the US. **California**
- September 12, 1954: This long-running children's TV show featuring a collie made its debut. **Lassie**
- September 16, 1620. The Plymouth Pilgrims left this country. **England**
- September 25, 1981: She was sworn in as the first US Supreme Court Associate Justice. **Sandra Day O'Connor**

# Living on the Waters Edge

## ALAMEDA ELDER COMMUNITIES

### The Benefits of Laughter By Kelsey Hasiuk

We have all experienced the joy of contagious laughter. While laughing feels delightful in the moment, it also has many surprising long-term health benefits.

Gelotology is the field of exploring the benefits of a good hearty chuckle. Researchers have discovered that laughter can increase vascular blood flow and oxygenation of the blood, lower blood pressure, and defend against respiratory infections, all while reducing the frequency of colds.

Laughing can also reduce certain stress hormones like cortisol and adrenaline.

Laughter not only helps the body, it also helps the mind.

It can increase memory and learning as well as improve alertness, creativity, and memory.

So lets all enjoy a good laugh with our friends & loved ones and not only have

a great time, but reap all the health benefits that come with it!



### Fun Facts:

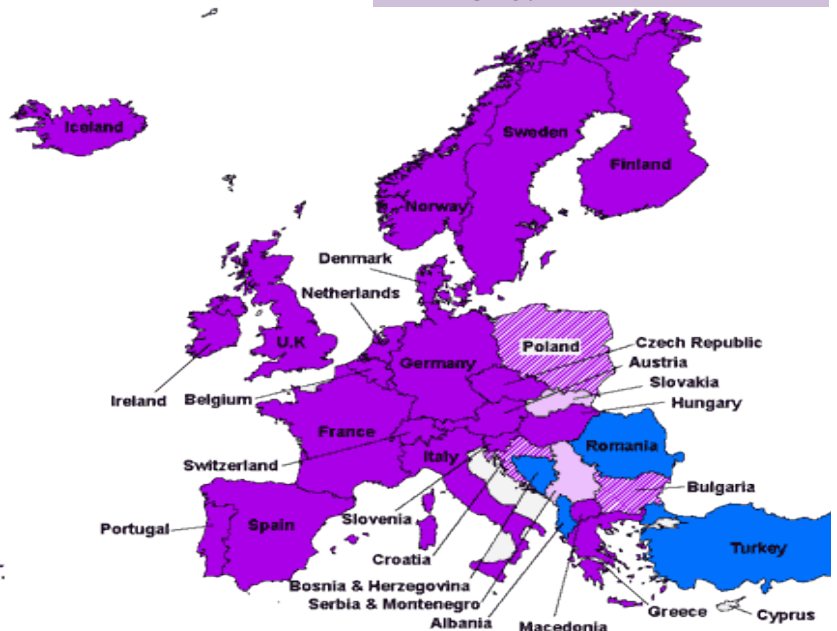
- 70% of German highways have no speed limit
- France is the largest nation in Western Europe
- France produces more than 350 kinds of cheese
- The Netherlands is often known as the Land of Compromise
- Holland has the highest museum density in the world
- Each year Belgium produces 220,000 tons of chocolate
- There are 4 official languages in Switzerland (German, French, Italian, and Romansh)
- The Austrian flag is one of the oldest national flags in the world
- Germany has over 400 zoos, the most in the world.

### World Tour: Western & Central Europe

Our next stop in the World Tour is Western and Central Europe. Here we get to explore countries including Germany, France, The Netherlands, Belgium, Switzerland, and Austria.

This region is bordered by the North Sea to the North, the Atlantic Sea to the West, the Black sea to the East, and the Mediterranean Sea to the South.

Don't worry about your passport, just come along for the exploration!



# Living on the Waters Edge

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## ALAMEDA ELDER COMMUNITIES

### Congratulations and Thank You!

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!

#### One Year

Edilberto Cataquian, Elders  
Jim Dali, Lodge  
Arran Rogerson, AES  
Neera Subedi, Lodge

#### Five Years

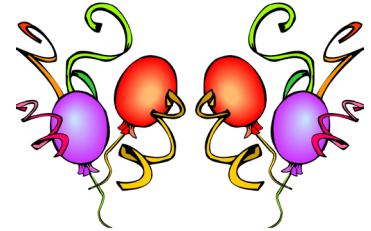
Denise Marshall, AEC

#### Eleven Years!

Carmencita Viray, Lodge

#### Twelve Years!

Aselefech Belayneh, Lodge



### Halloween *continued from 1*

religion, but the Celts held firmly to their Druid customs. So, the Christian church gave the customs new meanings and new names, and told the people that the fire rites they had previously held for the Lord of the Dead on Oct. 31 would now protect them from the Devil, the enemy of God. The original festival for the pagan Lord of the Dead became a festival of the Christian dead, and people went on expecting the arrival of ghosts on Oct. 31st. Another name for All Saint's Day was All Hallows' Eve, which was later shortened to Halloween.

