

AEC Living

A tradition of caring for seniors 1971

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

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Understanding the Flu

Flu season is almost upon us, making this a good time to review some basic information about influenza, and what we do to prevent it among our residents and staff.

Influenza, also called the 'flu', is a contagious respiratory infection, which can cause fever, chills, headache, dry cough, runny or stuffy nose, sore throat, and muscle aches. Unlike other common respiratory infections such as the cold, influenza can cause

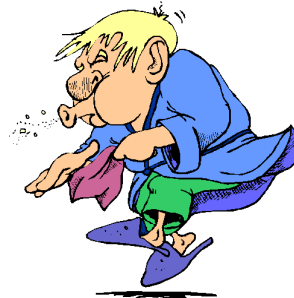
extreme fatigue lasting several days to more than a week.

Although nausea, vomiting and diarrhea can sometimes accompany influenza infection, these are more likely in children, and gastrointestinal symptoms are rarely prominent.

Typically, influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the

By Kryspin Turczynski, MA
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



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Physical Exercise for Brain Health

A lot of us think that physical exercise is only important for the physical aspects of our life such as stronger legs, bigger

biceps etc. However, physical exercise is just as important to keep your brain healthy. The brain is no different than other muscles of the body, we need to keep using it or we will lose it. We exercise and walk to keep our legs going and for the brain, we do small brain exercises like crossword puzzles to keep it sharp. It is essential to keep your brain sharp doing puzzles, but you can get some extra benefits by doing some

By Matthew Hernandez
physical exercise. According to a website known as BrainHQ, physical exercise (especially aerobic exercise) have positive effects on brain function on many levels.

From a biological standpoint, physical exercise increases the heart rate which pumps more blood with oxygen into the brain. It also helps the body release various hormones such as endorphins which may help in stress relief. The various hormones help in making a better environment for brain cells to grow. Physical exercise stimulates brain plasticity by stimulating growth of new connections between brain cells. The increase in brain plasticity makes it

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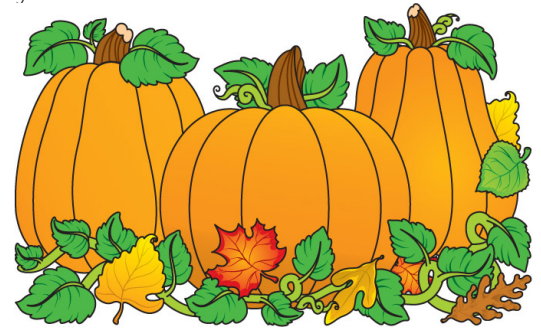
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EXERCISE YOUR MIND

Brain Benders

- The first October Fest was held in what year?
- The month October gained its name from what Latin numeral?
- The Loma Prieta earthquake happened October 17th of which year?
- The first jack-o-lanterns were carved in what?
- Halloween began in what country?
- What religious celebration is closely related to Halloween?



What Year Was It?

Can you identify the year when:

- A new house cost \$4,075
- Eggs were \$0.20 per dozen
- No Pulitzer or Nobel Peace Prizes were awarded.
- Citizen Kane and Dumbo premiered in theaters
- NY Yankees won the World Series
- Neil Diamond was born
- Glenn Miller came out with: Chattanooga Choo Choo and Elmer's Tune
- The USO was founded

September Trivia Answers

A traveler arrives in a small town and decides that he wants to get a haircut. There are only two barbershops in town—one on East Street and one on West Street. The East Street Barbershop is a mess, and the barber has the worst haircut the traveler has ever seen. The West Street barbershop is neat and clean, it's barber's hair looks as good as a movie star's.

Which barbershop does the traveler go to for his haircut and why?

Answer: The traveler goes to have his haircut at the East Street Barbershop. He figures that since there are only two barbershops in town, the East Street barber must have his haircut by the West Street barber, and vice versa. So if the traveler wants to look as good as the West Street barber (the one with the good haircut), he'd better go to the man who cuts the West Street barber's hair—the East Street barber.

By the way, the reason the West Street barbershop is so neat and clean is that it seldom gets customers.

Can you figure out which professional football team each clue refers to?

- | | | |
|--------------------------------|--------------------------------------|------------------------------------|
| • seven squared - 49ers | • suntanned people - Browns | Titans |
| • marine mammals - Dolphins | • Lone Star State residents - Texans | • rodeo horses - Broncos |
| • proud Americans - Patriots | • young male horses - Colts | • Native American Leaders - Chiefs |
| • 747s - Jets | • expensive British cars - Jaguars | • hostile attackers - Raiders |
| • black birds - Ravens | • Greek mythological giants - | |
| • dollar for corn - Buccaneers | | |
| • sunburned people - Red Skins | | |

Healthy 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 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!

