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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
Rehab Agency*



Alameda Elder Communities
801 Island Drive
Alameda, CA 94502

*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 which provide seniors with a warm and familiar homelike setting. The **Waters Edge Lodge** allows residents maintain and 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 Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*

Alameda Elder Communities

Living on the Waters Edge

Volume 3, Issue 10

April, 2007

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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How are you Doing?

By: Kathryn Hanley,
PT

We "live in our skin" 24 hours a day, 365 days a year. This means it is hard to step back and look at ourselves objectively, particularly when it comes to the physical changes that occur very slowly over time with aging. Usually these changes become most evident in the area of performance of our normal daily activities. The following is a checklist to help you evaluate yourself in the performance of these activities. Are you having difficulty in any of these areas? If so, now is the time to

act before little problems become big problems.

How are you doing with.....?

Bending and stooping: Can you easily pick something up off the floor? Can you put your shoes and socks on easily? When seated in a chair, can you safely lean forward and pick up something you have dropped?

Getting up or down from a chair: Can you easily get up from various height chairs or is it a struggle to stand? Can you come to a standing position

from a chair without armrests? Do you "plop" into a chair when sitting rather than have a nicely controlled descent?

Reaching: Are you having difficulty getting into high or low cupboards? Can you reach things in the back or bottom of the closet? Can you comfortably reach up and back to brush the back of your hair or scratch your back? Can you comfortably raise your arms to pull on a sweater or shirt from overhead?

Turning: Can you comfortably look

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Your Body's Metabolism

By: Peggy
McCormick

The energy that fuels our physical activity comes from our metabolism. It is our body's way of converting carbohydrates, proteins and fats into a usable

form of energy. The ability to run, jump, lift weights, etc. is based on our ability to transform food into biological energy. Our ability to perform physical activity is driven by thousands of chemical reactions that oc-

cur in our bodies all day long. Our metabolism can also limit our ability to do these things. Metabolic activities are constantly occurring in the trillions of cells in our bodies and must be maintained

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How Are you Doing?

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around or over your shoulder? Can you turn in a circle without feeling dizzy? Do you take many little shuffling steps versus fewer, larger ones when changing directions?

Balancing: Do you ever feel off-balance? Do you have fears of falling? Do you find yourself reaching for objects to steady yourself when you walk in your room or in the hallways?

Walking: Are your steps fluid and comfortable? Can

you walk at an efficient pace? Can you walk as far as you want or need to? Do you lose your balance and have to take small steps to regain it again? Do you take large, confident steps or do you take small shuffling steps? Do you ever catch your foot when walking?

If you are beginning to have problems with any of the above areas, discuss them with your Resident Care Coordinator, who can refer you to Physical Therapy. Or you can speak directly to our Physical Therapists, Kathy Hanley or Xin Li when you

see them at your facility. The Therapy Department phone number is 521-9200 ext. 105. Physical Therapy can help you regain the strength, flexibility and balance to do your everyday activities with ease and safety. It can also prevent falls or accidents from occurring in the future. So make an honest assessment of yourself and your daily activities. An ounce of prevention is always better than the pound of cure!

For more information contact Kathy Hanley PT, Director of Rehab, Alameda Elder Services 521-9200 ext. 105.

Your Body's Metabolism

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at a constant state.

In fitness, your body responds differently to different training methods. But we must also take into consideration how nutrients affect our performance and the stimulation of these muscle fibers. Eating too much of the wrong foods or too little of the right foods can cause a shift in homeostasis. Too much fat and calories and your body stores fat. Not enough protein and your muscles break down. Not enough carbs and you don't have much energy. For optimum metabolism, eating the right foods at the right times in the right amounts is vital.

Your body tries to maintain a certain base rate of metabolism and that is called your basal metabolic rate. Yet you can change your metabolic set point through dietary means and physical activity. People with a slow metabolism store fat easily, while people with a fast one seem to be able to eat whatever they want and not gain a pound.

How does this all apply to our elderly population? We have made a tremendous difference in the amount of physical activity our residents can participate in. There are numerous exercise and balance classes you can choose from. You live in a beautiful setting that encourages walking and outdoor activities. All of these things can increase our me-

tabolism and help convert food to fuel. But as we age we face additional challenges that can play havoc with our metabolism. There are many medications that can affect the metabolism as well as the foods we eat. Certain diseases such as diabetes can affect how we process foods, nutrients and minerals. And the naturally occurring process of aging, slowing down and possibly eating less all affect metabolism.

The important thing to remember while aging in a positive and healthy manner is to continue to give our bodies what they need. And that includes daily exercise, proper nutrition and a positive and upbeat attitude.

Congratulations!

