

Living on the Waters Edge

Volume 5, Issue 6

December, 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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Dreaming of a Stress-Free Christmas

By Kryspin
Turczynski

Have you ever noticed how many people get sick during the holiday season? Colds, coughs, and flus abound, spreading across the land like a plague of locusts. While colder weather surely plays a part in this, I find it instructive to remember that our immune systems are significantly compromised by stress. And when it comes to stress, there's plenty of it to go around during the holiday season.

It's inescapable. No matter what religion you practice, or even

if you don't practice any at all, as long as you are a consumer it is impossible to escape the frantic energy of the holiday season. Christmas decorations are up long before Thanksgiving, infusing our turkey with panicky thoughts about what to buy Aunt Betty, and to whom we could re-gift that darn fruitcake this year. The promise of lower prices and greater selection lures us to this store and that store, spending more time waiting in long lines and stuck in traffic. Our calendars are modified beyond recognition, as all sorts

of things are moved around or canceled for no other reason than the certainty that "everyone is so busy anyway". The paucity of time, money, and energy to meet all of the holiday's demands understandably stresses us out immensely, and under such circumstances, not getting sick should be considered a miracle in itself.

As I think about this, I also find it instructive to remind myself that it really doesn't have to be this way. Despite billions of dollars of advertising meant to convince us

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One-Stop Shop

By: Kathy Hanley, PT

People like one-stop-shopping. That's why they go to malls or do online or catalog shopping. One of the excuses many people give for not exercising or taking

care of physical limitations is that it's too much work; too much of a hassle. Many people have to go out into the community to find therapy or exercise programs. They may have to go to a hospi-

tal or local Physical Therapy office for therapy. They may have to go to a gym or senior center to get personal training or exercise classes. But the residents of Waters Edge Lodge

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Dreaming of a Stress-Free Christmas (Continued)

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otherwise, true happiness cannot be purchased. Whether you celebrate Christmas, Chanukah, or Kwanzaa, no material gift can capture the true meaning of the holiday season: the miraculous presence of light in the midst of darkness. Ultimately, what we celebrate is hope, and the redeeming power of that hope to unite us as families, communities, and nations. There are signs that more of us are learning (or re-learning) that lesson this year, as our troubled economy is making consumerism a less viable option.

Recent surveys show that many Americans are planning to cut back their holiday spending this year. Retailers are fighting back by dramatically slashing their prices, but experts still expect this to be the weakest holiday season in terms of consumption since the 1991 recession.

For anyone struggling with letting go of the consumption-centered approach to the holidays, I wholeheartedly recommend spending time with elders. They have a remarkable perspective on life, borne from wisdom and experience, and they have a sense of what is

truly important: relationship. Connecting with others, caring for others and being with them, nourishes us more than any present ever could. Sure, I enjoy receiving gifts as much as the next guy, but I'd give them all away for the chance to spend Christmas with my ailing grandma thousands of miles away in Poland. Though this is not possible, and though I don't know if I'll see her next year or in the next life, my heart will be at peace as long as I remember the true meaning of the holidays: the enduring power of hope.

Limiting Thoughts and Beliefs

By: Nicki Hiemenga

Our thoughts have tremendous power. Every action that we take in this world, everything that we create or destroy is born out of our thoughts. In this way, our thoughts literally shape our lives. Limiting thought patterns based on habit and conditioning thwart our progression toward positive change and growth. Even if in subtle thought, some of us go around repeating the mantra, "I am not good enough, smart enough, strong enough," we will indeed create that reality for ourselves.

Consciously and intentionally eliminating negative, self-defeating thoughts and replacing them with positive,

constructive mantras can empower us with peace, love, and possibility. If we explore most of our thoughts and beliefs, we will notice that they often originate in stories that we have entrenched into our identities about events that occurred when we were young. Our thoughts also may have been passed on to us by our parents, peers, or culture.

Acknowledging the existence of these stories and assessing the thoughts that stem from them is the first step toward creating new, positive stories and thoughts from which to live our lives. Whatever the thought, whether it is limiting or not, can we say that it is real? Reality exists in the moment. For many of us, reality is something we decided upon

when we were small. So, one person's reality is not the same as another's. If all of our realities are different, does the one that you choose serve you? Take some time to consider your beliefs/thoughts and if one is limiting or negative, ask yourself what's on the flip side of that thought? Rephrase it in the positive opposite. Challenge it, explore it, look in and see if there is any other meaning for you. How else might you express it? Open yourself up to awareness. Depending upon your thought/belief ask yourself some of these questions below:

- Is it true?
- Who says?

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One-Stop Shop (Continued)

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and Elders Inn have all this and more available to them right where they live.