World Tour: Middle East

This month we will be traveling through the Middle East, including Israel, Lebanon, Iran Syria, Iraq, Jordan, Saudi Arabia, and Palestine. This ancient land is always in the news and it has been for six thousand years!

The Middle East is comprised of thinly populated deserts and dry grasslands. Ethnically, the region is extremely mixed. Arabs, Jewish people, Persians and Turks are the largest groups, but there are several substantial minorities — Kurds, Armenians and others — with their own languages, customs and sometimes their own countries.

Fun Facts:

- Israel has the highest ratio of university degrees to population, in the world
- Lebanon is the only Asian Middle Eastern country that has no desert.
- The Dead Sea, the lowest natural point of elevation on Earth at 409 meters below sea level, is in Palestine.
- Saudi Arabia is about 1/5 the size of the United States and 80% of it is desert, uninhabited except for nomadic tribes.
- The glue on Israeli stamps is kosher.
- Lebanon is the oldest country name in the world today, it is 4000 years old.
- In terms of area, Saudi Arabia is the largest country in the Middle East.
- 45% of the land in Palestine is dedicated to olive production.



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ALAMEDA ELDER COMMUNITIES

Congratulations and Thank You!

Our staff is full of hard working, caring people who make up the heart of what we do. We wouldn't be us without their continuous efforts and dedication. Every month we would like to acknowledge those who will be celebrating their anniversaries this month!

One Year

Yajaira Flores, Lodge
Shanti Khanal, Lodge
Angelica Rama, Elders

Two Years

Arran Rogerson, AES
Neera Subedi, Lodge

Five Years

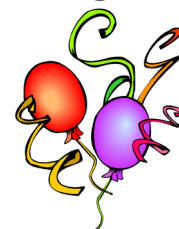
Denise Marshall, Elders

Twelve Years

Carmencita Viray, Lodge

Thirteen Years

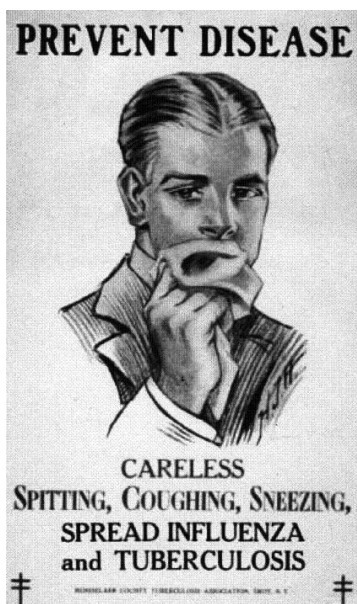
Aselefech Belayneh, Lodge



The Flu *continued from 1*

appear. Each year, an estimated 10 to 20 percent of the population contracts influenza.

Vaccination against influenza with a flu 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 recommended for at risk populations since they make infection control much more difficult. In fact, the flu shot is considered so

important for elders, Medicare will cover it once a year in the fall or winter! We are providing flu shots to our residents and

staff this fall season, and hope we all enjoy healthy and happy holidays later on!

Please check with the front desk of your building to determine when your flu shot will be available.

Kaiser will be coming in to distribute flu shots to all residents and staff with Kaiser coverage, and other pharmacies will be visiting to ensure that residents who do not have Kaiser and would like the receive the flu shot have the opportunity.

Yom Kippur - Day of Atonement

Yom Kippur is probably the most important holiday of the Jewish year. Many Jews who do not observe any other Jewish custom will refrain from work, fast and/or attend synagogue services on this day. Yom Kippur occurs on the 10th

day of Tishri; which, this year begins at sundown on Friday, October 3rd.

The name "Yom Kippur" means "Day of Atonement," and that pretty much explains what the holiday is. It is a day set aside

to "afflict the soul," to atone for the sins of the past year.



Your Brain Ages Too

Aging affects the brain like it does every other organ in the body. As we age, the brain produces less of its' necessary neurochemicals and there are changes in the brain's nerve cells; this makes transmission of information less efficient. However, aging does not mean that loss of memory and brain function is inevitable. Recent research has proven that the brain is capable of remediation just like other parts of the body. The brain can generate new brain cells and even later in life brains are just as capable of learning.

