

Living on the Waters Edge

Volume 7, Issue 4

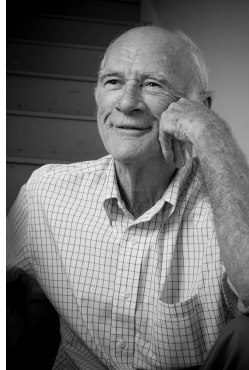
Monthly Journal

August, 2010

Happiness May Come with Age

By: David Ruttan

It is inevitable. The muscles weaken. Hearing and vision fade. We get wrinkled and stooped. We can't run, or even walk, as fast as we used to. We have aches and pains in parts of our bodies we never even noticed before. We get old. It sounds miserable, but apparently it is not. A large Gallup poll has found that by almost any measure, people get happier as they get older, and researchers are not sure why.



The Study, carried out in 2008, covered more than 340,000 people nationwide, ages 18 to 85, asking various questions about age and sex, current events, personal finances, health and other matters.

The survey also asked about "global well-being" by having each person rank overall life satisfaction on a 10-point scale; an assessment many people may make from time to time, if not in a strictly formalized way.

Finally, there were six yes-or-no questions: Did you experience the following feelings during a large part of the day yesterday: enjoyment, happiness, stress, worry, anger, sadness. The answers, the researchers found, reveal "hedonic well-being," a person's immediate experience of those psychological states, unen-

cumbered by revised memories or subjective judgments that the query about general life satisfaction might have evoked.

The results were good news for old people, and for those who are getting old. On the global measure, people start out at age 18 feeling pretty good about themselves, and then, apparently, life begins to throw curve balls. They feel worse and worse until they hit 50. At that point, there is a sharp reversal, and people keep getting happier as they age. By the time they are 85, they are even more satisfied with themselves than they were at 18.

In measuring immediate well-being — yesterday's emotional state — the researchers found that stress declines from age 22 onward, reaching its lowest point at 85. Worry stays fairly steady until 50, and then sharply drops off. Anger decreases steadily from 18 on, and sadness rises to a peak at 50, declines to 73, then rises slightly again to 85. Enjoyment and happiness have similar curves: they both decrease gradually until we hit 50, rise steadily for the next 25 years, and then decline very slightly at the end, but they never again reach the low point of our early 50s.

For people under 50 who may sometimes feel gloomy, there may be consolation here. The view seems a bit bleak right now, but look at the bright side: you are getting old!

Alameda Elder Services: Exercise and the Bloodstream

By: Kathy Hanley, PT

Most of us understand on some level or another that exercise is good for us. Exercise builds muscle, strengthens bones, improves heart and lung function, promotes mental acuity, and enhances the overall health and fitness of the body. It also helps to prevent cardiovascular disease and regulate blood sugar levels in diabetes. Until recently, however, medicine did not understand exactly how, on a cellular level, exercise produced these results. But a new study that gauged the metabolic effects of exercise may begin to explain this.

In a study published in *Science Translational Medi-*

cine, scientists from Harvard University looked at molecules in the bloodstream of people who had been exercising.

These molecules, called metabolites, drive and/or are the byproducts of metabolic changes in the body. Metabolism is defined as all the biochemical processes that feed and care for the cells of the body, thus keeping the body alive.

For the study, scientists took blood from three groups of people: 1) normal, healthy adults, 2) a group of people who had been referred for exercise testing because of shortness of breath or suspected cardiovas-

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Waters Edge Lodge: August Special Activities

August will be packed with so many activities and outings, there is sure to be something for everyone! On Thursday, August 26th, we will go to the Oakland Museum of California, which has recently reopened after an extensive renovation. So even if you've been there before, consider going to see the new and improved Oakland Museum!

There will be a picnic lunch offered at Crab Cove on Monday, August 30th - space is limited so be sure to sign up right away at the Front Desk. The Summer Serenade concert series at Alameda Towne Centre will continue through the month of August as well. There will be a van available to take residents to these free concerts every Thursday evening at 5:30 pm, returning by 7:00.



We are also encouraging all movie-lovers to take the new Alameda Paratransit Shuttle to Alameda Theatre on Wednesdays for a matinee show. The shuttle can take residents from our front door directly to the theater, and as a courtesy, Waters Edge Lodge will pick up

the group from the theater when the movie is over, bringing them back just in time for dinner. This is a great opportunity for residents to take advantage of the independence offered by this new local shuttle service and enjoy all that Alameda has to offer.

