

Living on the Waters Edge

Volume 9, Issue 11

November 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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What is the Core?

By Wilson Trang

A resident recently asked me "What do you mean by core?" and it took me a second to understand the question. In today's fitness and wellness driven world, the word 'core' is everywhere, but not many people truly understand what the core is. This month, let's discuss what the core is and how it affects the body.

human body, 'core' refers to the muscles that are not connected to, or do not move, the extremities (the arms and legs). A majority of these muscles are concentrated around the stomach area, which is why many often refer to stomach exercises as core exercises.

However, the core also includes the muscles in the back, especially those that are parallel to and responsible for the movement of the spine.

When people think

about the stomach core muscles, they think of the abs; but it's more complicated than that. The core area is divided into multiple muscle groups. The "six pack" that most people see on models are the rectus abdominus. But there are also the obliques, which are responsible for holding up the upper body and bending side to side; and the most ignored core

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When discussing the

It's All About the Vote!



This year, both the Lodge and the Inn are official polling stations for Alameda elections. In honor of this, and this month's presidential election, here are some very interesting facts about past elections in America:

Grover Cleveland was elected president

(1884) then lost his re-election campaign (1888) and came back again to win the presidency for a second time. (1892)

Barack Obama is the nation's 44th president but in reality there have only been 43 presidents. Grover Cleveland is counted twice as our 22nd and 24th president because he was elected for two nonconsecutive terms.

Only 12 U.S.

Presidents have been elected to office for two terms and served those two terms. Franklin D. Roosevelt was elected to office four terms prior to the Twenty-second Amendment.

Article II, Section 1, Clause 5 of the U.S. Constitution has only three requirements for a president. (1)

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Exercise Your Mind!

Triva

The Greek Goddess of Corn is who?

What is the name of the Roman God of Grain?

What was the name of the captain of the Mayflower?

Which President gave Thanksgiving an official date, (there are 2).

Cornucopia means what?



Logic Problem

Briana, Devon, Eileen, and Thomas, each have a different favorite Thanksgiving food. Use the clues to decide whose favorite is turkey, cranberry sauce, pumpkin pie, and sweet potatoes.

1. Thomas sent a Thanksgiving card to the person whose favorite food grows underground.
2. Eileen is vegetarian.
3. The boys' favorite Thanksgiving foods are orange.

	Turkey	Cranberry Sauce	Pumpkin Pie	Sweet Potatoes
Briana				
Devon				
Eileen				
Thomas				

A Personal Essay

By: Bernard Welz, Resident

MR. KAY SPENT EVERY DAY
SLEEPING IT AWAY
UNTIL REHAB FOUND HIM
IN THEIR MYSTERIOUS WAY,
AND HAD HIM BOUNCING
BALLS, LIFTING WEIGHTS
AND RIDING BICYCLES.
HE SAID, I WANT TO GO
OUT AND HAVE A BEER.
I NEED A CANE AND A
FLOWER FOR MY BOUTONIERE,
SO I AM DEBONAIR.
HE HURRIED AS HIS
PASSION GREW
UNTIL HE FOUND A SIGN,
RED AND BLUE, THAT SAID
BEER.
THE PLACE WAS DARK,
COZY AND WARM
STOOL WAS SOFT,
MUSIC LOW,
AND HE FELL ASLEEP
AS THE BARTENDER
DREW THE BREW.

Last month's answers

The first October Fest was held in what year?
1810

The month October gained its name from what Latin numeral? **Octo**

The Loma Prieta earthquake happened October 13th of which year? **1989**

The first jack-o-lanterns were carved in what?
Turnips

Halloween began in what country? **Ireland**

What religious celebration is closely related to Halloween? **All Souls Day or Dia de los Muertos**

What Year Was It? **1941**

- A new house cost \$4,075
- Eggs were \$0.20 pre dozen
- No Pulitzer or Nobel Peace Prizes were awarded. (**because of the war**)
- 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

Forming Habits

By Wilson Trang

When it comes to physical habits, forming them tends to be a lot easier than breaking them; as professor at my alma mater once said, "the human body is the most efficient bank in the world." This week, let's discuss how physical habits are formed, how to break them, and how this relates to weight loss and gain.