Our Rehab Department is now offering an exciting new program to help residents with their memory problems. A

Speech Therapist will do a cognitive evaluation to assess the individual's abilities and to identify problem areas. The therapist will then design a cognitive therapy program that will utilize and enhance current cognitive abilities and compensate for deficit areas. With a doctor's order this therapy may be paid for by Medicare.

It can be very frightening to begin to lose one's memory. We rely on our memory for most functions we do throughout the day, whether socializing with a neighbor, getting to the dining



By Kathy Hanley, PT
room on time, or finding one's way back to the facility after a shopping trip. Remember: throughout life, the brain has the capability to learn and improve itself. Sometimes it just needs a little help, just like our bodies occasionally need Physical or Occupational Therapy to keep functioning optimally.

If you would like more information on this new program, please talk to Kathy Hanley, Rehab Director. Our Speech Therapist will be happy to explain the program in more detail. So if you're having any type of memory difficulties, take action; the sooner you take action, the better your results will be.

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 18th, from 1:00pm - 4:00pm, at the Lodge. We encourage residents and families to join in on the fun and come dressed in your favorite Halloween costume!



Please RSVP to 510-748-4300. We look forward to enjoying Halloween candy and getting into the spirit of Halloween!

Autumn is the hardest season. The leaves are falling like they're in love with the ground.

~ Andrea Gibson



A Brief History of Halloween

Halloween had its beginnings in an ancient, pre-Christian Celtic festival of the dead. The Celtic peoples, who were once found all over Europe, divided the year by four major holidays. According to their calendar, the year began on a day corresponding to November 1st on our present calendar...The date marked both an ending and a beginning in an eternal cycle.

The festival observed at this time was called Samhain (pronounced Sah-ween). It was the biggest and most significant holiday of the Celtic year. The Celts believed that at the time of Samhain, more so than any other time of the year, the ghosts of the dead were able to mingle with the living, because at Samhain the souls of those who had died during the year traveled into the otherworld. People gathered to sacrifice animals, fruits, and vegetables.

They also lit bonfires in honor of the dead, to aid them on their journey, and to keep them away from the living. On that day all

manner of beings were abroad: ghosts, fairies, and demons--all part of the dark and dread.



Samhain became the Halloween we are familiar with when Christian missionaries attempted to change the religious practices of the Celtic people...As a result of their efforts to wipe out "pagan" holidays, such as Samhain, the Christians succeeded in effecting major transformations in it.

Celtic belief in supernatural creatures persisted, while the church made deliberate attempts to define them as being not merely dangerous, but malicious.

The Christian feast of All Saints was assigned to November

By Jack Santino, an excerpt from *The Fantasy and Folklore of All Hallows*

1st. This feast day was meant to substitute for Samhain, to draw the devotion of the Celtic peoples, and, finally, to replace it forever. That did not happen, but the traditional Celtic deities diminished in status, becoming fairies or leprechauns of more recent traditions.

All Saints Day, otherwise known as All Hallows, continued the ancient Celtic traditions. The evening prior to the day was the time of the most intense activity, both human and supernatural. People continued to celebrate All Hallows Eve as a time of the wandering dead, but the supernatural beings were now thought to be evil. The folk continued to propitiate those spirits (and their masked impersonators) by setting out gifts of food and drink. Subsequently, All Hallows Eve became Hallow Evening, which became Hallowe'en--an ancient Celtic, pre-Christian New Year's Day in contemporary dress.

News & Notes from Activities

This month is such a beautiful one, filled with lovely autumn colored leaves falling from the trees. Rustic oranges, golden yellows, and vibrant reds will be plentiful not only on the trees and the ground in our patios at Elders Inn, but also inside the building. We need your help to decorate the walls in honor of the season and Halloween! We

have some fun arts and crafts projects and festive socials! Please don't be shy, pick up an October activities calendar so you won't miss out on anything!

Don't forget to come to the Resident Council!

It's on the First Sunday of the Month.

Garden News!

We are learning fun facts about flowers. The birth flower for October is the Marigold. Marigolds are originally from Mexico and South America. Did you know that marigolds have been known to treat some types of skin inflammations?

Resident of the Month: Ellen Hylen

Ellen Hylen was born in the Shenandoah region of Virginia; though it is unknown which Native American language the word Shenandoah comes from, the most common understanding of it is “beautiful daughter of the stars.” The youngest of four, with an older sister and two brothers, Ellen is now the only surviving sibling. Ellen’s father was a mechanic for the rail roads in her small town, it was an important position and he was lucky to have a job during the depression. One of her brothers

put himself through college, and went on to become the head of the chemical department in the State of Virginia. The women in her family – her mom and sister – were teachers, but Ellen wanted to be a nurse. Ellen moved to Richmond to attend the Medical College of Virginia. Three years later she received her RN degree and began to practice, she would be a nurse for many years to come.

