

# Living on the Waters Edge

## What You Should Know About Pre-Diabetes

By: Nathan Ubl

Many have heard of Type I and Type II Diabetes, but most are unfamiliar with pre-diabetes or borderline diabetes. The Centers for Disease Control & Prevention (CDC) explains that "pre-diabetes is a condition diagnosed by impaired fasting blood sugar levels and/or impaired glucose tolerance." Statistics from The American Diabetes Association and CDC state that 40% of people in the United States between the ages of 40-74 have pre-diabetes. Another estimate by the CDC also states that as many as 57 million Americans aged 20 or older have pre-diabetes; which means that these individuals are on the border of developing Type II Diabetes within a decade. You are at risk for pre-diabetes if you are overweight or have hypertension, high cholesterol or a family history of diabetes.

A majority of people with pre-diabetes do not present symptoms, but are considered to be at high risk for developing heart disease. Some statistics state that a person has a 50% chance of developing heart disease with pre-diabetes when compared to a person without. Your body will normally produce insulin when

glucose is present in the bloodstream. Diabetes prevents the body from producing enough insulin or the body is not using the insulin it does make efficiently to breakdown the glucose. When excess glucose builds up, it can damage blood vessels in the kidneys, heart, eyes, and nervous system. When the delicate balance between glucose and insulin has been disrupted like in pre-diabetes a person can either be hypoglycemic (low blood sugar) or hyperglycemic (high blood sugar). Two tests are often administered to determine if you have pre-diabetes; a fasting glucose test (FPG) and the glucose tolerance test.

Studies have shown that if a person who has pre-diabetes makes lifestyle changes for weight loss, increase exercise, and improved food choices, most can avoid developing Type II diabetes. A large research study was done called the Diabetes Prevention Program, it found that when a person made lifestyle changes for exercise, weight loss, and diet, they reduced the development of diabetes over 3 years by 58%; and for people over 60 years of age the percentage increased to 71%. With diabetes very preva-

*(Continued on page 4)*

## Alameda Elder Services Iron Woman of the Month: Theresa Cook

By: Rosemarie Caigoy

Meeting new and inspiring residents is a high point of my job at Waters Edge Lodge. It's a magical feeling meeting someone who has contagious determination and open mindedness. A new resident by the name of Theresa Cook is a perfect example of a person with these youthful qualities which has led her to explore everything that the wellness department has to offer. She's open to new experiences and she isn't shy to ask what she needs to do in order to be in good health, and she goes after her goals with tenacity.

Theresa Cook has led a very intriguing life with many interesting experiences. She was born in Oakland but grew up in Berkeley. Theresa is a very artistic person, as she played the piano for about seven years and she also enjoys many different forms of art. While in business school, she met her husband who was studying law at the University of California, Berkeley. After about nine months they became engaged and

married in the year 1949. After which the couple moved to San Jose and then to San Diego and back to Oakland. Two years after their wedding, Theresa and her husband built a house in Montclair, and they had a daughter named Wren. Theresa and her husband raised Wren in Oakland. Wren went on to attend Humboldt college. While raising Wren, Theresa opted to become a full-time mother. After her daughter graduated from high school, Theresa began to work at the Emporium. After the passing of her husband, Theresa moved into a condominium complex in Broadway Terrace. During her stay at Broadway Terrace, Theresa enjoyed painting as well as the Asian art of Tai-Chi. She likes a lot of sports but enjoys watching football the most.

Not only is being open minded and determined to achieve your goals a necessary trait for progression, Theresa shows us that it can keep us in good shape for a long time.

## Waters Edge Lodge: September Special Activities

September is truly a special month. Children go back to school, and football players go back to pummeling each other on the gridiron. Pumpkins enter their final stage of growth, unaware of the fate that awaits them in October.



September heralds the coming of autumn, which promises relief from the summer heat and heralds the coming of the holiday season. As always, we have a tremendous array of activities and events planned for this month, starting with a lunch outing to Kabob Central in Alameda on Thursday, September 1st. This restaurant not only reflects our World Tour theme of the month (the Middle East), but it also boasts a fantastic outdoor patio from which one can soak in the sights and sounds of Alameda while enjoying a tasty gyro or falafel sandwich.

You won't want to miss our barbecue on Labor Day, when a delicious meal will be offered in the comfortable environs of our very own dining room. Few treats are as loved as ice cream, and the at the Lodge there is no exception! We will be sure to take advantage of the Indian summer we usually have here in the Bay Area, and offer ice cream not once, not twice, but three times in September! In addition to our regular ice cream socials on Wednesdays (Sept. 7th & Sept. 21st), there will be a special ice cream social on Grandparents' Day, Sunday, September 11th at 2:00 pm. Invite your grandchildren and enjoy the creamy goodness together.