Alameda Elder 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:

2 Years

Maricris Reyes, WENH
Veronica Perez, WENH
Vez Tolentino, WENH
Generiza Magno, WENH

5 Years

Saba Ghermay, WE Lodge
Eduardo Marquez, WENH

6 Years

Angelina Delgado, WENH

7 Years

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

15 years

Patrick McCabe, WE Lodge

Welcome to David Ballerini

My name is David Ballerini and I will be working with David Ruttan on generating new activities for residents, as well as enhancing existing ones. I will also be dealing with some of the admission functions at the Waters Edge

Lodge. I'm a graduate of Chico State University with a B.S. in Business Administration. I am the youngest of three boys, born and raised in Alameda by my parents Mike and Diane. I enjoy playing the guitar and sports. My "claim to fame" is in 2001, I went

down to the CBS studios in Hollywood to attend a taping of the Price Is Right. I ended up winning the Showcase Showdown. My friends and family were shocked. I would to share the tape in with anyone interested. I look forward to getting to all of you and

Functional Fitness

From: "Goal for Senior Exercisers FUNCTIONAL FITNESS!" By: Leonard D. Therry

Seniors are the fastest growing segment of the population. And everyone knows from their own reading and the badgering from physicians the importance of following a healthy diet and undertaking physical exercise. However, what kind of exercise is best?

The real goal and current wave for senior exercisers is that of FUNCTIONAL FITNESS. Functional fitness helps to reduce the risk of many major diseases and illnesses. It refers to a level of strength, endurance, cardio-

vascular efficiency, joint flexibility and balance that enables seniors to carry out the activities of daily living effectively. It helps seniors to preserve their independence and the capacity to pursue, not only activities of daily living, but also hobbies and sports. It is the ability to become better golfers and tennis players; to continue to garden and pick up grandchildren for hugs and kisses.

Functional fitness takes into consideration several components: cardiovascular efficiency (the body's ability to effectively deliver oxygenated blood to the skeletal muscles via the heart and lungs to sustain activity), muscular strength (the ability to apply

muscular power to a movement), muscular endurance (the ability to sustain force over time), and flexibility (the capacity to move body limbs and joints through a full range of motion). These elements, combined with balance and coordination, are what seniors need to preserve. Without exercise, all of these essential elements of functional fitness decline with age. But it is INACTIVITY and not the piling on of the years that is to blame.

It is understandably easy to find reasons not to embark on a functional fitness program, but the benefits are so great that it makes sense to bite the bullet and just do it.

Resident of the Month: Christena Rupkalvis

Christena was born in South Dakota on January 10, 1911. She grew up working on the farm with her family. She later became a school teacher and taught in a rural school for eight years. Later, she and her husband moved to California. WWII broke out and they moved to Mare Island. Her husband was gone to fight the war for three years. This was a long time to be married to someone and not have any communication. During this time, the relationship was based completely on

faith. One would pray that the other one didn't stray, which often happened during war times.

Christena feels that our Council of Elder Meetings are very good. You just never know how much you have in common with your neighbor. In life you take many paths, and you never know when they will cross again. Christena feels that Elders Inn is a wonderful community of wise Elders and all enjoying their lives together.

April Activities

April 01 - Palm Sunday, in the Christian calendar, is the Sunday before Easter, and the first day of Holy Week. * Resident Customize cross art activity at 1:00 pm.

April 03 - Passover, is the time of family gatherings and lavish meals called Seders, and the story of Passover is retold through the reading of the *Haggadah*. Passover begins on the 15th day of the Jewish month of *Nissan*. The first night of Passover will be April 02nd. The final night of Passover 2007 will be April 10th.

April 06 - Good Friday is a holy day observed by Christians. Special prayer services are often held on this day with readings from the Gospel giving accounts of the events leading up to the crucifixion.

* 10:00 am Holy Communion and Bible movie with the Residents.

April 08 - Easter is the time of springtime festivals and a time for Christians to celebrate the life and resurrection of Christ.

* We will be passing around to the residents marshmallow chicks during Lunch time at 12 noon and 2:30 pm. Residents will watch an Easter movie with refreshments.

This month for the World Tour, we will be visiting East Asia. To celebrate, our residents will be having a Lunch trip to Empire Buffet in Webster Street at 11:00 am on FRIDAY - April 13, 2007.

Happy Easter!

Live Oak

At our Circle of Champion meetings, held every Tuesday at 2:30 pm, we have been reviewing the value system. Since the Circle of Champion meetings were relocated from the first floor lobby to the second floor Buena Vista Dining Room, there an been an increase in resident attendance. Our goal is to bridge the working and living relationships with staff and residents, residents to residents and residents to staff. Topics discussed include kindness and integrity, respect, promoting the growth and development of all, taking risks and practicing self-examination as individuals and in the community. Having these meetings is an ongoing process in which we continue to encourage the elders to reach their full potential.

