

Living on the Waters Edge

Community and Culture

By: Kryspin Turczynski

Those of us who live in the San Francisco Bay Area are blessed to be in an environment rich in cultural diversity. The Bay Area is a magnet for a wide variety of people from the rest of the United States and the entire world. Virtually every ethnic and cultural group is represented here, contributing to one of the most vibrant arts, music, and food scenes on the planet. Cultures are much more than just art and food, however. A culture is a collective way of seeing and understanding the world. It is part of the mental programming we grow up with and it influences everything from the way we relate to others, to the way we think about time and even truth.

Yet, for all their importance, the cultural foundations of our thoughts and behaviors are often unexamined, which can lead to cross-cultural misunderstandings. These differences are often reflected in linguistic nuances, which are the source of many communication gaffes. When Chevrolet began selling the Nova in South America, sales were below expectations even despite a huge advertising blitz. Chevrolet was perplexed, until somebody finally pointed out that in Spanish, *no va* means "it doesn't go". They changed the car's name to Caribe, and sales improved dramatically. When KFC entered the Chinese market, it had to tweak its trademark slogan ("Finger lickin' good"), which was initially translated as "Eat your fin-

gers off." In fact, many cultural misunderstandings revolve around food. Whereas belching during meals is usually considered offensive in Anglo-American culture, it is considered a compliment to the chef in others. Europeans eat with the knife in the right hand and fork in the left, while the Chinese use chopsticks, a custom dating back to the times of Confucius, who declared it barbaric to bring knives to the table.

The challenges of cultural diversity are even more acute in the context of a residential community. It is one thing to go out and experience other cultures in one's free time, but living with people of vastly different cultural assumptions adds a whole extra layer of complexity. A multicultural home community brings up many issues that are simply taken for granted in a monocultural environment. Some questions include: When, where, and what do we eat? How do we decorate and arrange the common areas? How do we address each other and what kind of language is acceptable? What forms of physical interaction are appropriate in public? The trick to managing cultural diversity is to be aware of it. It is helpful to realize that our own traditions and customs are inherited, may differ from those of other cultures, and that none are superior to any others. A little understanding and tolerance can go a long way towards building a strong, vibrant, multicultural community.

Alameda Elder Services: Nurture Yourself

By : Rosemarie Caigoy

In today's society, we tend to heal our body using techniques that are science based and often underestimating the power of the mind. The relationship between the body and mind is deep and strong. Eastern medicine refers to well-being as the balance between the body and mind and having a positive disposition is as important as exercising regularly. When developing the power of your mind, there are a few things to consider in order to achieve the optimal outcome. One would be your **ability to change**. Don't let fears steer you away from what you are capable of becoming. It is created within our minds because it is easy to become distracted from your goals. Things you meant to do today are easy to put off. **Focus im-**

proves everything about the body, from your mental health, to your balance, and physical strength.

As we get older, we embark on the task of **embracing change**. Change is the one thing in life that we can depend on. It is inevitable. Opening our minds to unfamiliar things and not being afraid of failure is an essential part of living. Instead of fixating your thoughts on what is happening, try fixating on your reaction to the change.

There is a saying, "Nurturing is the process of killing the weeds." It is important to fuel your mind with focused and strong thoughts. As soon as a negative thought starts to develop, replace it with a positive one.

Waters Edge Lodge: Helene Neugebauer

Helene Neugebauer was born in New York City and raised on Long Island. She married a geologist who worked for Chevron's mineral resources division and moved to Montreal, which was the start of a nomadic life that took them all around the world: Oregon, Vancouver, Jeddah (Saudi Arabia), Denver, Madrid (Spain), and finally to the Oakland/Alameda area. Helene had major adventures in every place she's lived, especially in Saudi Arabia. A special position was created for her there: teaching the violin to 4th graders! In the course of her life travels, she has picked up French, Spanish, and some Arabic. Of all the places in which she has lived, Helene's favorite is Vancouver. The natural beauty of the "San Francisco" of Canada is second to none, and it is vibrant and diverse without being so radical. After settling in the East Bay, Helene taught the 4th grade at Lum School in Alameda, and also taught adult literacy to people with limited English skills through the Alameda Library. Helene's greatest passion is tennis; she has played competitively and hopes to play again. She also enjoys theater, symphony, and opera, particularly the works of Beethoven, Mozart, Bizet, Puccini, and Verdi. Helene was always a person that liked to stay busy, and the same is true here at the Lodge. She exercises, participates in French class, and being a lover of good conversation, can often be found in the Cafe discussing all kinds of topics with her new neighbors. Helene did not come to the Lodge alone! Her two cats, Stanley and Stella, came with her, and seem to have adjusted quite fine to their new surroundings. Stanley is especially friendly, and has become a mascot of sorts for the third floor. Helene has two children, one in the area and another in Carson City, and a very tall 10-year old grandson, with whom she loves to spend time. It is an honor for us to recognize Helene as our Resident of the Month for April!