The lunch outing on Thursday, Sept. 8th will be to La Penca Azul Restaurant, everyone's favorite Mexican restaurant just a stone's throw away from the Lodge. Our recent picnic trips have been very successful, so this month we're upping the ante and offering not just a regular old picnic outing, but an actual barbecue picnic lunch at Leydecker Park right here at Harbor Bay. This barbecue picnic, to be held on Friday, Sept. 9th (weather permitting), should be a hot item, so be sure to sign up early if you need van transportation to the park (it is within walking distance for some).

On Thursday, Sept. 15th, our lunch outing will go to Central Vegetarian Cuisine on Alameda's Park Street. The following day, join us in the living room for a special multimedia presentation on the so-called Arab Spring, the series of revolutions that have been sweeping the Middle East and North Africa in the past year. If you've been wanting to learn more about what's been going on in that part of the world, come

and let the Activity Director provide the historical and political context needed to better understand these truly historic events.

Are you a good putter? Or perhaps you're a novice that would like to practice in a fun and supportive environment? If you answered yes to either of these two questions, you should consider signing up for the golf putting outing to the Chuck Corica Golf Course just across the street from the Lodge. It's nearby, it's fun, and it's free!

Continuing with the World Tour theme, the lunch outing on Thursday, Sept. 22nd will go to Holy Land Kosher Restaurant in Oakland. The restaurant is small and the decor spartan, but you'd be hard pressed to find fresher and more delicious Israeli food anywhere else in the Bay Area! The following day is the first day of autumn, and in order to commemorate the ending of summer, there will be a special Summer Breeze Happy Hour on the waterfront patio. Enjoy a leisurely time outside and allow our head chef to spoil you with a variety of drinks and hors d'oeuvres over a three hour period. Please note, you *must* sign up beforehand in order to participate in this unique event, as it will take the place of dinner for participants that evening.

For those who were not able or willing to make the lunch outing to Holy Land the previous week, there will be an opportunity to try some Israeli cuisine on Monday, Sept. 26th, during a special tasting social in the dining room at 3 pm.

Our last lunch outing of the month will feature an Oakland classic: Fenton's creamery! This is another trip for which you want to be sure to sign up as soon as possible, since van space is limited. There are many other activities in addition to the aforementioned ones, so be sure to consult the activity calendar for September, and feel free to contact the Activity Director with any questions!



## Elders Inn: September Special Activities

Where did the summer go? It's always amazing to me how we all forget that summer in the Bay Area means FOG! Now the best 2 months of the year are here—September and October. Let's enjoy the great weather with some prime time on one of our two beautiful patios—grab a cup of Peet's coffee, a fresh baked cookie and a neighbor! Sunday morning is a wonderful time to borrow a section or two of our complimentary Oakland Tribune and a doughnut and soak up some vitamin D in the morning sunlight.

It is with great sadness that we announce the news that our beloved canary passed away on August 13<sup>th</sup> of natural causes. I don't think that he or she ever really had a permanent name—we just referred to the bird as "Birdy". We all will miss his cheerful tweeting down the hall and wish him or her a safe journey to the next life.

What's the best way to celebrate Labor Day? The obvious answer is a barbeque! We will be serving an old fashioned barbeque lunch on Monday, September 5<sup>th</sup>. Those residents who choose to dine in either of our dining rooms are welcome to do so, but if the weather is nice, we will be offering lunch on our patio for those who wish to dine al fresco.

Our artists are showcased! We have framed a few of the many works of art that have been created in our Saturday art class and they proudly hang on the wall by the Webster dining room. Stop by and admire the handiwork of your fellow residents and maybe you too will be inspired to try your hand at art. Bridgette is here every Saturday at 3:00 pm in the Webster dining room and all are welcome whether you think you have talent or not! We are constantly amazed by the creations of those who say they have no talent!

## Elders Inn Resident of the Month: Jack Nowak

Jack Nowak was born in Little Falls, Minnesota—a town of 7500 people near St. Cloud and the twin cities of Minneapolis and St. Paul. He was the third of 9 children—7 boys and 2 girls. His father worked for the railroad his entire life and his mother was a housewife—as you can imagine, she worked pretty hard raising 9 kids! Jack remembers a creek about ½ mile from his house that he dammed up to create a swimming hole where he spent the summers. It was surrounded with every berry imaginable and he also used to pick green hazelnuts and spread them out on a roof of a garage to dry in the sun.

During the height of the Great Depression, when he was 15, he went to stay with an uncle in Michigan which helped out his large family greatly. He was paid one dollar a day working for the Conservation Corps then, at the age of 18, took off with a buddy and rode

the railroad freight cars all over the U.S. He proudly says that he rode the rails to every state except Maine! He then got a job for \$62.50 per month on the Puget Sound ferry system where he caught the sailing bug. In March of 1939, he took a job as a waiter on a deep sea ship with the Merchant Marines and got his 3<sup>rd</sup> Engineer license. He worked hard and 5 years later, after many promotions, received his Chief Engineer rank. Jack served proudly for the Merchant Marines until his retirement in 1982.