There are also many activities and outings associated with our World Tour, which takes us to the Mediterranean region this month. On Friday, August 6th, there will be an olive tasting social right here at the Lodge at 3:00 pm (location TBD, depending on weather conditions). This will be followed by a pasta tasting social on Wednesday, August 11th, and a Spanish cheese and wine social on Monday, August 16th. Many of this month's lunch outings will provide further chances to try some exquisite Mediterranean cuisine: Zeytini Restaurant in Alameda Towne Centre; Francesco's Restaurant on Hegenberger in Oakland; and Linguini's Restaurant on Park Street. Additional lunch outings will go to A-Town Pizza and Aroma Restaurant, both in Alameda.



Waters Edge Lodge Resident of the Month: Louise Allen



Louise Allen was born in Salt Lake City, Utah and lived there with her family. She grew up with her father George, her mother Margaret, her brother George II, and her sister Mary.

She attended Jordan High School in Salt Lake City where she made many friends. In a true spirit of ecumenism, she attended Mormon, Catholic, Methodist and Presbyterian churches! She began a career as a stenographer and worked for her husband Louis, with whom she had a beautiful daughter named Patsy. Louise thinks her family is wonderful and wouldn't know what to do without them. Her grandson, Danny Allen, is one of the very talented musicians that perform regularly here at Waters Edge Lodge. Louise also has musical talent. She played the piano when she

was younger but unfortunately had to sell the instrument during the Great Depression because her family needed the money. Her piano teacher even offered to teach Louise for half price if her family kept the instrument because she showed such promise! More recently she has tried to relearn the piano by taking lessons from Jean Drake, a fellow resident at the Lodge. She is very creative and has taken up a writing class at the Mastick Senior Center in Alameda. The teacher considered her to be one of the best writers in the class. She has a few short stories that she has written which are kept up in her room. If you ask, she may be willing to share them with you! Lately, she has been studying human relationships and is very intrigued by science. Louise not only has many thought-provoking ideas, but is also a very warm person. When asked how she feels about the Lodge, she says she is glad to be here because there are a lot of things to do for entertainment, the food is satisfying and there are a lot of people to meet. It is with great joy that we celebrate Louise Allen as our Resident of the Month!

Elders Inn: Have Some Ice Cream

Legend has it that the Roman emperor Nero used to send his slaves scurrying to the mountains to collect snow and ice to make flavored ices, the precursors to ice cream in the first century. Well, we don't have to have Nero send any slaves for us at the Elders Inn! We will serving America's favorite treat twice this month on our beautiful patio to take advantage of this glorious weather.

On Thursday, August 12th and Thursday, August 26th, please join us for ice cream and sunshine at 2:30 pm.

Americans consume the most ice cream in the world per capita, with Australians coming in second. In 1924, the average American ate eight pints a year. By

1997, the International Dairy Foods Association reported that the figure had jumped to 48 pints a year! The most avid ice cream eaters in the U.S. don't live in Hawaii, the South, California, or any other hot climate. Instead, in 1999, it was reported that the good citizens of Omaha, Nebraska, ate more ice cream per person than any other Americans!

Vanilla is the most popular flavor in this country, snagging anywhere from 20 to 29 percent of sales. Chocolate comes in a distant second, with about 9 to 10 percent of the market. It's a good thing that you won't have to make that hard decision in August! Have some of both!



Exercise and the Bloodstream (Continued)

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cular disease, and 3) a group of runners from the 2006 Boston Marathon. Blood samples from all three groups were taken after 10 minutes of jogging on the treadmill or pedaling on a stationary bicycle. The results: The healthy adults showed huge changes in the metabolites in their bloodstream, while the unfit people showed similar responses, but to a lesser degree. Post-exercise, the first group of fit adults showed increases of almost 100% in many of the metabolites. The second group had increases of about 50%. The marathon runners had up to 10 times more of the metabolites in their bloodstream.

The scientific conclusion: exercise has both immediate and long term effects on the body's ability to use and burn fat. Activity stimulates chain-reaction processes within the cells which cause them to release metabolites which in turn change the blood levels of fatty acids and sugar which play a role in risk for heart

disease, diabetes and other medical conditions.

The practical conclusion: get out there and exercise. Most people in the medical and scientific communities recommend that adults *of all ages* get 30-60 minutes of exercise per day. This exercise can be as simple as walking or as rigorous as weight training and cardiovascular workouts. The best exercise programs involve cross-training which includes all of the above. The 30-60 minutes of daily exercise do not have to be done all at once; it can be done in smaller, more manageable segments if necessary.

Life was intended and engineered for movement. Movement is life. So get moving and improve the quality of your life.

Post Note: Special thanks to Estar Baur, resident of Elders Inn, for supplying the extract on which this article was based.