Ellen met Knute (whom she would soon marry) during WW2; he was a fighter pilot, he flew P-47s and served on

82 missions. Shortly after they met Knute was sent overseas for a year, while Ellen continued to work as a nurse. When he came back, they were married in Reno. After the wedding Knute went back overseas for another year, but they wrote lots of letters to each other. In those days the government paid for time off to regroup with their spouses and sent Ellen and Knute to Atlantic City, NJ. After the war Knute went to school and practiced dentistry in Watsonville for 25 years, while Ellen continued to work as a nurse. Ellen and Knute had three children who have since gifted them with some wonderful grandchildren. Ellen is now enjoying life and the warm California sun here with us at the Lodge.

News & Notes from Activities

Here at the Lodge we’ve recently lost one of our long time guitar players, Danny Allen. We all enjoyed and will miss his playing but we hope that he has moved on to bigger and better things. That being said we have found a new

performer. Her name is Barbara Alexander and she plays the piano. She came in once and I received so much positive feedback that I’ve decided to make her a regular. I hope that you all continue to enjoy her as she is very happy to play for us.

Eating Out

Please join us for our World Tour lunch outings!

On Friday, October 3rd, we’re going to Wally’s Cafe in Emeryville for Lebanese food.

On Friday, October 17th, we’ll enjoy Middle Eastern fare as we dine at Bacheesos in Oakland.

We will meet in the lobby at 11:30, see you there!

Don’t forget to come to the Resident Council!
It is on the First Saturday of the month

Administrator’s Corner

A friendly reminder to all: Please slow down when you enter the parking lot. There is a crossing from the walkway to the parking lot between the hedges and it can be hard to

Walking Club

So far this year the Walking Club at the Lodge has walked **97 miles!**

That is like walking the length and breadth of Bahrain, TWICE!

By Merryn Oliveira
see pedestrians. Thank you for driving slowly and helping to protect the safety of our residents.

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8 NEWS FROM ALAMEDA ELDER SERVICES

Iron Woman of the Month: Kathy Boden

Having the right attitude can be the driving factor into achieving a goal. Having the right attitude towards exercise can lead to a healthier lifestyle and that is what Kathy Boden, our Iron Woman of the Month, is reaching for. Her attitude and drive to come to exercise class and personal training is helping her live a better life and making her children proud.

Kathy was born in Massachusetts and moved across the nation when she was only 3 months old. Her parents owned a restaurant

where she was constantly out playing basketball when she was a child. Always wanting to help, she attended UC Berkeley and earned her degree in Public Health Nursing.



Kathy worked at St. Mary's Hospital as well as St. Francis. Others health and wellness was a big part in her life and so was hers! After working at St. Mary's and St. Francis, Kathy then worked for San Francisco's Department of Public Health. Within the department, she first worked to help predominantly Spanish speaking

neighborhoods. She had an Interpreter with her walking back and forth staying active. After working with Spanish speaking neighborhood, she worked for a refugee program continuing to help others.

Kathy pursues to stay active for her children. She also has a lot of fun talking with the other residents who participate in the exercise classes. She always wants to make her personal training sessions and also comes early, way to go Kathy!

Lets give Kathy a hip hip hooray and honor her as out Iron Woman of the Month!

Exercise for Brain Health *continued from 1*

easier for the brain to grow which results in being able create more brain cells and learn new things easier. From a behavioral standpoint, physical exercise releases endorphins which has an antidepressant effect. This antidepressant effect is usually associated with aerobic exercise such as walking or jogging.

Overall, exercise is not only beneficial for you physically, but it is also beneficial for you mentally. Exercising in the morning can help increase brain activity and prepare you for the mental stresses throughout

the day, but it also helps with retaining new information. Physical exercise improves brain function and also helps repair damaged brain cells. Lets keep our bodies feeling young as well as our mind by exercising and walking daily!



Are you as healthy as you would like to be?

Are you interested in a more take-charge approach to maintaining your health?

Have you heard about Personal Training? Working one-on-one with a Personal Trainer can help you remain as independent and healthy as possible.

If you are interested in being more proactive about your personal fitness, please speak with Matt, Wilson, or your Administrator about setting up an initial consultation.