Our Physical Therapist, Marie Solorzano, treats residents on Mondays-Wednesdays and Fridays, in our on-site therapy facilities. Occupational Therapy and Speech Therapy are also available to residents who need them. Kathy Hanley PT, Rehab Director, is available Tuesday through Thursday to answer questions about therapy, screen residents for appropriateness of therapy, and arrange necessary paperwork. With a doctor's order, Medicare will usually pay for 80% of a therapy bill, up to \$1810 per year; all or most of the remaining 20% is usually covered by most supplemental insurances.

For those unfamiliar with therapy, **Physical Therapy**

tends to deal with mobility problems such as bending, reaching, walking or getting up from a chair; it also deals with pain and issues related to joint inflexibility and muscle weakness. **Occupational Therapy** deals with functional issues such as dressing, toileting, transfers and environmental needs. **Speech Therapy** works with speech and language issues.

Our Fitness Departments offer a wide range of exercise opportunities at no additional cost to residents. These include: general strengthening classes, balance classes, cardio workouts, and yoga. Waters Edge Lodge also offers a leg press class and a circuit-training class. Elders Inn also offers a special class for residents in wheelchairs. The Fitness Trainer at Waters Edge Lodge is Nicki Hienmenga; Nicki has a degree

from Humbolt State College in Kinesiology (the study of human movement). Nicki is available for 1 on 1 personal training on a fee basis.

Physical activity is one of the most important steps older adults can take to maintain physical and mental health as well as overall quality of life. Therapy can help an individual with specific problems which are interfering with activities of daily living. So get with the program—get help through therapy for anything getting in the way of your doing what you want to do. And start the New Year off right with a committed exercise program. You'll be glad you did.

All of us in the Rehab and Fitness Department wish you all a happy Holiday season and a healthy and active year in 2009.

Holiday Decoration Policy

One of the most evocative symbols of Christmas is the evergreen tree, with its soothing fragrance and promise of perseverance through the cold winter nights. With the holidays approaching, I would like to remind everyone of the State of California's requirements for holiday decorations at the Waters Edge Nursing Home, Waters Edge Lodge and Elders Inn. Unfortunately, state and local law strictly prohibits residents from keeping fresh cut

or live evergreen plants and trees, even "flame-retardant" ones, due to the fire danger posed by them. We would suggest an artificial tree or a non-coniferous plant instead. Additionally, when decorating, only UL approved lights are allowed. Also, please be advised that candles are not permitted, unless the wicks have been removed or they are battery operated. If you have any questions regarding these policies please contact your administrator.

Flu Season

With winter comes the cold and flu season, which is so much more threatening to the compromised immune systems of our elderly residents. We ask visitors to please refrain from visiting if they have any symptoms of the cold or flu. Together, we can minimize the spread of infection, which can ruin someone's holidays in the amount of time it takes to say "achoo"!

Resident of the Month: Art Lowery

Art Lowery was born in January 1912 in Philadelphia, PA. Even though he lived partly in Rochester, NY, Cleveland, OH, Milwaukee, WI, Minneapolis, MN and Kinston, NC, he still calls Philadelphia home. "My father worked in the Textile industry and we went wherever he did."

Art is a true "go getter" who takes pride in his accomplishments. Though he never graduated High School, Art was able to buy a home and raise a family. He dropped out because he needed to work in order to help his family financially. "My father was selling Apples on the street corner at the time." Art started working at the Minneapolis Honeywell making \$10 a week. He then found a new job working for the Pennsylvania Railroad company doing clerical work. He eventually found a career with the Quaker Rubber Corporation where he worked for

27 years. "I started as a secretary and then went up to open sales and eventually became the National Account Sales Manager." During his time with the Quaker Rubber Company Art also served in the Navy. He went from 3rd class seaman, to 2nd class, to Chief Petty Officer. "I reported to the Captain so everything went through me." Art met the love of his life at a house party. "I asked her if I could take her home and she said 'yes'. From that day on we were together for 72 years." Two years after meeting each other they "tied the knot." Eleven years after their marriage, his wife gave birth to a baby boy. "He's a good kid."

Art has always excelled in athletics such as baseball, basketball, football, soccer, cross country and especially golf. He participates in the Golf Putting Challenge held in the Living Room twice a week. "I was a good golfer in my day and have

the trophy to prove it." Art's love for golf and his wife's desire to move landed them in a golfing community in Rohnert Park. "We played golf several times a week. The clubhouse was right down the block." Tragically Art's wife passed away on his 96th birthday. Since then a part of him is lost.

He moved to the Waters Edge Lodge about five months ago and maintains a healthy lifestyle and remains active throughout the community. To this day he still sleeps on his side of the bed. He picks flowers and places them next to his wife's ashes in his apartment. "72 years is something special." Although in tough times, Art continues to progress making the most of his time here. He is proof that age is only a number and that love is eternal.