The human body is a fine-tuned machine. Each piece is specially designed with a specific function. When we perform both simple and complicated tasks, the body remembers these tasks and redesigns itself to perform them with greater efficiency. This is why cyclists are long and skinny while

football players are more top heavy and larger in general. These changes happen on a much smaller scale for smaller tasks.

When we do a simple task repetitively over a long period of time, the body redesigns itself, both mentally or physically, to perform the task better and more often. If the body enjoys sitting, the body will increase the mass in the gluteus maximus while taking away the muscles in the legs. It is through this process that habits are formed. When these simple tasks are done over

and over again, they become ingrained, making them second nature and effortless.

In order to break a habit, you must retrain the body to incorporate new habits. If the new habit is vastly different from the old habit, say eating with your left hand instead of your dominant right hand, it will take longer to accomplish. It often takes willpower to overcome those habits.

One common habit is sedentary lifestyle. After sitting and neglecting exercise for many years, exercising for the first time is often hard and difficult. Many chose to stop and give it up completely.

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World Tour: Eastern Europe

This month we will be traveling through Eastern Europe. This area, bound by the Baltic, Adriatic and Black Seas, is home to Poland, Russia, Hungary, Croatia, Serbia, Bulgaria, Romania, and the Czech Republic.

Fun Facts about the area:

- In Russia, 10% of the government's income comes from vodka sales.
- Serbia is the largest raspberry exporter in the world.
- There are 4,000 mapped caves in Bulgaria.
- Russia has 12 seas within its borders.
- Russia consists of 1/7th of all the planet's land (that's more than 14%).



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!

One Year:

Marie Gazley, Lodge

Eight Years:

Cora Angeles, Elders

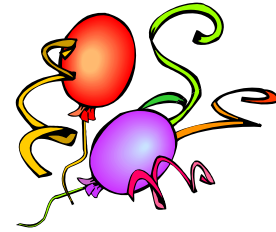
Ten Years:

Angie Trias, Elders

Jessica Cortez, Lodge

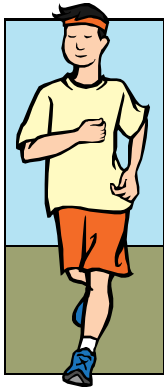
Twelve Years:

Laura Becerra, Lodge



Habits

(Continued from page 3)



However, in order to break the sedentary habit, one must keep exercising. After several months, your body begins to incorporate the changes made. The ability to move and breathe simultaneously increases.

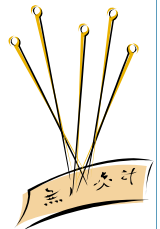
Other physical changes also occur, until one day, when you don't exercise, you feel "off" or a need to exercise. That is when you have finally developed a new habit, a much healthier habit.

So join a class, and let's build healthy habits together!

Acupuncture!

Tracy Zollinger, Licensed Acupuncturist and Herbalist, is currently coming to Waters Edge Lodge to treat residents and staff twice weekly.

Individual & group sessions are available, prices vary. If you are interested in signing up for a session, please ask the receptionist for further information.



Vote

(Continued from page 1)

Must be at least 35 years old, (2) have lived in the United States at least 14 years, and (3) be a natural-born citizen. John Kennedy is the youngest elected U.S. President at 43; Ronald Reagan is the oldest elected U.S. President at 73. (second term)

The only President and Vice President to never be elected to the office was Gerald Ford. He became vice president when Spiro Agnew resigned and became president when Nixon resigned.

Eight presidents have died in office.

- William Henry Harrison (pneumonia)
- Zachary Taylor (gastroenteritis)
- Abraham Lincoln (assassin)
- James Garfield (assassin)
- William McKinley (assassin)
- Warren Harding (heart attack)
- Franklin D. Roosevelt (cerebral hemorrhage)
- John F. Kennedy (assassin)

The U.S. Marine band has played at every presidential

inauguration since 1801.