Moving on Up

Elders Inn has relocated the medication room and the Nurse's Office to a permanent location in Apt. 322.

Elders Inn has a new employee break room located @ Apt. 322. We will also be getting a vending machine for our residents, staff and guests to enjoy.



The Joyful Journey

By: Kryspin Turczynski

Last month, I described the many ways in which we, Alameda Elder Communities, are attempting to deinstitutionalize our facilities—from the integration of plants and animals into the environment, to the constant focus on building an organic, dynamic community. We have partnered with the Live Oak Institute to introduce a program that will serve as the roadmap for our culture change project: The Joyful Journey!

The Joyful Journey was designed by Barry and Deborah Cushman Barkan at the Live Oak Institute and is partially funded by a grant from the Y&H Soda Foundation. The

concurrent training program brings together staff and residents from elder care facilities in the East Bay Area, so that they may learn how to champion the cause of elder-centered community. The Joyful Journey provides its participating members with many tools for cultivating the humanistic principles of compassion, solidarity, and collaboration. Some ideas, such as frequent and familiarized community meetings where new friendships are forged and old ones cemented, are already a staple in each of our communities. Other ideas, such as Champions Meetings and Learning Circles, are either new or modifications of already existing structures.

Though the precise methods of implementation may be different in each community, the goals are roughly the same: elders leading constructive and meaningful lives, workers that believe in a common purpose and vision for their team, and communities that value the whole person. Many of these goals are already manifested to some degree in our homes. However, since culture change is a process and not a destination, we dare not rest on our laurels and call it a day, but set sail together, full of hope and expectation, on the Joyful Journey.

The History of the Easter Egg

By: Kryspin Turczynski

Decorated eggs are actually much older than Easter, as they symbolized fertility and new life in many ancient cultures. The use of eggs in springtime rituals is also widespread, from the Jewish Passover Seder to the Persian New Year celebration of Nowrooz, and of course in Christian Easter celebrations. The name "Easter", according to the Christian scholar Venerable Bede (672-735 CE), comes from Eostre, the Great Mother Goddess of the Saxon people in Northern Europe. When the springtime pagan fertility rites were Christianized, ancient symbols were

infused with a new meaning and significance. The egg then came to symbolize Christ's Resurrection, for it contains a new life sealed within it. Another traditions claims that Mary Magdalene gave the Roman Emperor a red egg, symbolizing the redemption of the world through Christ's blood, and began preaching Christianity to him. Whatever its origin, the Easter egg is a popular tradition all over the world, and decorating eggs is a creative outlet with great therapeutic potential for people of all ages and faiths.

World Tour: Asia

In April, the World Tour will take us from the bogs of Ireland to the Land of the Rising Sun. Our focus this month will be East Asia, with a special emphasis on Japan. In 1912, Japan gave 3,000 cherry trees (or *sakura*) as a symbol of Japanese-American friendship, and the gift was renewed in 1956 with 3,800 more trees. The trees are also revered in other parts of East Asia, such as Korea and China, where they symbolize the feminine aspect of beauty and sexuality. We will explore this fascinating part of the world during the month of April with movies, meals, and presentations.

Live Oak

We have a new record! The Circle of Elders is now reaching nearly 30 Residents every weekday from 12:30 to 1:30 in the Living Room! It is wonderful how it has evolved into THE Community gathering where events of the day, and matters of interest to the community are voiced and acted upon. Key Staff members bring their areas of expertise to the meeting 4 days a week and are delighted to answer questions and speak about subjects that matter. Bring your questions, comments, criticisms and compliments to the Circle of Elders!

Walking Club

The residents of the WE Lodge have a new fitness group. Announcing a new walking club. Put your walking shoes on and come to the Circle of Elders for details.

Resident of the Month: Elizabeth Boerman

Liz was born in Patterson, California in 1923, making her one of the few True California Natives! Her family was actually from Modesto, but the midwife who assisted in the birth lived in Patterson.

Her Mother taught Liz to read before she attended kindergarten. She from graduated from public school in Ukiah. She is a Cal Bear, attending the University of California at Berkeley majoring in French and Spanish with a minor in History.

Special Activities

On the 4th of April, our friend, Sister Toni will graciously speak at the Circle of Elders and tell us all about the Holy Week including Good Friday and Easter. She is always entertaining and very popular, so mark your calendars for Wednesday, April 4th at 12:30 in the Living Room. Come early for a good seat! Then on Friday, April 13 at 1:00 pm, Rabbi Allen Bennett of Temple Israel will join the Circle of Elders and charm us with his wisdom and insight about Passover.

