

Living on the Waters Edge

Volume 2, Issue 11

April, 2006

Established in January, 1972. Now in our Thirty-Fifth Year of Providing Health Services to the Elders of the Alameda/Oakland Area.

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Managing Pain

By: Kathy Hanley, PT

It is a common misconception that older people need to live with their aches and pains, and that there is nothing that can be done about them.

While it is true that older joints tend to show arthritic changes that can result in degeneration, stiffness, and pain, there are many things that can be done for this. On a personal basis, individuals can work to stay fit and keep their weight down to a healthy level. Many joint pains can be markedly reduced simply by having strong muscles to support the joint;

less body weight means decreased compressive forces on the joints.

Participation in group exercise programs, like those available at Waters Edge Lodge and Elders Inn, will help to keep joints flexible and strengthen the muscles surrounding the joints. Individual personal training with one of our exercise specialists is also available for customized strength and fitness training. There are times, however the pain becomes so marked that it starts to interfere with function and quality of an individual's life. This is the point where our Rehab De-

partment should get involved.

Our therapy staff has received intensive training on pain management techniques for the elderly. Through soft tissue and joint mobilization, in association with strengthening and range of motion, painful joints can become strong and pain-free. Our Physical Therapists also offer an array of pain-reducing modalities such as ultrasound, various forms of electrical stimulation, light-therapy and moist heat. Our Occupational Therapist can work with an individual to ensure that activities of daily living, such (Cont. 2)

Lessons from Philosophy: The River of Life

By: Kathy Hanley, MA Philosophy

The earliest philosophers are known as the pre-Socratics because they lived before the first great

philosopher, Socrates. One of the most famous of the pre-Socratic philosophers was Heraclitus. Heraclitus was born about 540 BCE. Heraclitus believed

that there was a single divine law of the universe, which he called *logos*, which in green means breath or word. 600 years later, the idea of *logos* was incorporated into the famous first

Managing Pain

As dressing and toileting are done in a safe, energy efficient and pain-free way. Occupational therapists can also offer an array of assistive devices to make activities less painful. The Rehab Therapist's goal is always to decrease pain and increase function. When ordered by a doctor, Medicare will often pay for therapy.

Our Rehab staff can consult with you and help you get an order from your doctor. Contact Kathy Hanley at 510.521.9200 ext. 105. Remember Don't accept pain as a necessary evil. We can help.

Lessons from Philosophy: The River of Life

line of the book of John in the New Testament of the Bible: "In the beginning was the word." Heraclitus said that the physical manifestation of the *logos* was fire, which is always flickering and changing, but always remains the same, that is fire. Heraclitus' most famous saying is "You never step into the same river twice." Like fire, the river is always the river, but it is also always changing from one moment to the next. Heraclitus was trying to tell us something about our lives. Our life is one, like fire and the river, but at the same time it is always changing. Each day we

step into the river of our life, each day, it is, or should be different—each new day includes the memories and experiences of the past. How is your river? Does it feel stagnant? Or is it flowing and bubbling over with new experiences? Challenge yourself to do something new every day, no matter how big or small it may be: read a new book, try a new activity, introduce yourself to someone you don't know. You have the *logos*, the breath of life within you. Keep the river of your life moving—no matter what your age.

The Benefits of Exercise

As the great George Allen said:

A workout is 25% perspiration and 75% determination. Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy, once you get started.

A workout makes you feel better today than you felt yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you work out regularly your problems diminish and your confidence grows.

A workout is a personal triumph over laziness and procrastination. It is the badge of a Winner, the mark of an organized goal oriented person,

who has taken charge of his or her destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us in an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form rebirth. When you finish a good workout, you don't simply feel better, you feel better about yourself.

Submitted by: Laura VanHarn

Thought for the Month

"Life is either a daring adventure or nothing."