The Easter Egg



One of the oldest and most widespread Easter traditions is the Easter egg. They are painted, blessed, hidden, found, and eaten. The religious significance of eggs as symbols of new life in spring-time actually predates Christianity. Ancient Zoroastrians painted eggs for their celebration of the new year (Nowrooz), which falls on the spring equinox. At the Passover Seder, adherents of Judaism dip hard-boiled eggs in salt water to symbolize the festival sacrifice offered at the Temple in Jerusalem. Yet like its symbolic cousin, the Easter bunny (another ancient tradition dating back to Northern European pagans), the egg is most associated with Easter. Christians worldwide have endowed the egg with various kinds of meanings. Orthodox Christians of eastern Europe dye their eggs red to symbolize the blood of Christ, with the hard shell symbolizing his tomb, containing new, resurrected life within. Other pious traditions claim that Mary Magdalene was carrying a basket of eggs, which turned blood red as soon as she saw the Risen Christ. Another variant of this has Mary Magdalene talking to the Emperor of Rome, who expressed his skepticism by pointing to an egg on the table and saying that Christ has no more risen than that egg is red, after which the egg immediately turned red. All sorts of games have been invented using eggs as well. People all over the world participate in egg hunting, egg tapping, egg dumping, egg jarring, *Eierpecken* (Switzerland and Bavaria), *tsougrisma* (Greece), pocking eggs (Louisiana), egg rolling, and egg dancing. Please join us for our Community Easter Egg hunt on Sunday April 17, 2011 at 2:00 pm.

Waters Edge Lodge: April Special Activities

We are delighted to host a very special event at the Lodge in April: an Easter Egg hunt! All members of the community, residents, family, and staff, are invited to come and watch their little loved ones participate in the ancient tradition of hunting for eggs at Eastertime. There will be two hunts, one for children ages 5 and under, and another for children ages 6 to 12. Don't forget to bring a basket!

We are happy to announce a new entertainer in our lineup, Elliot Kenin and the Spirit of 29 Jazz Band. Elliot not only plays all our residents' favorite tunes on his banjo, he also brings some tambourines and lets them play right alongside him! He is an incredibly en-

tertaining musician, so be sure to check him out on the first and fourth Fridays of each month at 2:00 pm.

Our lunch outings this month represent the vast culinary diversity of Alameda and the East Bay area. Due to popular demand, most of this month's restaurants specialize in seafood. We start with Pasta Pelican Restaurant on April 7th, followed by East Ocean Seafood Restaurant on April 14th, Scott's Restaurant at Jack London Square in Oakland on April 21st, and Dragon Rouge Vietnamese Restaurant on April 28th. Please remember to sign up at the Front Desk to reserve your spot in the van!

Elders Inn: April Special Activities

April brings with it a sense of renewal. Spring is now officially here, courtesy of last March 20th, and the trees and plants sure know it. Our beautiful patios are exploding with color and, as the days grow longer and warmer, they beckon invitingly to our residents and all visitors at the Elders Inn. Come grab a mug of coffee from our newly remodeled lobby cafe and enjoy some sunshine!

Speaking of our cafe, our residents are estatic about our changeover to Peet's coffee. It is quite an upgrade from our previous blend and it is always available, along with Peet's decaf and hot water to brew one of our selection of teas. Suddenly, there is a daily crowd in our lobby around 2 in the afternoon. Could it have something to do with the fact that our kitchen brings down a huge plate of fresh baked cookies at that time? We would like to think that it is merely our sparkling personalities, but we know better. Grab a chocolate chip or raisin cookie and a mug of Peet's coffee and join the fun.

On a final note about our remodeled cafe area, please notice that we have repeatedly mentioned the word mug. We are always striving to save our planet's resources, and we have done away with the wasteful styrofoam cups and brought in ceramic mugs. Not only are our new mugs more ecologically sound, but our residents swear that it makes our coffee taste better too!