Jack has two favorite memories. The first is the 48 years married to the girl of his dreams. The second is being overwhelmed with wonder the first time he saw Puget Sound and how it affected his life. Jack is a killer bingo player (on the day of this writing, he accomplished the nearly impossible feat of winning all 5 games today!) and is a great asset to the Elders Inn.

## Waters Edge Lodge Resident of the Month: Lenore "Lois" Schwalenberg

Lenore Schwalenberg was born and raised in Oakland. She attended Oakland High School, and has always loved reading and writing. In fact, Lois wrote two books by the age of 15, her favorite one was titled "Judy and Jean in Hollywood". Lois worked for the Federal Reserve Bank in San Francisco for 41 years! Even at the Fed, she was able to put her writing skills to good use by writing a quarterly newsletter for retirees. Altogether, she had written about 85 newsletters of 10 pages each, which adds up to a lot of material! Lois also collected records, and her favorite song is Tennessee Waltz. She loves cats, and once had a white cat named Puff. Her favorite foods include fish

& chips, chocolate ice cream, and cherries (though presumably not at the same time!). Her favorite movies include Casablanca and Yankee Doodle Dandy. Lois came to Waters Edge Lodge in June 2011. The most difficult part of her new lifestyle is not being able to drive, but she enjoys all the activities and entertainment, and is quickly making friends with her warm smile and great conversation. It is with great joy that we celebrate Lois Schwalenberg as our Resident of the Month.

## Waters Edge Nursing Home: September Special Activities

September is an exciting month at the Waters Edge Nursing Home. For our many residents who are grandparents, we will be celebrating Grandparents Day on September 11. On September 21, we will be joining Alamedas' Nursing Homes for the Annual Crab Cove Nursing Home Picnic. This year's theme is: Mardi Gras. Please remember to sign up if you want to at-



tend. For family members and friends, if you are interested in volunteering at this wonderful event, please contact Tianti in the Activity Department.

This month we will continue to have live music daily. All of our favorite musicians will be joining us, including Jimi James, our multi-instrument playing friend: Jaime, Miles on Piano, John Heleen on Guitar, Dave on Sax, Opera with Roberto and Katie, and Ann the Jazz vocalist.

## Waters Edge Nursing Home Resident of the Month: Josephine Bilge

The youngest of eight, *Peppinedda*, as she was called by her family, was born on December 18, 1935 in Manhattan. This skinny, cute, big-brown eyed girl spoke only Italian with her mother, who died when Josephine was 9 years old.

The family then moved to Chicago, where Josephine performed well in parochial schools. She met and soon married a handsome Turk from Istanbul, Orhan Bilge in 1959. Within the next several years she had 3 daughters: Suzanne, Leyla and Kara. Josephine was an active parent, serving in the PTA, Girl Scouts and Job's Daughters. She also worked, and developed a serious interest in Astrology.

In 1979 Josephine & Orhan divorced. Months later, the youngest of the family, Kara, was struck by a car and died. It was a devastating time for the entire fam-

ily. By this time Josephine had moved to California where she started a metaphysical bookstore and practiced Astrology. She had quite a following in the Los Angeles area.

Fast forward several years later to Northern California where Josephine moved to be closer to her daughters. She visited Ireland in 2004 to be present at the birth of her only grandchild Quinn. He is a special part of Josephine's life and always brings out her winning smile!



Josephine, Rita and Mary Bongiovanni

## Pre-Diabetes (Cont. from page 1)

(Continued from page 1)

lent in the elderly the results of the Diabetes Prevention Program, provides some hope that diabetes can be effectively managed for a person in their later years of life. Weight control is an important change in preventing the development of Type II diabetes, losing as little as 5%-10% of your body weight can help. A person should attempt moderate intensity exercise for 30 minutes each day. Also constructing healthier meals that contain a balance of low-fat protein, vegetables, and whole grains can prove beneficial to a pre-diabetic. Keeping your blood pressure within a normal range is also important in the prevention process; studies have shown that these lifestyle changes have proven to be more effective at preventing type II diabetes than the use of medications.

Begin by making these simple modifications to your life to help prevent yourself from developing type II diabetes, your body and mind will feel better.

## Diathermy

By: Bernard Welz, Resident of WENH

Among the new equipment in the Rehab Department is an ultra high frequency Diathermy Transmitter. Its waves penetrate bone or muscle tissue, relieving the pain of rheumatism. Warming the area, heart action quickens and general blood pressure is lowered. It also works in severe causes of neuritis. One treatment takes twenty minutes—during which time a robotic arm is placed over the joint.

I had an appointment for a treatment a couple of weeks ago but had a cold. Depressed and half asleep, I saw Shinjae pushing a piece of equipment, as tall as she, down the corridor. It was the diathermy machine.

Shinjae is one of the newest technicians in the Rehab Department here at Waters Edge. Shinjae hooked the diathermy next to my TV and gave me a twenty minute treatment. My depression left as the diathermy warmed my foot it also warmed my heart for Rehab. If you are a resident and have sore joints, tell Erwin in Rehab, he can fix you up with some of the most modern equipment in therapy.