—Helen Keller



The Barbershop Puzzle

A traveler arrives in a small town and decides that he wants to get a haircut. There are only two barbershops in town—one on East Street and one on West Street. The East Street Barbershop is a mess, and the barber has the worst haircut the traveler has ever seen. The West Street barbershop is neat and clean, it's barber's hair looks as good as a movie star's.

Which barbershop does the traveler go to for his haircut and why?

Answer on Page 7.

Activities

Our favorite four-legged friends join us on Friday, April 7, as Winnie and Teresa, visit from 12:30 pm until 1:30 pm. Come say hello, and I'm sure that you'll get a wag from these beautiful animals.

We will have special guests to help us have a greater appreciation of the holidays of Good Friday, Easter, and Passover. Rabbi Bennett of Temple Israel will join David at the Circle of Elders on Wednesday, April 5 to help us understand the significance of Passover. Sister Toni of St. Joseph's will join David on Monday April 10, to explain the meaning of Holy Week.

Resident of the Month: Bruce Van Scoter

Bruce was born and raised in Sioux City, Iowa. His mother was a pianist originally from St. Paul, Minnesota and his father worked in railway mail. His father sorted the mail, while the train was in motion and he carried a gun. Bruce remembers helping his father during the busy Christmas rush by delivering mail from a horse-drawn wagon.

Bruce attended Purdue University and moved to the Los Angeles area in 1942 to work for Northrup Manufacturing, where he designed aircrafts. Bruce then moved to Chicago, where he designed merchandising fixtures and also

worked for the Federal Reserve Bank helping management to become more productive. Bruce met his future wife, Doris, in Regina, Saskatchewan, and they married in 1945. They had 3 children—one son, and two daughters, one of whom lives in Alameda, just a few blocks from the Lodge.

Bruce loves to travel and visit new places. He always took his golf clubs with him when he was younger. He is beginning to get his bearings in his newly adopted town of Alameda. Currently he is contemplating a trip to Mexico or South Africa.

World Tour: Northern Europe

If April Showers bring May Flowers, what do May Flowers bring?
Mayflowers bring the Pilgrims.

On April fools day, we head north from the British Isles to Northern Europe. It's still cold in Scandinavia—Even though it may still be chilly in Alameda, when I think of the Norwegians, Swedes and Danes all bundled up, I feel a whole lot warmer.

While the tulips are blooming in Holland, people from all around the world will be celebrating important holidays this month. Jews will be celebrating Passover, on April 12th at sundown, Christians celebrate good Friday on

April 14th, and Easter Sunday on April 16th. We have more daylight with which to celebrate these important dates because we "spring forward" with daylight savings time on April 2nd.

Gold Rush

We will be hosting a special performance by the Judah L. Magnes Museum entitled "Letters from the California Gold Rush" on Wednesday, April 26 at 2:00 pm.

Live Oak: Our Growing Circle

As our residents leave the dining room after lunch, they don't have to go very far—just a few steps to the living room to enjoy "dessert for the mind." Every day at 12:30, David leads a spirited hour of discussion, current events, trivia, belly laughs and anything else that springs to mind. Our culture at the Lodge continues to change and evolve into the kind of place that we can all be proud of—Residents and Staff alike.

All are welcome at the Circle of Elders. Every Thursday at 1:30 pm the Circle of Champions meets in the Activity room. It started off with core staff members sharing their thoughts on values and putting the person before the task, and much to our delight it has evolved into a gathering of staff and residents sharing ideas, concerns and good wishes for each other. Come learn with us—

Welcome to WENH

At the Waters Edge Nursing Home, we have made some wonderful additions to our activity department. In addition to the already fantastic staff that consisted of Rahel Yahonnes, Lavada Sizemore, and Tianti Phillips, we are pleased to welcome Desiree Brown, Katie Somchit, Liam Hart and Stuart McIntosh. Desiree has been with us for over 3 years as a CNA. She has expressed excitement in her new role because she is having so much fun with our residents. Katie, also a CNA says it is a pleasure to engage in lively conversations with a greater number of our residents than she had in the past. Stuart and Liam are volunteers. Stuart is a member of our local community; he wanted to volunteer here because he was acquainted with a former resident. Because of their experience together, Stuart felt that it would be fitting to contribute his time. Liam took notice of our facility while venturing over the Park Street Bridge. He said that his love and respect for the elderly brought him to us. We are pleased to welcome these individuals, who will offer our residents stimulating activities.