The witch is a central symbol of Halloween, and the name comes from the Saxon "wicca", meaning wise one. When setting out for a Sabbath, witches rubbed a sacred ointment (probably some kind of local anesthetic) onto their skin, which gave them a feeling of flying, and if they had been fasting, they felt even giddier. Some witches rode on horseback, but poor witches went on foot carrying a broom or a pole to aid in vaulting over streams. In England, when new witches were initiated, they were often blindfolded, smeared with flying ointment and placed on a broomstick. The ointment would confuse the mind, speed up the pulse and numb the feet. When they were told "You are flying over land and sea," the witches believed it.

From earliest times, people wore masks when droughts or other disasters struck. They believed that the demons who had brought this misfortune upon them would become frightened off by the hideous masks. Even after the festival of Samhain had merged with Halloween, Europeans felt uneasy at this time of year. Food was stored in preparation for the winter and the house was snug and warm. The cold, envious ghosts were outside, and people who went out after dark often wore masks and animal skins to keep from being recognized. Now, just by chance if you had forgotten to dress up or could not fool the evil spirits by dressing in animal skins or other disguises, there was another way to avoid them. People set out a treat of food and fruit to provide the wandering spirit with shelter for the night. If the demon spirit was satisfied with your TREAT, it was believed that he would not TRICK you by casting a spell on you.

And the rest is history.....



# Living on the Waters Edge

## NEWS FROM ELDERS INN

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### Resident of the Month: Wanda Thatcher

Wanda was born in Southern California in February of 1913. When she was three years old, she and her mom moved to San Jose to live with her grandmother. Wanda's mom went to art school and soon landed her first job making place cards for special events.

Eventually, to support the family, Wanda's mom went into fashion illustration. She became a fashion editor for two newspapers, the San Jose Mercury News and the Oakland Tribune.

Wanda went to elementary

school in San Jose; and later attended San Jose State University to receive her teaching credential.

Wanda joined Ero Sophian Sorority, which later became Alpha Phi at San Jose State. Her first job teaching was at an elementary school in Livermore; she taught there for five years. Wanda was recommended by the superintendent of schools, Dr Guy Paden, to teach in



Alameda, and changed school districts.

Wanda never married due to the fact that both of men she was dating died in the war. Her passion with teaching was very fulfilling in

her adult years, and she retired in that profession. Wanda's hobbies include golf and tennis. Wanda is a treasure in Elders Inn, she is sharp, interesting, and ready for anything. Congratulations Wanda on being October's Resident of the Month!

### News & Notes from Activities Team

The Activities Team, here at Elders Inn, welcomes October and all the fun that Autumn shall bring!

October 16th is Dictionary Day, and we will be testing our vocabulary with word games before Happy Hour; then enjoy some tasty alphabet soup while listening to Claudio on Piano.

We are excited to announce that Elders Inn will do an outing on



the new Bay Bridge, in the very near future (date TBD). So tell your

friends and sign up early!

Throughout the month, our arts and crafts projects will bring out the child in each of us. We will celebrate our very own Frankenstein Friday, Mummy Monday, and Witch and Wizard

Wednesday!

On October 31st, we invite all of you to join us in the front lobby for Trick or Treat on Webster, handing out candy to all the children dressed up in their fun, creative costumes!

Don't forget to come to the Resident Council!  
It is always on the:  
First Sunday of the Month.

### Garden Neighborhood News!

Here in the garden neighborhood, we have been very busy with a lot of new, fun, and exciting activities.

A new activity that we just started doing and everybody is really enjoying is, "Scarf Dancing". Did you know that exercising through dance can increase bone mass? So, let's get up and scarf dance!



# Living on the Waters Edge

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## NEWS FROM WATERS EDGE LODGE

### Resident of the Month: Frank Colangelo

Frank Colangelo was born in Sykesville, PA., a small town east of Pittsburgh. His father worked in the local coal mine and suffered all his life from the problems that plague the mining industry. Frank was the middle of 7 kids, and the family relocated to California where Frank's dad worked in a local coal mine in a tiny town named Selby. It is now non-existent, but originally was



located between Rodeo and Crockett—on the Carquinez Straights. It was a company

town---everything from the housing to the grocery store was owned by the Selby Smelting Company. Frank attended school in Selby until the 3rd grade when his father died. The family was then evicted from Selby and moved up the road to Crockett.

After attending local schools, Frank found work in the Mare Island Shipyards, then at Pearl Harbor, Hawaii. After returning to Mare Island, he was ironically drafted into the Navy for 2 years. After



discharge, he worked for another "company town" in Crockett, CA for the C & H Sugar Company for 38 years until his retirement.

He met his future wife on a blind date on Christmas Eve, at the Claremont Hotel in Berkeley, and they were married for 55 years. Frank loves to gamble at the Oaks Club but he says he never wins anything!

