

Living on the Waters Edge

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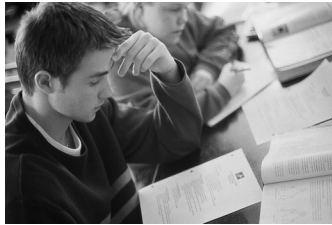
Monthly Journal

October, 2010

Lifelong Learning

By: Kryspin Turczynski

Its 3 o'clock on a Wednesday afternoon, and six people are gathered around a table with texts and notes to discuss early Greek philosophy. After a lively discussion about the essential substance of the cosmos, copies of Socrates' dialogue with Euthyphro are distributed for next week's session. No, this is not a college campus, this is the History of Philosophy group at Waters Edge Lodge. Resident elders at the Lodge, with no prior experience in philosophy, have committed to an ongoing course in the History of Philosophy in order to learn more about the evolution of human wisdom through the ages. As facilitator of this group, I have the privilege of accompanying this group of elders on their intellectual journey, and marvel at the application of their life experiences to the perennial search for Truth, Beauty, and Goodness. I always leave our sessions inspired by their willingness to tackle complex and challenging topics.



Like all humanists, I strongly believe that learning is a lifelong endeavor. No matter how old, wise, or well-traveled we are, there are always more to learn about our vast universe. There is a limitless number of fields of inquiry, ensuring that anyone can find something of interest to him or herself, regardless of background and personality. Modern technology and easy access to an abundance of sources make learning more fun than ever. Interested in the natural world? Try watching BBC's *Planet Earth*, widely considered the most visually stunning nature documentary ever filmed. Ever wondered about Ethiopian cuisine? Try one of the many exquisite Ethiopian restaurants in Berkeley. Want to learn more about Hindu beliefs and rituals? Visit the Hindu temple in San Leandro and take a personal tour with the consecrated nun that resides there. Looking for a new hobby that will get your creative juices flowing and provide unique and practical gifts for your relatives? Join a yarning group and learn the art of knitting or crocheting from experienced peers.

Learning is not just an academic endeavor reserved for formal educational institutions. It is an essential component of what it means to be human, and is the birthright of every person, in every stage of life. In addition to engaging the mind, learning often has an important social component, bringing us closer to others in a common pursuit of knowledge. Learning can even have a kinetic component, whenever we explore a new place or practice a new craft. Above all, learning enriches our quality of life by revealing the interrelated nature of the world and broadening our limited perspectives.

One of the most persistent and pernicious stereotypes is the idea that learning is the exclusive domain of the young. The learning curve is certainly more intense earlier in life. Children must learn to walk, speak, read, write, and navigate the many nuances of social interaction. If we mistakenly equate learning with formal education, then most of us would stop learning at age 18 or 22. Classrooms and grades, however, are not intrinsic to the act of learning itself. Each successive life stage presents a new set of skills to learn: managing finances independently, courting a life partner, raising children, managing a career and household, etc. Old age is no different.

Growing older demands more learning than most people imagine. First of all, elders have to learn how to cope with retirement. Studies show that many older people experience depression upon formally giving up their careers. This is particularly true for American men, whose identities are often linked to their employment. Developing hobbies and social outlets earlier in life can help ease the transition into retirement. Most elders also have to learn how to be grandparents, though this seems to be a generally positive experience. Coping with the aches, pains, and loss of mobility in advanced old age can be more difficult. Renowned gerontologist William Thomas, MD, points out that we should all be in awe of elders as they learn how to walk and communicate in the face of diminishing physical ability. Though most people refuse to address the issue, impending death is a

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Waters Edge Lodge: October Special Activities

We are happy to announce the introduction of some new activities in the month of October. Every first Monday of the month, there will be a "Walker Cleaning" offered to residents at 10:00 am. Just come to the Living Room, and watch a fun musical while your walker is thoroughly cleaned! We are also going to organize special "men only" outings every month. On October 11th, our male residents will have an opportunity to go to Linguini's on Park Street after dinner to watch the Minnesota Vikings take on the New York Jets on Monday Night Football. If you follow professional football, you know that this has the potential to be a great game! Other outings in October will include a trip to the San Pablo Lytton Casino for lunch and gambling on Monday, October 18th, as well as an excursion to Fisherman's Wharf in San Francisco on October 28th for a visit to the Musée Mécanique followed by a picnic lunch.



This month, the Waters Edge Lodge will be celebrating our Twentieth Anniversary, featuring a wine and hors d'oeuvres social and live music by our excep-

tional entertainers. Residents, staff, family, friends, and volunteers will all come together on Thursday, October 21st, to celebrate this monumental occasion. Of course, it wouldn't be October without Halloween, and ours will feature a social and costume contest on Sunday the 31st. Don't forget to dress up!