April Movie Schedule

4/1: Cruise Northern Europe
 4/8: The Europeans
 4/15: Soccer Dog: European Cup
 4/22: Bewitched
 4/29: Catch Me if You Can

Resident of the Month: Irene Linn

Irene Linn was born in July of 1914, in Pennsylvania. She has one brother who is two years younger than her. Irene graduated from Kenmore High School in Ohio, in 1932. There were 103 students in her graduating class. Irene went to church, and enjoyed it very much.

Irene was married to her husband, Lawrence Linn for 41 years, 2 months and 24 days. She worked in a candy shop for 3 years, and then, after she married her husband, she became a house wife and homemaker.

Irene's hobbies are reading and working on crossword puzzles. Her favorite color is pink, and her favorite food is

anything sweet.

Irene had one daughter named Kay, who passed away. She has two grandchildren named John and Dianne. John lives in another state, but Dianne lives here in Alameda. Dianne visits Irene regularly. Irene has one great granddaughter named Madeline.

Irene is thankful to Dianne and her family for being so kind to her. And the WENH staff for the loving care they provide to her.

April In Service Schedule:

Week 1: Resident Rights
 Week 2: Survey Preparation
 Week 3: Disaster Preparedness
 Week 4: Internal Disaster Drill

World Tour: Northern Europe

This month we will be traveling to Northern Europe on our world tour. We will be learning about Denmark, Finland, Iceland, Norway, Sweden, Aland, the Faroe Islands, and Greenland. Please join us.

The WE Team

Our group continues to grow and expand. More residents are getting involved weekly. The WE Team meets at 2:00 pm on Wednesdays, in room 308. This is an opportunity to build a community that joins both residents and staff into one. All staff, residents, and family members are welcome. Please come and check it out!

April Activities

April 1: We will have a discussion about April Fool's Day, how it started and the History behind it.

April 2: Spring Forward—Daylight Savings Time begins.

April 16: Easter: We will also be having an Easter Egg Hunt, in the Bay Room. We will also be serving a Ham luncheon. Please join your loved one to celebrate. Sign up at the front desk.

April 22: Earth Day-This is an important day to remember! Our residents will be learning the history of Earth Day.

Resident of the Month: Lee Tarloff

By: Chris Lonsdale

This month, we are pleased to honor Lee Tarloff as our April Resident of the Month.

Lee was born in Chicago in 1921. She lived there until her father passed away. Lee was 2 1/2 years old when her mother decided to move the family to Brooklyn, New York so she could be closer to her sister.

Lee's mom worked in a Tretex dress factory as a seamstress. While her mother was at work, Lee and her older brother, Sam, were cared for by her aunt.

At the age of fourteen, Lee and her mother moved to Los Angeles. Lee attended public high school in Los Angeles. Her favorite subject was Eng-

lish, because: "She knew it."

Although Lee preferred living in Brooklyn because she had a lot more family there, she was lucky enough to meet her husband, Frank Tarloff, at a tennis club in the early 1940's. They were both members, and they both enjoyed tennis, although Frank was much better than she was.

They played tennis against each other, and as mixed doubles. They fell in love, and married fairly quickly. Frank worked as a screenwriter for both big and small screens.

In 1964, Frank won an Academy Award for "Father Goose." He also wrote for "The Dick Van Dyke Show," and "The Andy Griffith Show." One of his later projects was "A Guide for the Married Man." He wrote both the book and the screenplay,

which starred Walter Matthau.