December Activities

We have various activities planned for December and the holiday season. In the first few weeks of the month we will be going back to Marti's place for breakfast and for some of those famous Swedish pancakes. We are also going on a drive throughout Alameda especially Thompson Avenue to see the different holiday decorations. Throughout the month we'll have visits by girl scout troops

and pre-school children whom each have something special planned for us. Members from the Bay Farm Community Church and the Kingdom Carolers will also come over and sing Christmas carols. Our administrative assistant George has also agreed to play another Organ concert for us at his church on Grand street. Once again we have invited family and friends to attend our annual Holiday

Celebration held on Thursday the 18th. There will be appetizers, beverages and entertainment. We are also planning a trip to the Paramount theater to see the Nutcracker on the 23rd. Be sure to grab an activity calendar at the Front Desk for specific dates and times. Remember, life is about being something greater than yourself. So get out there and make a difference.

Resident of the Month: Isabelle Beall

Isabelle Beall has lived through 100 tumultuous years of history, beginning with her birth near Grand Rapids, Michigan, in 1908. She is the daughter of a farmer, Louis Anderson, and his wife Dora, a country schoolteacher.

In 1928 Isabelle began college at a "normal school" that has since become Western Michigan University, in Kalamazoo. Though she was eager to earn a teaching certificate, she found plenty of time to enjoy college life—which soon included dating a young man named Henry Beall. The following spring, Henry and Isabelle eloped to Indiana. (At that time students at Western were not allowed to marry.)

After getting their temporary teaching certificates, the young couple began teaching at rural Michigan schools. However, during the Depression years married women could not get teaching jobs, so Henry and Isabelle struggled financially. Their daughter Carol was born in 1937.

After World War II ended, Isabelle was able to return to teaching; they bought a few acres of land near the small town of Watervliet, in southern Michigan, and began very gradually building a home. It would be fifteen years before the home was completed. Both of them taught in rural schools until the late 1950s, working on the house and on completing their college educations.

That meant years of summer school, extension classes, and correspondence courses.

After earning their B.A. degrees, Henry and Isabelle began teaching at an elementary school in Watervliet, and soon Henry became the principal. Isabelle taught fourth grade classes until her retirement in the 1970s. In addition, shortly before retiring she did graduate work to become a reading specialist, and taught classes in reading.

After the couple retired, they moved to Florida and enjoyed a more leisurely life. Henry died in 1979, and in the 1980s Isabelle moved to Alameda to be near her daughter. She lived in Woodstock for several years, then shared a home with Carol and her husband. In 2005 she moved to the Elders Inn, and in 2007 to the Waters Edge Nursing Home.

Isabelle took classes in art through the Alameda Parks and Recreation District, and art has been an occasional hobby. However, her love of reading has been an important lifelong passion. Even now, she reads books from the Alameda Free Library and subscribes to two newspapers.

December Activities

As soon as the Thanksgiving turkey is gone, the Christmas decorations at Waters Edge come out, and the holiday season goes into high gear! Among the many special events, there is one in particular we'd like to bring to your attention: the **Annual Waters Edge Christmas Party**. This year, it will be held on Wednesday, December 17th at 2:00 pm. Come and join our community as we celebrate the spirit of the holidays through song, dance, and plenty of good cheer! We will also be hosting a special Christmas Day luncheon - we would love for you to join your loved ones on Christmas, and invite you to reserve your trays at the reception desk by December 18th.

Welcome

Denise Berry is the new Social Service Director at WENH. She has been working in Social Services as an assistant for 3 years. Denise started as a CNA, and was promoted to the Social Services Department at her former place of employment. In December of 2006, Denise completed her certificate for Social Services in Long Term Care at Chabot College. Denise is a loving and caring person, who is a wife, and mother of a five month old and an eight year old. She is excited to join the Waters Edge team, helping to care for our residents. If you have any needs or concerns, please contact Denise at 510-522-1084.

From the Desk of the Administrator, Christina Carter

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

Going away for the Holidays? Please inform the Resident Care Coordinator and the medication aide of your departure at least **three days**

in advance. We will need to give you **ALL** of your medications to take with you along with instructions on taking the medications. When you return to Elders Inn, we will centrally store the medications in our medication room.

Don't forget, we will also have our annual nighttime outing of viewing the Christmas Lights in Alameda and the ever popular Christmas Tree

Lane. Dates and times to be announced. Please sign up as soon as possible as seating is very limited. Come and enjoy!

Lastly, we will be having our Christmas Luncheon on Christmas Day at noon with all the fixings! Also, our New Year's Eve Party will be on New Year's Eve @ 3:00pm in the Webster Street Dining Room. Happy Holidays !