Victoria Woodhull became the first woman to run for President in 1872.

Jeanette Rankin of Montana became the first woman elected to Congress in 1916.

John Mercer Langston became the first elected black politician in the United States in 1855 when he was elected Town Clerk in Brownhelm, Ohio.



**DON'T FORGET
TO VOTE ON
TUESDAY
NOVEMBER 6TH!**

Resident of the Month: Peggy Rivas

Peggy was born in South Dakota and has spent her teenage years in Alameda, where she met her husband.



In high school, Peggy was a member of the women's softball team, and she enjoyed it very much, at least

until she got benched for accidentally throwing the bat at Ms. Stockwell's shins after a base hit.

A majorette at Alameda High, Peggy and her friends enjoyed dancing. They would go to Oakland and dance the night away. To this day Peggy says, "I can listen to any type of music even the modern ones." In fact, Peggy is able to talk about football and baseball while dancing to a band's tune.

Peggy raised four children of her own and was a foster mother. When asked, one of her favorite family memories is having the whole family in

the living room, watching "Little House on the Prairie." Knowing how much she enjoyed children, it's no surprise that she turned her home into a childcare center.



Peggy also enjoyed traveling, she's been to Hawaii and some cities in the East Coast, feel free to chat with her about traveling. We're happy to honor Peggy as our November Resident of the Month.

Eating Out

On Thursday, November 8 at 11:30 pm join us for lunch at Harry's Horbrau restaurant in San Leandro. Harry's is known for its whole roasted turkey buffet and is a good way to kick off the holidays.

On Thursday, November 29 we will go for lunch at The Cheese Steak Shop in Alameda. We are now providing a copy of the restaurant menu for our lunch outings behind the sign up sheet at the front desk.

Veterans Ball & A Musical Academy



Veterans Day is coming up soon and we are getting excited

for our annual Veterans Ball! We will provide appetizers & drinks, and there will be dancing for all. The Jim Franz and Jan Nichols band are

performing and we encourage family members to help us show our appreciation for our veterans. Please dress in formal attire and remember to wear your dancing shoes.

At the end of the month, we are going to have a special performance by Alameda Musical Academy on Wednesday, November 28 at 3:30 pm. Join us for the performance!

Book Nook



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

This month's book is still:
The Magician's Assistant
by Ann Patchett.

From Brittany's Desk

It's that time again to turn your clocks back one hour before you go to bed on Saturday night, November 3. It's time to claim back our sleep when the clocks move backward and 3:00 am becomes 2:00 am on November 4.



This month we can't wait to kick off the holidays with our warm pumpkin acorn soup social, and we'll end the month with an (always popular) ice cream social. Don't forget our special Thanksgiving lunch. If you are planning on having guests for the holiday, please make sure you let us know by Friday, November 16.

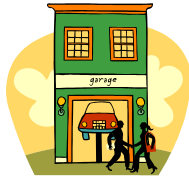
Resident of the Month: Nan McGregor

Nan McGregor was born in Spokane, Washington, and had an older brother and a younger sister.

Her family moved to Oakland when Nan was only 2 months old, and her father began to work at PG&E. She attended Oakland public schools and graduated from Fremont High School.

Upon graduating, Nan worked at a few jobs before she met her soon-to-be husband in a Youth Group

meeting at High Street Presbyterian Church. It took some time for their love to develop - it took Morton about 6 months of dating to finally pop the question!



Mort bought the Park Street Garage in Alameda and they relocated to the house that Jimmy Doolittle once lived in! Mort and Nan had two children, one of whom has passed

away, but her son Don visits often and always brings a smile to Nan's face.

Nan enjoyed traveling all over the United States with the Bay City Racing Association, and was an avid race car fan.



Her advice to all of us? "Have a good son!"

Elders Inn is proud to honor Nan as this month's Resident of the Month.

Garden News!

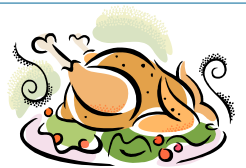
By: Hannah Leigh

Warming up on these cloudy days is easy in the Garden Neighborhood. Our walking club meets twice a day to warm us up, and when that's not enough our afternoon tea party always does the trick with steaming cups of tea in our hands.