The World Tour takes us to Central Europe this month, and what better way to kick off the month than a little Oktoberfest celebration? Join us in the Dining Room on Monday, October 4th, for some beer, snacks, fun music and good cheer! Karl Lebherz, our Swiss German accordion player, will entertain us on October 5th and October 17th. As always, documentary movies about the region will be shown during some of our movie nights. Two of the lunch outings will also be World Tour themed: Mimi's Cafe in Hayward on October 7th, and Speisekammer in Alameda on October 20th. Our other two lunch outings will be to Tomatina on October 13th and Pier 29 on October 26th.



Waters Edge Lodge Resident of the Month: Lotte Weiss



Lotte was born in Nürnberg, Germany, where she grew up with her parents and her sister, Marianne. Her life changed abruptly in 1933 when Hitler came to power, and she was forced to attend a Jewish

school in Fürth, a neighboring city. Lotte recalls having a good time at this school, which used to be exclusively for boys but now suddenly opened its doors to girls as well. Nowadays she can even boast of a famous classmate at this new school: a certain Henry Kissinger, who was better known as Heinz back then!

Lotte emigrated to New York with her parents in 1938; her sister, Marianne, was staying with relatives in England and would join them later. After a few years in New York, they moved to San Francisco to be closer to relatives. In San Francisco, Lotte's father became friends with a German man whose son had recently arrived from Africa. Lotte and this young man,

Sid, fell in love with each other, and after he returned from fighting in the Pacific they married in 1946. Lotte started working in Wells Fargo, and she was actually one of the first women to ever be hired by them!

Lotte and Sid have two daughters, Judith and Susan. Once they had children, Lotte stopped working so she could raise the girls and take care of their home in San Francisco. She loves gardening, and enjoyed the summer home they built themselves in Marin County. Lotte and Sid also love to travel; they have visited numerous places in Africa, Australia, and Europe, and they used to go to Hawaii ever year. Nowadays, you can find Lotte enjoying the sun out in the patio with her husband, listening to our live music performances, or joining us on many of our lunch or museum outings. It is with great pleasure that we celebrate the life of Lotte Weiss, our Resident of the Month for October 2010.

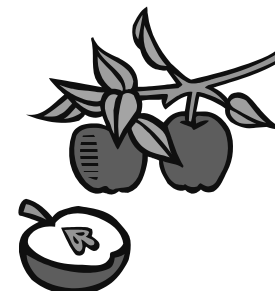
Elders Inn: October Activities

October at the Elders Inn is truly a special time. The trees in our beautiful patios have gone golden and red but the days are still warm enough for all of our residents to enjoy some sunshine. Come down to the two ground floor patios with a friend and enjoy a cup of coffee or tea—you'll be glad you did!

During the month of October, we will be continuing our short walks down the street to the Alameda farmers market. The bountiful harvest will include golden pears, brown tender figs and most beautiful of all—apples! Green, red and gold gorgeous crisp apples direct from the grower—life doesn't get any better than that! Bring a dollar or two and be amazed at what you bring home.

To celebrate the fall harvest, we will be serving refreshing bubbly apple cider and a sweet apple crisp during our Happy Hour every Wednesday at 3:00.

Join your friends in the Webster Street and Buena Vista dining rooms and enjoy the music of Claudio and Jaime. We will be opening up our recipe books for more delicious ways to take advantage of the fall apple harvest and will keep you posted on our progress. Get your napkin ready!



Watch out for goblins! Halloween is Sunday, October 31st and we will be visited by numerous ghouls and princesses. We will place our treats in the front lobby and hope that we won't be "tricked" by our visitors! Come down to the first floor cafe in the late afternoon, give out candy and help us treat our way out of tricks!

Elders Inn Resident of the Month: Bernice Quinn

Bernice Quinn was born in Montreal, Canada and was one of 4 children. She had a sister and 2 brothers, but one of her brothers died in childhood. Her father was a merchant, selling textiles and her mother was a very busy stay-at-home mother. Bernice was educated in Montreal, attending grade school and graduating from the University of Toronto with a major in sociology. She then completed her Masters Degree in Library Sciences from McGill University. She received a scholarship to study in France and that is where she met her future husband. He worked for NATO and to this day, no one knows exactly he did for that agency. He never told Bernice or the family! When NATO shut down in France, they moved to up-

state New York, where he was employed by IBM. It was in White Plains, New York that her first children, a girl and a boy were born. It was then on to Pittsburgh, PA, where the second daughter was born, then to Northern California to work for IBM on the west coast. Bernice then was employed setting up medical libraries. Doctors flew her to remote areas to set up libraries all over Northern California. After retirement, she enjoyed skiing and travel. She has travelled extensively throughout Asia and has visited such exotic places as Cambodia, India and Thailand. She adores her 7 grandchildren and is a great asset to the Elders Inn.