Congratulations to Frank on being October's resident of the month!

### Eating Out

On October 3rd we will visit Asena. This locally owned restaurant bakes its own bread, and makes soup and pasta by hand daily.

On October 11th, we will visit a newer Alameda eatery- Cafe Jolie on Webster Street. This lovely spot is modeled after a Parisian cafe.

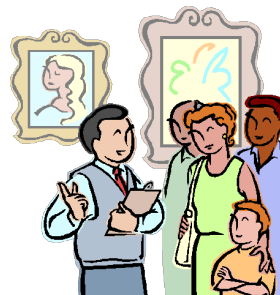
### Music Appreciation!

This month's composer is probably the best known musician from a country that has the same name as a pre-Thanksgiving sensation! Come to David's Music Appreciation to discover who this person is!

### News and Notes from Activities

It is perhaps the most beautiful time of the year at our lovely setting by the water. The trees are beginning to turn colors but it is still warm enough for our residents to sit on one of our patios and soak up the fall sunshine!

We will be making our second trip to the Oakland Museum on Friday, October 25th to see another floor of breathtaking artwork. On our last trip, we concentrated on the bottom



floor with interactive exhibits but there was no way we could have

seen any more that day! We all agreed to make a return visit to see the classical art paintings and sculptures!

To celebrate the Halloween spirit, we will be "bewitching" our residents with a very special magic show on Wednesday, October 30th.

Come join the fun in the living room as Steve Nelson does magic tricks, slight of hand and maybe pulls a rabbit out of a hat!



Don't forget to come to the Resident Council!

It is always on the First Saturday of the month

# Living on the Waters Edge

## NEWS FROM ALAMEDA ELDER SERVICES 7

### Iron Man of the Month: Jack Nowak

Jack Nowak is a fighter; both physically and mentally. Jack is 92 years old and is certainly physically strong, but he has a strong spirit too. A regular attendee of the exercise classes at Elders Inn, Jack is also very motivated to improve through physical therapy. He is a recent entry into our physical therapy family, and is trying to fight his way back to being in the shape he once was.

Jack grew up in the small town of Little Falls Minnesota, located in central Minnesota with a very small population compared to Alameda. Jack recalls that during the late spring he and his 8 siblings would dam up the creek like beavers to create their own

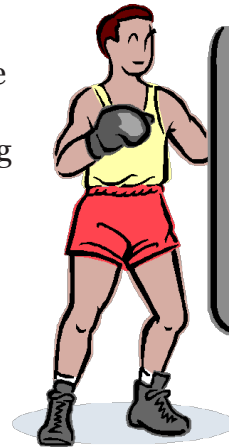
swimming hole.

During his teenage years, Jack worked with his uncle in Detroit restoring various pieces of equipment, when he was 17 he joined Civilian Conservation Core (CCC) during the Great Depression. After spending 1.5 years in the CCC, he decided to ride the freight trains around the country to see the 48 states. In many cities he worked in the fields harvesting local crops, or he would box in local club fights.

In 1939, Jack joined the merchant marines and steadily worked his way through the ranks, retiring as chief engineer

in 1982.

Jack has lived a tough, but interesting life and it has shaped who he is today. He is so determined to get to the morning exercise class that he has actually asked the Physical Therapist if she could change his schedule so that his therapy appointment to avoid a conflict. With a strong mindset and a fighter mentality, Jack continues to strive to be the man he once was. Let us take a minute and congratulate Jack on being October's Iron Man of the Month.



### Your Knee *continued from 1*

Cartilage is the same material in your ear and nose.

The last piece of the knee is the patella tendon. The patella tendon moves between the groves and protects the knee. The patella is also known as the knee cap. It not only protects the knee from impact forces on the ligaments, it keeps all of the internal parts of the knee together.

The knee is a highly intricate piece and modern technology has allowed us to maintain and rebuild knees from a varying number of injuries, from former Oakland Raider's horrific injury that

involved tearing three of his four ligaments to simple bumps and bruises. The knee is one of the most highly researched and developed parts of the human body.

Modern research tells us that the knee needs to be used or it will lose its ability to function. The movement, especially the wide range in angle, is needed to maintain use. Exercises such as lunges, sit to stand, knee bends are all useful exercise to restore rigor to the knees. Come to one of our exercise classes to see what other knee exercises are out there.

### Walking Club

So far this year the Walking Club at the Lodge has walked **83 miles**. That is like walking from Rotterdam (in the Netherlands), to Brussels, Belgium!



**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 neighborhood for the safety and comfort of Residents affected by Alzheimer's and dementia; a neighborhood offering standard assisted living; and a neighborhood that offers a higher level of care than typical assisted living.

**Waters Edge Lodge** is an assisted living facility located in a unique and peaceful setting

on the lagoons of Harbor Bay. Offering 101 apartments that provide seniors with a warm and familiar 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.



Caring for Alameda Seniors Since 1971  
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