

Living on the Waters Edge

Alameda Elder Services: Iron Woman of the Month—Nettie Koltun

By: Nathan Ubl

Nettie arrived at Elders Inn in March 2011. She had suffered a stroke in January. After the stroke occurred, it left her body in a weakened state. She had trouble using her left side. Following the stroke, Nettie underwent 6 weeks of rehab to increase her strength. She then moved to Elders Inn. Early on in her stay, it was clear that Nettie was determined to move and improve her condition.

Nettie was born in Colorado, but was raised in the very small town of Dietrich, Idaho, where there were less than 100 inhabitants. The town of Dietrich is close to the Snake River Canyon and Nettie spent much of her youth climbing in and around the canyon. Her husband worked for the Geological Survey and mapped much of northern Idaho. He was also a World War II veteran, and he graduated from the University of Wisconsin as a mining engineer. When Nettie's husband went off to the war, she and her oldest son Ron became self-reliant, helping to shape the independence we see in her today. Nettie has 6 children, 5 boys and 1 girl. Her children were very involved in activities such as Boy Scouts and Little League. Nettie was there every step of the way for support.

Now that the children are all grown up, you can see them returning the love and support they received as children. We would see at least one of her children visiting nearly every day. These visits were not just a

social. They were there to support Nettie as she continued to recover from her stroke. On most days when her children would visit, you find them walking up and down the hallway. Nettie has made steady improvement since the day she moved to Elders Inn; she continued physical therapy at Alameda Elder Services and once done with physical therapy, she progressed to personal training with me.

When she began physical therapy, it was very clear which side of her body was affected by the stroke, and walking at the time was an adventure, because she never knew if her left leg would give out. Within the last month, I saw a significant improvement in Nettie, she seemed much stronger while walking. It became more difficult to determine which side was affected by the stroke, even Nettie had to think about it. Nettie will be the first to tell you that she still has work to do and she is not yet satisfied with her progress, but she has come such a long way in her recovery. Her own determination along with the love and pushing from her children has gotten her to where she is today. Nettie would often joke of her "pushy" children, but this was always followed with a statement of gratitude for their love and support.

Because her recovery went so well, Nettie was recently able to move back to her hometown of Auburn. Her easy going attitude and wit will be missed. I hope that her recovery continues to be steady and that she reaches the goals that she has set for herself.

It's Flu Season...Again!

By: David Ruttan

The influenza virus was discovered in the early 1930s, and scientists developed a working vaccine by the 1940s, when it was first used on soldiers during World War II. The flu shot is the only vaccination that is continually updated, because influenza is a rare type of virus that is constantly changing. There are three types of the flu — Influenza A, B and C — each one with its own viral strain that copies and changes independently from the other types. Seasonal strains of the flu change constantly, which is why people can catch it multiple times. Influenza is a disease of the modern era: the faster people travel around the world, the easier it is for the virus to spread. The disease hits big cities first — because that's where peo-

ple generally travel — and then spreads to surrounding areas. The big question, of course, is whether enough people worldwide will get it. Usually each year's flu vaccine varies from the previous versions as different influenza strains evolve. This year's vaccine is a duplicate of last year's because the three flu strains that sickened people last winter still are circulating.

Studies aren't clear about how much a person's immunity declines over a year, but it varies with age and overall health. Don't skip this year's vaccination! It's the only way to be sure your immune system remains healthy. You can't rely on last year's vaccine to

Waters Edge Lodge: October Special Activities

As always, October will feature a wide variety of events and activities for the Waters Edge Lodge community to enjoy. On Tuesday, Oct. 4th, we will proudly participate in the Bay Area Dine Out for Meals on Wheels Fund-raiser. By eating out at a participating restaurant on that day, a portion of your bill will be donated to a local Meals on Wheels program, which prepares and delivers healthy meals to homebound seniors. Residents from the Lodge will have an opportunity to join residents of Elders Inn in a joint outing to Tucker's Ice Cream. Last year's inaugural Dine Out generated \$50,000 in donations from participating restaurants.

Catholic Mass will be held on Wednesday, Oct. 5th in the Activity Room, and it is open to all people regardless of religion or beliefs. On Thursday, Oct. 6th, the Dining Room will briefly turn into a Bavarian beer hall when we celebrate our annual Oktoberfest Happy Hour. Be sure to join us for an hour of fun polka music, traditional snacks and, of course, delicious beer!

Our lunch outing on Thursday, Oct. 13th will be to Speisekammer Restaurant in Alameda. Are you a fan of *Wurst*, *Kraut*, and *Bier*? *Jawohl!* Then sign up right away for lunch at Speisekammer, where these and many other German specialties are waiting to make your taste buds dance. The following week's lunch outing, on Oct. 20th, will be to the Little House Cafe on Blanding, near the Park Street Bridge. The Little House Cafe will capture your heart with its charming Euro decor and simple yet delicious dishes featuring local, organic ingredients. The Little House Cafe may be big on taste but is diminutive in size, so space will be espe-

cially limited for this outing.