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reality that elders also deal with and must learn to cope with.

The elders that inspire me the most are those that continue to cultivate their natural curiosity through old age. Instead of using their age as an excuse, these heroes use their time to pursue the knowledge and skills that they always wanted but did not have the opportunity to acquire earlier in life. In addition to the aforementioned philosophy group, there is a group of residents at the Lodge committed to learning Spanish, no matter how difficult it may be or how long

it may take them. There are residents who enthusiastically sign up for lunch outings to ethnic restaurants, willing to try new cuisines consisting of dishes that are barely pronounceable to English speakers. Other residents routinely attend our Wednesday evening World Tour movies, wanting to learn more about foreign cultures and ways of life. These residents serve as role models for us, proving that it is never too late to learn more about ourselves and the world. This openness enriches their own lives and those around them, and they are living examples of the importance of lifelong learning.

Waters Edge Nursing Home: October Special Activities

October is a busy month at the Waters Edge Nursing Home with many exciting activities on our calendar. The Red Cross will be returning to volunteer with us for BINGO on October 2, at 2 pm.

Canine/Pet Therapy will be here on October 9 at 1:00pm

Spirit Care Ministry will be on October 5, at 10:30am
Flower Arranging class will take place on October 1, at 1:00pm

Our Monthly Resident Council Meeting will October 25, at 2:00pm

On October 1, 8, 15, 22, and 29, we will enjoy Live Saxophone with Dave

October 3, 10, 17, 24 and 31: Live Harmonica: Jerry G

October 4, 11, 18: Live Guitar with Jimmi James

October 25: Live Jazz with Anne

October 5, 12, 19, and 26: Andean Music with Jaime

October 6, 13, 20, 27: Live Piano with Miles

October 7, 9, 14, 21, 23, 28: Live Guitar John

October 2: 16: Classical Opera with Roberto

October 30: Live Music with Todd

October 31: We will celebrate Halloween with a lively Halloween Party at 3:30pm



Waters Edge Nursing Home: Resident of the Month: Evelyn Lowell

Evelyn Lowell was born in New York City. She grew up in the Bronx with her two brothers, and her parents, who had emigrated from Russia and Romania. After graduating from high school, Evelyn worked with the New England Confectionary Company, best known for producing Necco Wafers. During World War II, she served as a member of the Civilian Defense Corps, reminding people to black out their windows at night. It was at this time she met her husband, Allan Lowell, a trained opera singer from San Francisco. Lowell was performing in the military show "This is the Army," and following their wedding they traveled by train across the country in order to make the Warner Bros. film of the same name starring Ronald Reagan.

After the War, Evelyn and Allan moved back to New York City, where Allan performed on Broadway in "Kiss Me Kate" and "Around the World in 80 Days" with Orson Wells. Evelyn and Allan had two daughters, Jacqueline and Waverly. During this time Evelyn founded the Marble Hills Nursery School, one of the

first non-profit parent cooperative schools, which celebrated its 50th anniversary in 2003.

The family moved to New Brunswick, New Jersey, where they opened a toy store and had their son Douglas. Evelyn was widowed in 1969 and two years later moved to the San Diego area to escape the East Coast weather and take advantage of the California lifestyle. While in San Diego, she took jewelry classes and created jewelry and sculptures using sea shells and coral.

Enjoyed for her intelligence and sense of humor, Evelyn encouraged creativity and a life-long love of learning in her children. In 2001, Evelyn moved to Oakland to live near her daughter, and in 2003, she joined the Alameda Elder Communities family. Evelyn Lowell enjoys Pet Therapy visits, Arts and Crafts and Music. Ms. Lowell has warm heart and million dollar smile, which is why she is our resident for the month of October.

Alameda Elder Services: Welcome!

My name is Nathan Ubl and I am the new Wellness Coordinator at the Elders Inn, I attained my education from San Jose State University in the field of Kinesiology and have also recently began graduate work at Cal State East Bay. I have been working within the exercise and fitness field for over 10 years, have acquired a National Certification from National Academy of Sports Medicine and have had experience working with a wide variety of fitness levels and age groups. My passion is to help others improve their quality of life through exercise, which would not only include physical strength, but also help create improved mental wellness.

Great California Shake Out

On October 21, 2010 at 10:31 am, Waters Edge Nursing Home, Waters Edge Lodge and Elders Inn will be joining millions of Californians in the Great California Shake Out. This is California's largest earthquake drill! Major earthquakes can occur anywhere in California and we must be prepared for this or other natural disasters. The Great California Shake Out will help us prepare for any future disasters. Please contact your administrator for more information.

