

Living on the Waters Edge

Introducing Phoenix Commons



By: Kryspin Turczynski

In the article "Reinventing the Village," we explored the importance of proximate community to the process of healthy and active aging. One type of housing arrangement that is specifically designed to ensure proximity over the course of one's elderhood is senior cohousing. Phoenix Commons, planned and developed by Alameda Elder Communities, will be one of the first senior cohousing communities built in the United States. What is cohousing? Cohousing is a type of residence in which members not only own and maintain private residences, but also share communal space, with the intention of creating a supportive, sustainable community. The concept originated in Denmark and has become quite popular throughout Scandinavia. Initially designed as multigenerational communities, Danish seniors realized that cohousing is a great option for maintaining a social support network throughout one's later years.

By living in proximity to one another, seniors are able to remain independent longer, to fulfill their natural

needs for peer relationships and companionship, and to live more sustainably by sharing resources.

Some people hear the term 'cohousing' and imagine some sort of 1960's style hippie commune. While both situations involve the intentional creation of community, the two concepts are actually quite different. In a commune, everything is considered community property, even income sources. In cohousing, each member has a source of income that is independent of the community, and also retains sole dominion over his or her own private unit. So remember, cohousing is not a commune!

Cohousing is a modern version of the kind of communities which were once the norm across America, where neighbors all knew each other, supported one another, and enjoyed spending time together. In a hypermobile, urban world of instant communication and dissipating borders, what was once expected must now be intentionally created. No matter how many Facebook friends or iPhone contacts we have, authentic relationships are formed only at the intersection of proximity and commitment. It is at the dinner table, in the garden, around the bonfire, that communities are created and human souls nurtured. With Phoenix Commons, this kind of self-sustaining community will now be available to consciously aging seniors of Alameda and its environs.

AES Iron Woman of the Month: Mavis Caulfield

By: Nathan Ubl

Mavis moved to Elders Inn in April. Since her arrival, she has been a joy and inspiration to staff and residents. From day one at Elders Inn, Mavis has been physically and socially active; she does not let her aches and pains slow her down.

Mavis was born in the very small town of Arthur, Nebraska, with a population of only 90. During the Great Depression, when she was 8 years old, her family moved to south Missouri. Her father built their home, literally from the ground up. Mavis was the only girl of 5 children and the middle child. She learned to swim at a young age in a home built pool. Her brothers were determined to not allow her to keep up with

them, but Mavis had other ideas. She was able to hang in there with the boys. During her teenage years, her family moved to Napa, California.

Mavis loves photography. When she moved to California, her father built a dark room in place of an old chicken coop, allowing this love for photography to flourish. Even now, at the mention of photography, Mavis's face lights up with joy! She explains that she can appreciate a black and white photograph more than one with color. To her, the details of a photograph stand out more in black and white than they do in color.

Mavis married her husband at the age of 20, and to-

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Waters Edge Lodge: August Special Activities

Here at the Lodge, we are excited with the advent of August and all its exciting events we can look forward to. On Saturday, August 27th, the that women's choir Cecilia will be right here in our very own living room performing a medley of vocal numbers that you will not soon forget! The show starts at 11 am, so come early and reserve a good seat. The World Tour Cultures of the Month are the cultures of the Mediterranean, which would include Greece, Turkey, Italy, Spain, and many others. Our lunch outings in August will provide residents with an opportunity to try some of the yummiest and healthiest cuisines in the world: C'era Una Volta, Asena, Linguini's, and for the first time, Why Cook?, which has recently moved to a new location on Bay Farm Island. We are blessed to have so many culinary options on our little island! With the weather staying consistently dry and warm these days, we can resume our trips to the nearby golf course for putting contests; August is an ideal time to do this, considering it is National Golf Month. The second week of August is National Apple Week, and to com-

memorate this very American fruit, there will be a showing of Michael Pollan's fascinating documentary, "Botany of Desire." It is an educational film that explores the relationship of humans to plants, and includes an entire section on the history of the apple in America! Ramadan, the Islamic holy month of fasting, begins and ends



in August this year. By special request of numerous residents, the Activity Director will prepare a special multimedia presentation on Islam, in order to promote greater understanding of one of the "Big Three" monotheistic religions of the world. As if all that wasn't enough, we are also adding two new activities to the regular calendar: Spanish Conversation and a monthly Book Club. For times and places of these and other activities (such as the upcoming ferry trip to San Francisco for lunch and shopping), please consult the August activity calendar available in the front lobby of the Lodge. Remember to stay cool during this hot

Waters Edge Lodge: Resident of the Month—Naomi Weiss

Naomi was born in the Bronx as the youngest of three children. When she was ten years old and her sister already married and moved into a new home, the family moved right next to Yankee Stadium. Naomi attended Taft High School in the Bronx, and also began working for Yeshiva University as a teenager. She worked in Yeshiva's Youth Bureau, assisting with the various student groups, summer camp programs, as well as office work such as typing and answering phones. Naomi describes herself as having been more of a studious type, and she enrolled in Hebrew as her foreign language in school.