Every Saturday during the month of April, Bridgette will be coming to teach an art class to our residents. Aspiring artists and anyone willing to try their hand at painting and creating should check out this enjoyable activity. Who knows, you could be the next Picasso or Van Gogh.

On Friday, April 15th at 4pm, Elders Inn will be hosting a fun Community event for our resident's families and our neighbors. Come down to our patio and watch a group of children hunt for hidden Easter Eggs full of candy! There will be 2 hunts based on age—one for children under the age of 5 and another for children aged 6 through 12 and it will be a delight to watch the children scramble to fill their baskets. I don't know who will have the most fun—the scrambling children or our residents watching the fun!



Elders Inn Resident of the Month: Piper

David: So, Piper. You have been one of our Resident House Cats at the Elders Inn for 10 years now. You are a beautiful ginger colored cat and you are loved by everybody here. How do you feel about that?

Piper: Purr, purr, purr.

David: Is it true that you sometimes ride the elevator and get off on one of our three floors and visit our Residents?

Piper: Purr, purr (brushes against my leg).

David: When visitors come to Elders Inn and find you sitting on the front desk in the in/out box they call you our ambassador. Are you pleased?

Piper: Meow. Meow. Purr.

David: You have a very good friend who is also a house cat here, Napoleon. Do you always get along?

Piper: Grrrr. Meow, meow.



Waters Edge Nursing Home: April Special Activities

We will be celebrating Easter Sunday on April 24, 2011

April 19th Flower Arranging

April 1, 8, 15, 22, and 29, Live Saxophone with Dave
 April 3, 10, 17, and 24 Live Harmonica Jerry G
 April 4, 11, and 18 Live Guitar with Jimmi James
 April 5, 12, 19 and 26 Andean Music with Jaime
 April 6, 13, 20, and 27 Live Piano with Miles
 April 7, 9, 14, 16, 21, and 28 Live Guitar with John
 April 2, and 16 Classical Music with Roberto and Marie



Waters Edge Nursing Home Resident of the Month: Pieter Boele

You can't help but notice the many nautical artifacts as you stroll around the Waters Edge Nursing Home. Resident Captain Pieter Boele could tell you all about them as he has traveled around the sea for all of his 91 years. Born in Rotterdam Holland in 1920, Pieter was the son of a ship captain, and attended the Merchant Marine Academy in Rotterdam. During World War II, Pieter served in the Royal Dutch Navy in the submarine service after being granted special permission by the Queen; at 6'3" he was too tall for his post. The Dutch Navy was small, and much of it was lost, so he took up with the British Navy as part of the Allied Forces. He worked on a convoy between England and the East Coast of the United States. In December of 1941, when the United States joined the fight, they were badly in need of ships. At this time he was on a ship that was converted to a troop carrier/ hospital

ship, carrying 2,000 men. This conversion was completed in Portland, Oregon. When Pieter saw the West Coast: "It was love at first sight," he recalls. From 1942-1945, his ship went from the West Coast to the South Pacific carrying troops over, and bringing the wounded back. His ship participated in almost all of the Pacific Island Invasions.

During the Wars, while docked in Alameda, Pieter met his first wife. After the war, he immigrated here, and became a US Citizen as quickly as possible. He joined American President Lines, and for 41 years he traveled around the World on freighters, and later container ships. He has sailed out of the Estuary countless times, which makes it fitting that he now resides at the Waters Edge Nursing Home.

Parallel Bars

By: Bernard Welz, Resident, WENH

For about four months my feet and ankles have been sore. Whenever I tried to walk, the pain became unbearable. Therapists told me I had to walk or spend the rest of my life in a wheelchair. I thought I would try walking with parallel bars. I had walked parallel bars before, holding the bars while walked. I had more confidence I wouldn't fall than I had with a walker. The parallel bars were located in room 308, next door to the rehab department. Myla, a therapist, thought the bars were a good idea, so she put a gait belt around my waist and assisted me. I walked ten steps the first day and ten the next day.

On the third day my CNA Delmy helped me. Confident and full of ambition, I thought I could walk fifty steps. I tried to stop at twenty but Delmy pushed me on. Tired, I finished 109 steps. When I told Erwin, the Physical Therapist and Myla, the head of the rehab

department, I had walked 109 paces, they broke into smiles. I told them Delmy had done it. Whenever I was going to quit, she urged me on. She encouraged from start to finish, and I made my one-hundred steps goal.