Elders Inn Resident of the Month: George Koleada

George Koleada was born in Perdue, Saskatchewan, Canada which had about 500 residents! His parents were farmers who had emigrated from the Ukraine area of Russia and settled in central Canada to grow grains and raise cattle. He was one of 11 children and shared all of the farm chores with his siblings. His favorite task was to bring in the cattle because he got to take his 22 rifle strapped to his shoulder and aim at an occasional crow!

As a kid, George was an ice hockey player, and after his schooling ended, he joined the Royal Canadian Air Force, where he met his wife. After his stint in the

service, he worked as a sheet metal worker and carpenter—he and his wife actually built the house that raised their 4 children in!

The weather finally got to them and they were sponsored by an Uncle to immigrate to America, settling in Southern California in the early 1950's. George and his wife were in the rattan furniture business for 15 years, recently moving to Alameda and enjoying his new life at Elders Inn. He has 7 grandchildren and 4 great-grandchildren and is always on the lookout for a good game of cribbage.

Waters Edge Nursing Home: August Special Activities

For the month of August we continue to bring fun and exciting events to our Residents. This month, we will be taking our Residents to see Oakland A's play baseball against the Kansas City Royals on August 4th.

As our warm weather continues we will be gardening with our Residents.

On August 1st, 8th, 15th, 22th, 29th Live Harmonica
Gerry Gee

On August 2nd, 9th, 16th, and 23rd Live Guitar with
Jimmy James

On August 3rd Spirit Care Ministry will visit.

On August 3rd, 10th, 17th, 24th, and 31st, Jaime, who
plays Peruvian Music

On August 4th Live Piano with Miles

On August 4th, 11th, 18th, 25th Communion Service

On August 5th, 12th, 14th, 19th, 26th, 28th Live Guitar w
John

On August 5th, and 19th Happy Hour

On August 7th Red Cross Youth/Bingo

On August 12th and 26th Tea Social

On August 17th Volunteers for Flower Arranging

On August 18th and 25th Deborah will play the Appala-
chian Dulcimer

On August 26th Birthday Party

On August 30th Resident Council
Meeting

On August 31st Live Jazz w Ann



Double Identity: A story by Resident Bernard Welz

In the activity room, the "Bayroom" at Waters Edge I became absorbed watching a nurse brush a woman's hair. Using strong, well practiced strokes on the woman's newly washed hair, she formed and styled, working as an artist with palette and canvas. The woman's face glowed expectantly as the nurse worked. With swift movement, the nurse swept hair up at the back and tied a ponytail. Then the nurse patted the hair down on the sides and top of the head with her hands. The elderly face became vibrant, like a flower bed in the morning sun. Finished, the com-

passionate nurse kissed the woman on her cheeks and forehead, and put both arms around the woman and hugged her. The gray haired woman said to the nurse, "Thank you, Ann."

As the nurse walked past me to leave the room, I said to her "Nice work, Ann."

The nurse told me, "My name isn't Ann. Ann is her granddaughter. She thinks I am her granddaughter."

Waters Edge Nursing Home Resident of the Month: Ongra Sumpter

Ongra Sumpter was born in March of 1920 in Arkansas. With three brothers and three sisters, Ongra was able to value the importance of love and family at a young age. Ongra loved fishing, cooking, and playing BINGO with her siblings. She also fondly remembers attending her family's Baptist Church, where she enjoyed dressing up in fancy hats and shoes and carrying a purse.

In the 1940's, seeking better opportunities, Ongra moved to California, where she met her husband Leon Sumpter. Leon and Ongra, nicknamed "Duke," had three boys and two girls. For 15 years, Ongra worked at Laguna Honda Hospital in San Francisco as a Nurse's Aide, and later retired. Ongra loved to cook, fried chicken was her favorite meal, but her real specialty was a Jefferson Davis pie that she would make for special occasions. "Everyone who tried that pie I made loved it," she remembers with a smile. Holidays were a special time for the Ongra, who especially en-

joyed having her family around.

Ongra also fondly remembers driving her all black Cadillac. "I felt on top of the world. It was my favorite thing I ever owned," said Ongra.

Ongra enjoys being in the company of her family, and she is always good for a laugh. She also loves music, particularly jazz, and dancing. "I have always enjoyed going to jazz concerts," she recalled. Ongra's smile brings happiness to all. She is proud of her children and grandchildren, and especially her great-grandchildren.

Ongra has been a resident at Waters Edge Nursing Home for two years and enjoys everyone's presence. "I really appreciate my nurses for their care, the activity staff for their wonderful room visits and the staff in general for their always friendly encouragement," said Sumpter. Ongra Sumpter is sweet and soft spoken. She always carries love, and helps everyone around her keep a smile on their faces.