On Friday, Oct. 21st, the Activity Director will show a multimedia presentation on the history and future of the European Union. With 27 member nations, over 500 million inhabitants, and an annual GDP of over 16 trillion dollars, the European Union is a global powerhouse in terms of culture, politics, and economics. Come and learn how a continent with a long history of warfare has been able to challenge historical stereotypes and find common ground in pursuit of peace and prosperity.

On Tuesday, Oct. 25th, our residents will have an opportunity to see a few exhibits at the University of California-Berkeley's Bancroft Library, including *California Crossings*, stories of migration and relocation, and an exhibit on the women's suffrage movement.

Thursday, Oct. 27th is Navy Day, when we celebrate the history and accomplishments of the world's greatest maritime power, the United States Navy! Residents will have an opportunity to go out for some hearty American fare at Nation's, located near the former naval base of Alameda. Those who remain at the Lodge will have a chance to reminisce and discuss all things Navy at our Circle of Elders, which meets every weekday at 12:45 pm in the living room.

Last, but certainly not least, Monday, Oct. 31st is Halloween, which presents mature, rational adults with the perfect opportunity to walk around in costume. Join us at 3:00 pm for a Halloween social and costume contest, and don't forget to dress up!

Waters Edge Lodge Resident of the Month: Lillian McCloy

Lillian McCloy's adventure-filled life began in Winnipeg, Canada. She grew up with two brothers and four sisters. When she was about 19, Lillian starred in her very own television show called "Thinking of You", in which she sang all the favorite big band and blues hits. She moved to San Francisco and began working for famed attorney Melvin Belli. One day after work, Lillian went to the bar across the street with her girlfriend. She met a handsome young airline pilot and ex-Marine by the name of Frank. They began talking, and didn't stop talking for forty years. After Frank attained his Master's Degree in International Relations, his new career took him to Madrid, so Lillian found herself moving to Spain with her husband and three children, who were three years, two years, and seven months old at the time! The next couple of decades took the McCloy's all around the world. In addition to Spain, Lillian has lived in India for two years, then

eight years in Japan, and two years each in Venezuela and Singapore. She had opportunities to work for theater companies while in Spain and Japan, including a few acting roles, and considers Japanese actors to be the best in the world at their craft.

When they returned to the United States, they bought a house in St. Louis, Missouri, which Lillian found to be a nice and quiet place to live. After Frank passed away, Lillian moved to California in order to be closer to her two daughters. Even her retirement in California would prove to be filled with adventure: her house in the Oakland Hills had burned down, so Lillian had to build a new one in its place, and she found the entire construction process fascinating! She moved to Waters Edge Lodge last year, where she delights the entire community with her wittiness, sophistication, open-mindedness and intellect. We are thrilled to celebrate our Resident of the Month, Lillian McCloy.

Elders Inn: October Special Activities

October means many things to many people...

Mother Nature turning colors, harvests of fruits and vegetables but there is always one other thing you can count on—BASEBALL!



The World Series starts on October 19th, and sadly, it will be without either of our local teams—the San Francisco Giants and the Oakland Athletics. But you will have a chance to

root, root, root for a team as we will be showing the World Series in all its glory on our big screen and serving snacks for our resident's enjoyment. Come join the fun and root for anyone you please—except the Dodgers!

October also means celebrating the wonderful German custom of Oktoberfest. Oktoberfest isn't just for Germans anymore. People have flocked to Germany from all parts of the globe to participate in the world's largest annual festival for nearly 200 years. In addition to the two-week celebration in Munich, the Bavarian capital where the tradition began, Oktoberfest is enjoyed in one form or another in cities and towns worldwide. In 1997, Okto-



berfesters consumed more than 5 ½ million liters of beer, about 45,000 liters of wine, and almost 165,000 liters of nonalcoholic beer. We sincerely hope that our residents don't drink quite so much, but you will have a shot at it (Get it? A shot at it?) when Elders Inn celebrates Oktoberfest Elders style on October 26th. Our own maestro Claudio will regale us with a rousing hour of German music on his vintage accordion while we dine on pretzels, beer and cider. You can wear your lederhosen if you have nice looking legs, but it isn't necessary to join in the fun.

On October 4th, we will be participating in the 2nd Annual Dine Out for Meals on Wheels fundraiser. In conjunction with the residents of the Waters Edge Lodge, we will be heading over to Tucker's Ice Cream after lunch for some of the tastiest ice cream in the world! A percentage of all money spent goes to help Alameda County Meals on Wheels so not only is it a great cause, but you get to treat your taste buds too! Let David Ruttan know if you are going to join the fun, as space is limited.