Lee worked as a singer and dancer for most of her life. For twelve years the couple lived in London, where Lee worked in the nightclubs. She also entertained in LA. Most of the places she worked were small and intimate, but they were always the place to be. Her favorite song to sing was "Blues in the Night." She worked with a backup band. During her time she met many celebrities and enjoyed their company.

Frank died in 1999. Lee has 2 children, Julie and Eric.

World Tour: Northern Europe

This month our world tour takes us to Northern Europe. In the past, this region has been defined in many different ways. Today Europe is comprised of two different regions: the Nordic countries and the Baltic states. The Nordic countries are Denmark, Finland, Iceland, Norway and Sweden. These are characterized by similar societal structures and cultural traits. This results not only from similar environmental realities and traditional livelihoods, but also from a shared history. Join us this month as we tour Northern Europe and discover all its secrets.

The Hug Squad

Both the Garden Neighborhood and the Second Floor Council of Elders meetings have been growing, with more people attending and participating in the discussion of community and world news. We would like more residents to join us. The Hug Squad is still meeting every Tuesday at 2:30 pm in the Lobby. Residents are invited to attend. At this meeting we talk with staff to address specific concerns, and to work together on the culture change we have underway.

Special Activities

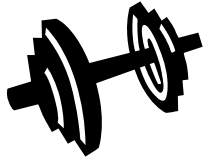
We have some new and exciting events and activities planned for the month of April. Dave Lonsdale has built a planter box for the 3rd floor patio. We will begin planting many different types of flowers and vegetables up there this month. We hope to incorporate the vegetables that we grow into our Sampling parties which we started in March.

On Thursday afternoons, from 1:30 pm to 3:30 pm we will begin doing walking tours of Alameda's beautiful parks. The first park we will be visiting is Jackson Park on Park Avenue. Residents will be able to get out and enjoy the sunshine and fresh air, along with some refreshments.

Please join us.

Rehab News

- Our rehab staff is pleased to announce the addition of Daisy Chiu, Physical Therapist. Daisy will be working on Saturday mornings at the Waters Edge Lodge, and Saturday afternoons at the Elders Inn starting on April 8, 2006. Daisy is joining our therapy staff of: Kathy Hanley, PT; Eve Abramowitz, PT; Fritz Cristobal, PT; Stacie Mitchell, PT; and Olivia Chung, OTR. Welcome to our team!
- We have a new direct phone number for Alameda Elder Services at the Waters Edge Lodge. Peggy McCormick can be reached at 510.748.9090.



What's New in Wellness

By: Laura Van Harn

I would like to encourage all the residents of both the Elders Inn and the Waters Edge Lodge to attend exercise and wellness classes offered at your facility. Exercise will provide you with so many benefits.

The Exercise program at the Elders Inn has changed a little bit. We are still offering exercise classes at 10:30 am and 2:30 pm in the Webster Dining room, and at 10:00 am and at 4:00 pm in the Garden Neighborhood. I would like to encourage all residents to attend as both classes. The morning classes will give you an energy boost for the day, while the afternoon exercises will help you relax before dinner.

Our 2:30 pm class has been redesigned to help residents to improve their balance. We focus on strengthening exercises for the balance muscles. In addition, this workout is designed to specifically train your nervous system for better balance. Everyone attending the class regularly is now practicing standing on one leg at a time. A few individuals can even do this with both hands out to the side. These exercises should be practiced while you are supervised, so please join us for the 2:30 pm balance class, Monday through Friday in the Webster Street dining room. Come and challenge your self safely.

Waters Edge Lodge also offers balance classes, please check with Peggy for the schedule.

Iron Woman of the Month: Betty L. Murphy

By: Peggy McCormick

This is the first time we are honoring someone's exercise commitment, who does not live in one of our homes.