Thanksgiving

November is a very special time at the Elders Inn! Our home is decorated in beautiful shades of green, yellow, red and gold as we celebrate the harvest month. Halloween is behind us and, hopefully all of that candy we ate is too! We will be having our traditional Thanksgiving feast on Thursday, November 22nd with a roast turkey and



all of the fixin's. As in past years, if you plan on having your family or friends join you on this festive day, PLEASE let our front desk know well in advance so we can set a place for your loved ones. We certainly don't want to disappoint anyone, so please notify us so that all arrangements can be made.

News & Notes About Activities at the Inn



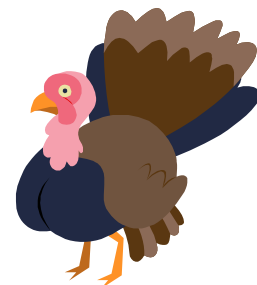
Soup's on! I'm sure that by now, most of our residents have noticed that we have added home made soup to every meal.

Edna and her staff have performed culinary wizardry in the kitchen to delight the palates of all of us with a different soup every day. Whether you choose to just

have a cup of soup with your entree or the popular 1/2 sandwich and cup of soup, please try all our creations---especially on a chilly day.

We love to have feedback about our menu selections and want to hear from you. The Circle of Elders is the ideal place to offer your suggestions. Join us every day at 11:00 am in the Buena

Vista Lounge and get your opinions heard! By the way, we accept BOTH criticism and compliments!



Iron Man of the Month: Richard Edgar

Richard Edgar only recently started with AES, but from the beginning it was possible to tell he was striving to improve his physical condition. When Richard first started therapy he was in a wheelchair and couldn't wear dress shoes, but his condition has dramatically changed since then.

Richard was born in Oakland and continued to live there during his youth. He speaks fondly of times at Lakeside park playing baseball with the neighborhood kids, he mentions that he was not very good at baseball, but it did not seem to deter him from having fun. Richard was an only child and after high school, he stayed in the area and attended UC



Berkeley, concentrating his studies on Business Administration and Political Science. Richard was part of the Army ROTC and then worked for Crocker Bank for 30 years. After leaving Crocker, he volunteered with AARP for 7 years, helping people with their taxes.



Until about 10 years ago Richard played tennis regularly and often attended a once a week exercise class. He was a frequent attendee of sporting events and loved to travel by train. He speaks proudly of his independence in his later years and his ability to do the things he wanted to do, whether it was attending a sporting event and climbing the stairs or going for a hike.

His illnesses had forced Richard to adjust his lifestyle, but he was determined to have it be only a temporary adjustment. As of right now he is no longer using the wheelchair, began wearing dress shoes again, and with his balance and strength improved greatly improved, he is now looking in to using a cane instead of a walker.

In his most recent exercise, Richard could be found wearing his dress shoes light on his feet and looking ready for a night on the town. Richard is a breath of fresh air and it is a joy to see him progress the way that he has, time will tell how far he will go, but with an iron mind, he will most certainly be making the best of life.

Core

(Continued from page 1)

muscle group, the transverse abdominus. The transverse abdominus is responsible for twisting the upper body and wraps around the entire stomach structure like a belt.

Core muscles also include the spine muscles. Responsible for moving the spine (extending or arching), these muscles are attached directly to the spinal column and nothing else. Back muscles aren't considered core muscles because they are mainly attached to the arms.

Core muscles are integral for

posture and walking. The core is where the center of gravity is for the human body. If the core is weak, the center of gravity is moved away from the center of the body, which puts stress on areas of the body that are not used to stress. When walking, the center of gravity shifts with every step. If the center of gravity is uncontrolled, the rest of the body is unable to hold itself up and you fall. Core strength is often one of the first things taught when trying to rehabilitate or improve the ability to walk.

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 October 10, the club walked 135.6 miles.



That's like walking Plymouth Rock to Lake Winnepesaukee (in New Hampshire).

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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