Holiday Party

Residents, family and friends are invited to attend the Annual Holiday Party at Elders Inn. We have added a new entertainer this year: Elvis Presley! Elvis Presley will be here singing his Christmas songs. Back by popular demand is the Tap Dancing Christmas Trees. The Tap Dancing Christmas Trees are well known and have even participated in the Macy's Thanksgiving Parade which is held in New York City.

Date: Thursday, December 17
Time: 6:30 pm to 8:00 pm
Beverages and refreshments will be provided.

Please come and join us as we celebrate the Holidays. The Zimmerman family and Staff of Elders Inn wish you a joyous, safe and peaceful holiday season.

Resident of the Month: Nan McGregor

Nan lived a very colorful life that began in Spokane, Washington. Soon after, she moved to Manton which is in Northern California. She later moved to Oakland, California where she attended Fremont High School. There, in a church, she met her future husband, William Morton McGregor who lived in Alameda (he was born in San Francisco). After their marriage in 1939, they lived in Alameda on Buena Vista Avenue. They had an auto business on Park Street. Nan and her husband had two sons, one of them Donald, lives in Alameda and he takes good care of her here at Elders Inn. Nan was Operations Manager for a CPA company in Alameda and later manager of a mobile home park in the Delta. She loves to bowl, so we will be introducing her to the bowling on the Wii. With her husband, she fished a good deal on the Delta and

the Bay. She fished from boats for Bass on the Bay and Crayfish in the Delta and enjoyed the participated in the Isleton Annual Crayfish Festival every July.

When Norton and Nan retired, they traveled to every state in the United States looking for a place to retire and they ended up back in Alameda. Nan has a home near the Waters Edge Lodge on Bay Farm Island, Alameda. She knew that area before the Bay Landing shopping center was built. She tells the story of sand dunes and sunken battleships that lie beneath that area--- she really has the inside story! Before we parted, Nan showed me a 1936 Alameda High School yearbook belonging to her husband--- she gladly shares it with some of the residents. Nan McGregor has a great Scottish Name and a great personality!

Limiting Thoughts and Beliefs (Continued)

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- What stops you?
- How do you know?
- What would happen if you did?
- What would happen if you didn't?

These types of questions will initiate a shift in awareness

that will move you from the perception that you have no choice, to realizing that you do in fact have choices as well as possibilities for transformation. You may really get in touch with how these thoughts and/or beliefs are affecting you and those around you. If your belief is deep and has been around for a while, it may be difficult to

change even once you see it is not true. Awareness of the pain it causes can provide you with the inspiration finally to challenge it. Choose your beliefs/thoughts in accordance with your true nature and a clear, powerful action will follow.

Christmas Around the World

United States Of America

The day after Thanksgiving, is usually the start of the Christmas season. Christmas cards are mailed out and displayed around the house. Christmas trees are decorated with lights. At the shopping mall, children can sit on Santa's lap and tell him what they want as presents. Depending on your culture, gifts are open on Christmas Eve or on Christmas Day in the morning.

Germany

On December 6, children leave their shoes outside their door so that St. Nikolaus can put presents in them. If you are good, you receive candy and goodies, if you are bad, then you receive lumps of coal. On the first Sunday in December, a candle is lit. This continues until the last Sunday and a large white candle is placed in the middle of the other candles. Gingerbread men are special treats. The

decorations are usually made of blown glass balls and bells.

Australia

People spend Christmas basking in the sun with temperatures of 100 degrees. Barbecues, camping, and spending the day at the beach are regular Christmas activities. Christmas dinner reflects the weather with meals consisting of salads, tropical fruits and seafood. Church services are attended on Christmas Eve and Christmas Day. Santa eats a piece of cake and drinks a bottle of beer as he goes from house to house delivering presents! Gifts are opened on Christmas Day.

Native American Christmas

Christianity was introduced to the Native Americans over 400 years ago. As a result, traditions are a combination of custom and Christianity. Today, some tribes have a custom of dance on Christmas Eve. Gifts are offered.

Senior Cohousing

Senior Cohousing is a new way for seniors to house themselves combining the autonomy of private dwellings with the advantages of shared facilities and community living. Cohousing residents live among people with whom they share the common bond of age, experience and community. Residents are also involved in the development and creation of their community allowing it to be built specifically to meet their needs.

If you are interested in finding out more information about Senior Cohousing, the book *Senior Cohousing: A Community Approach to Independent Living*, by Charles Durrett is now available at the front desk at the Waters Edge Lodge, Waters Edge Nursing Home and Elders Inn. Charles Durrett has designed over 30 Cohousing communities in North America, and consulted on many more around the world. .

For placement and care questions:

Alameda Elder Communities

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E-mail: lodgeadmin@gmail.com

Website: www.alamedaelder.com

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 Elder 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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