Betty L. Murphy, 88, is a long time resident of Alameda, who has been faithfully coming to the WE Lodge for personal training. Many of you may know Betty as the former Encinal High English teacher, who spent 20 years teaching our children to appreciate the written word.

Betty's decision to begin a fit-

ness program stems from her desire to get around better, to go for walks, without struggling just to feel better. Previously, Betty was an avid swimmer and ping pong player. Her favorite exercises include the leg press and any other machine that strengthens her muscles. Betty has made great improvements working on balance as well. And she says she can walk better and for longer distances. The biggest improvement Betty has noticed is that her spirits are much better.

Improving her health and fitness level aren't the only things Betty enjoys. She is a writer, and she belongs to a creative writing group at Mastick Senior Center. She enjoys writing political satire, and creating silly verses out of today's hot topics. One of the joys for me as I spend time with Betty is discussion current events and fallen politicians.

I recently asked Betty what she would tell someone her age about exercise, her simple response: "Just Do It!"

Congratulations:

Alameda Elders Communities would like to thank the following staff members for their continuing service and dedication. We couldn't do it without them! The following staff members are celebrating their anniversary during the month of April:

One Year:

Bismark Bati, WENH

Maricris Reyes, WENH
 Veronica Perez, WENH
 Vez Tolenino, WENH

Three Years:

Jermilya Captain, WE Lodge

Four Years:

Saba Ghermay, WE Lodge
 Eduardo Marquez, WENH

Five Years:

Angelina Delgado, WENH

Six Years:

Cecelia Mercado, WE Lodge
 Earline Jenkins, WENH
 Teresita Paulos, WENH

More than Ten Years:

Patrick McCabe, WE Lodge,
 14 years



Aging Diseases Effect the Quality of your Life

By: Laura VanHarn

The “aging diseases” are arthritis and osteoporosis. In both of these diseases, the body gradually deteriorates, becoming more fragile and vulnerable to falling and fracture. These disorders usually strike as one ages. Women are more often the victim than men. Between seven and eight million Americans suffer from Osteoporosis alone.

There are many treatments and strategies to combat these diseases. Recently, the Food and Drug Administration has expounded several promising new drug treatments but nothing presently is sufficient to treat these alone. According to Robert Recker, MD, Ph.D. of the Osteoporosis Research Center at Creighton University in Omaha, Nebraska, “other important factors should not be neglected. Strength training exercises, and eating a proper diet, rich in calcium, are

equally as important as any other therapy.” In the last ten years, many studies have shown that strength training alone is seven times more effective at preventing or reversing osteoporosis than drug treatment alone.

Both Elders Inn and the Waters Edge Lodge offer classes to all residents, providing safe and careful strength training exercises. This type of exercise has been proven to be effective at building both muscle and bone mass. Additionally, there are more personalized programs that provide individual program design and one-to-one training for anyone who wishes to maximize their potential to get strong.

If you feel you are a candidate for physical self-improvement make an appointment with Peggy at the Lodge or with Laura at Elders Inn for more information about our individual training programs. It

could be an important step toward better health for you. You can join the ranks of others who have achieved this with us.



The Barbershop Puzzle

Answer:

The traveler goes to have his haircut at the East Street Barbershop. He figures that since there are only two barbershops in town, the East Street barber must have his haircut by the West Street barber, and vice versa. So if the traveler wants to look as good as the West Street barber (the one with the good haircut), he'd better go to the man who cuts the West Street barber's hair-the East Street barber.

By the way, the reason the West Street barbershop is so neat and clean is that it seldom gets customers.

Alameda Elder Communities

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Edited By: Sabrina Britton



*A continuum of Caring, since
1972*

*Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services*

Alameda Elders 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 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 providing seniors with a warm and familiar homelike setting, the Waters Edge Lodge allows residents maintain and independent and active lifestyle. Alameda Elder Services and the Elders Gym provide 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.



Alameda Elder Communities
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