Elders Inn Resident of the Month: Joan Hodgkin

Joan Hodgkin was born in Evanston, Illinois and was an only child. Her father was a pharmacist and her mother also helped out in the pharmacy doing the billing. She remembers a happy childhood—she lived on a one block long street that had 58 kids on it! Since the Hodgkins were only one of two families with only one child, that meant that there were a whole bunch of large German Catholic families on that block!

A wonderful memory of Joan's is the fact that when her neighborhood playmates grew up and moved away, the elders in the neighborhood all banded together and took care of each other. They drove errands, shopped for groceries and generally looked out for their neighbors even in the dead of winter. This is exactly what we are establishing in our new Phoenix Commons Senior Co-Housing that is forming. What a better way to get the “modern” word out than to learn from the past!

Joan attended local schools, then enrolled at the University of Colorado where she met her future husband. Joan dropped out of college after two years when they married and moved back to the San Francisco Bay Area where he was raised. Joan's husband received his Masters from the University of California at Berkeley and his PhD from the University of Arizona in Marine Biology. Together, they raised 3 children and when the children were grown, Joan did the remarkable—she returned to school and received her BA and then her Masters degrees in Educational Psychology from Cal State Hayward when she was 60 years old!

Joan has also raised horses in Lafayette and operated a bookstore in the charming town of Idyllwild in the mountains above Palm Springs. She is a wonderful addition to the Elders Inn and we salute her this month as our Resident of the Month.

Waters Edge Nursing Home: October Special Activities

This month our World Tour takes us to Western/Central Europe, visiting Germany, France, The Netherlands, Belgium, Switzerland, and Austria. We will also be celebrating the coming of Fall this month. On October 31, at 2:00 pm, we will have a Halloween Celebration in the Bay Room. As Always, we will have live music daily at 2:00 pm in the Bay Room.

On October 1, the Youth from the Red Cross will be

here for our Bingo Bonanza. On October 18, we will have Flower Arranging.

October is the beginning of the flu season. We ask that any visitors who are feeling sick refrain from coming to the facility until they are feeling well.

Happy Halloween!



Waters Edge Nursing Home Resident of the Month: Virginia Teal

Virginia Teal was born in Westlake, a small town in Louisiana. She was the second of six children born to Reverend Jefferson Oliver and Louise Simmons. As a pastor's daughter, she was required to attend church services on a regular basis. Virginia loved the organizational structure, traditions and teachings of the church, so she eagerly participated in many activities. Her favorites were: the Missionary Society, the Choir, and Oratorical Training and Contest.

Virginia dreamed of traveling to foreign countries as a missionary, but she married and had four children: one son and three daughters. Virginia supplemented the family income as an insurance agent, serving the rural communities of Louisiana and Texas. Her father's position as a pastor afforded her the trust of many families who needed insurance services. Virginia found that her job allowed her to provide peace of mind to many families.

Virginia and her husband relocated to California, where Virginia acquired her Licensed Vocational Nurse Degree. Virginia enjoyed a long career as a Pediatric Nurse. She retired early, caring for her mother, brother, and aunt.

Virginia also remained faithful to her church work. She was the church clerk, church secretary and president of the Missionary Society. As president, she focused on the training of young women. These women enjoyed Virginia's no-nonsense, "get-it-done" attitude, and her compassion and generosity.

Virginia loved to dance, cook for family gatherings, and play piano. One of her passions has always been singing. She still sings daily. You can often hear her singing or humming her favorite hymns and show tunes. Virginia has a strong sweet spirit. We are pleased to honor her as our October Resident of Month.

Flu Season (Cont. from page 1)

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protect you through a second season. A yearly vaccination is now recommended for virtually everyone, except babies younger than 6 months and people with severe allergies to eggs—which are used to create the vaccine.

You say you never catch the flu? Although you don't feel that you have flu symptoms, you could still be a carrier, unknowingly spreading the misery even though you only feel like you have the sniffles.

Who's at highest risk from the flu? Young children, anyone 50 or older, anyone with chronic medical conditions such as asthma, certain heart or kidney problems and pregnant women. You can get vaccinated anytime, but it takes about two weeks for protection to kick in. Flu typically starts circulating around November, and peaks around January.

Please see your facility's nurse or contact a staff member to find out when your flu shot will be. Flu shots will be available to all staff and residents.

The Eccentric Bicycle

By: Bernard Welz

Against a window in the Rehab Department, a piece of old equipment rested awkwardly. I had never seen it used. Initially it looked like a clumsy device with two pedals for the feet and a rotating bar for the arms.

Erwin, head of the Rehab Department, told me that they used the instrument for bicycling. When used, it conditioned both arms and legs, and even had a digital readout that told how far one could walk, and how fast.

I saw the benefit immediately and asked if I could try it. Erwin strapped my feet to it, and I went for a fifteen minute bike ride. It felt more like running than riding, but it turned out to be a good way to lose weight. Riding it occasionally, I lost four pounds in one month.