On April 24, we will be going to a special art show at the Frank Bette Gallery. We will be appreciating "Alameda on Camera" and we will load up the van at 1:15--- to spend an hour or two enjoying some of Alameda's finest artists. Sign up at the Front Desk!

Liz taught Middle School for a couple of years and hated it! She then decided to enroll in Heald Business School and worked briefly in the legal field before getting married and becoming a stay at home Mom raising her 3 children. Her passions include reading, knitting, and playing piano. Liz has 3 Grandchildren and 3 Great Grandchildren and is just returning from a cruise of the Caribbean with all of her children, their spouses and 2 grandchildren!

We will be enjoying two luncheon outings this month as we celebrate our World Tour stop in East Asia. On Thursday, April 12, we will enjoy a lunch at a Thai restaurant and on Monday, April 16, we will take a leisurely walk over to The Harbor View in the Harbor Bay Landing and have a delicious Chinese lunch. What better way to celebrate different cultures than with our stomachs?

World Tour

April in Paris? The French have nothing on us here at the Waters Edge Lodge! What beauty surrounds us---the shimmering lagoons and the blossoms busting out all over trees beckon us outside to wrap ourselves in Nature's annual spectacle known as Spring. Stroll along one of the many waterfront paths and take in the fresh air.

We leave the British Isles, Ireland and Scandinavia and head off to East Asia---home of China, Japan, Korea, Taiwan, Vietnam, Thailand and Cambodia for this month's World Tour. Our display will reflect the cultures of this mysterious land and we will be planning outings to sample the delicious and varied cuisines of this area. Watch the message board for information and sign up for these outings early---they often sell out and we don't want to leave anyone hungry.

From the Dietary Dept.

This month we tour the beautiful lands of East Asia. On April 6, which is Good Friday we will be having an all fish day. For those who do not enjoy fish, there will be an alternate. On April 8, we will have a traditional Easter luncheon complete with Ham and Raisin Sauce, Yams, Green Peas with onions, a roll and dessert.

On April 18th we will have a Chinese Luncheon with sweet and sour pork, fried rice, asian vegetable egg rolls and a Chinese cookie for dessert. We will finish the month on April 26th with a Thai Peanut chicken served over sweet rice with broccoli and a roll. This should be a fun and exciting Month.

Special Announcements

Spring is in full swing here at Waters Edge Nursing Home! Evidence of new life is all around us, from the lavender and rosemary basking in our sunlit patio, to the friendships and bonds of care continually blossoming in our midst. The good vibes of March will seamlessly lead us into April, which we'll kick off with a whole week of Easter festivities, from egg coloring to egg hunting and more! The Saint Patrick's Happy Hour in March was such a success, we've scheduled two more Happy Hours in April.

We have adopted two more cats, their names are Nick and Susie. Nick is a white and gray tabby with a won-

derfully mellow disposition, and Susie is a tortoiseshell tabby with a healthy curiosity and a penchant for affection. They are joining Chance, Lucy, Miranda and Peabody as beloved members of the Waters Edge feline community

Please consult the Activity Calendar for more information, (wenhactivity@gmail.com).

Spring Wisdom

It's spring fever. That is what the name of it is. And when you've got it-oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so. —Mark Twain

Resident of the Month: Arnold "Art" Gerson

By: Kryspin Turczynski

Art was born on May 15, 1920 in New Jersey, where he grew up with 2 brothers.

At the age of 19, he started boxing under manager Lou Diamond. Weighing in at the lightweight class, Art boxed all over the east coast, from Maine to Florida. His boxing career was interrupted by the United States' abrupt entry into World War II.

Turning in his boxing gloves for a uniform, Art enlisted in the U.S. Navy and served in Panama as a submariner; he claims to have thoroughly enjoyed Panama City's nightlife.

After the war, Art came to Alameda, California, to visit his brother. His brother left Alameda, but Art loved it here so much, he decided to stay and drive local truck routes. He liked Alameda's small town feel, where you got to know all your neighbors.

One day, he went to a restaurant and met a young waitress named Lillian. Art and Lillian got married in Reno, and opened a pizza place in East Oakland. They eventually took ownership of the restaurant where Lillian worked and turned it into a wildly successful seafood restaurant named *Fisherman's Wharf*.

Art is an avid sports fan; his favorite baseball team are the Giants and his favorite basketball team are the Lakers. His favorite cuisine is Italian (he especially likes spaghetti!), and his favorite car is the Lincoln Continental.

In addition to 5 sons and 2 daughters, he has many grandchildren and great-grandchildren. Art came to us from Elders Inn, and has quickly become an integral part of the Waters Edge community.