Naomi attended college for two years while continuing to work full-time for Yeshiva and assisting her brother. At age 20, she married her husband, whom she had met through her sister and brother-in-law. They moved to New Jersey and had two children: first their son, Howard, and a few years later their daughter, Sharon. Since Naomi and her husband ran a dry cleaning business, she was able to take her kids with her to work and help her husband. She was also very active, both politically and philanthropically, in their town of Glen Rock. Naomi also put her Hebrew skills to good use as a Hebrew teacher, teaching kids around the region. After the kids grew up and moved out, Naomi moved to Florida, which brought her closer to her siblings. She continued to be very active and involved in the community, including working for a rabbi, working in a

women's clothing store, volunteering at two hospitals and in a thrift store.

Naomi recently moved to Alameda from Florida, and is still adjusting to the new environment. The biggest challenge is just learning to find her way around town! She feels blessed to have her son and his significant other living just down the road from the Lodge, and is happy to help them from time to time by dog-sitting, or simply visiting and having a meal together. Naomi's daughter lives in New Jersey with her two children and husband David; Naomi's grandson just graduated high school and will attend the University of Maryland in the fall, while her granddaughter is very active in her high school drama groups. Naomi is no stranger to the classroom either: she is very active in the Lodge community and likes to participate in a wide variety of activities, including the Circle of Elders, Walking Club, French class, and History of Philosophy. She is active at the neighboring Temple Israel, is an avid walker, and also likes to go out shopping and dining in Alameda. Throughout her life, Naomi had been a frequent traveler, and some of her favorite destinations include Israel, our National Parks, Puerto Rico, Canada, Mexico, Jamaica, and more European countries than can be listed here! She also loved to ski, a hobby she was happy to share with her children. Naomi is undoubtedly one of the most positive and compassionate people most of us will have the honor of meeting!

Elders Inn: August Special Activities

To fully enjoy our beautiful surroundings, we will be having afternoon concerts on the patio in the month of August. Todd Haemerle, our resident troubadour, will be performing outside in the shade of our trees the first three Sundays in August. On August 21st Paul will play the banjo in the Buena Vista Lounge and on August 28, Chris Goslow will play the Piano in the Webster dining room. We won't tell anyone if you even want to sing along!

It looks like our doughnuts and coffee chat on Sundays has become a big hit!

Come ride the bus! Every Tuesday at 10:30 am and 2:30 pm, we jump on the local Alameda bus and take an hour long tour of Alameda. Residents who are able to get off and shop are welcome to do so, but if you just want to grab some fresh air and enjoy the scenery, that's ok too!

Elders Inn Resident of the Month: Marjorie Munn

Marjorie Munn was born in the little Texas town of Ennis and was an only child. Her father was a railroad engineer for Southern Pacific, and a dedicated farmer on the side. Marjorie inherited her father's love for gardening and they always had a huge garden where they raised vegetables to be eaten or canned. She was a true small-town girl and graduated from high school in Ennis. Marjorie spent 2 years at Texas Women's College but dropped out when she met the man in her life. Walter B. was the son of the local grocer and she fell in love with the dashing young man who marched in the marching band at Texas A & M—especially with his fine fancy boots! Her wonderful story is that when they were first married they were dirt poor and Walter B. sold his fancy boots for much needed cash. Every member of the band wrote their

names in their boots, and 45 years later, they got a call from a man who had recently purchased a pair of used boots and decided that they should be returned to their rightful owner!

Walter B. left the railroad for the oil industry and they lived in Wyoming, Oklahoma, and eventually Chicago. They loved to cook, were devoted gourmards and enjoyed the wonderful restaurants in Chicago for many years. In addition, Marjorie loved road trips and camping. She was an avid bridge player and crossword puzzle solver. She has recently moved to Alameda from Chicago to spend more time with her other daughter. Besides her 2 living children, Marjorie has 3 grandsons and 5 great grandchildren. Her motto is: Always run your life like you want to run it—no apologies! We Welcome Marjorie to the Elders Inn.

Water

By David Ruttan

August is here and, with it, comes the hottest time of the year in the Bay Area. All of us know how important it is to stay hydrated and we are constantly reminding all of our residents to continually drink water when the temperatures are high. Yeah, we know that it is annoying to have to use the bathroom, but the trade off of good health versus dehydration is worth it.

In Alameda, we are blessed with fantastic water, courtesy of EBMUD—the East Bay Municipal Utility District which has been bringing pure water to the East Bay counties of California since the 1920's. How pure is our water? EBMUD went to the Sierra Nevada for its Mokelumne River source in the 1920s, an era when infectious disease, including typhoid fever and cholera, was the principal health concern for water supplies. Today's knowledge about contaminants and the public's renewed concern with safe water supplies reaffirm the wisdom of that decision. So how do they check for and remove all of this "stuff"?

EBMUD drinking water is sampled and tested frequently from all parts of the water system to ensure that it meets or surpasses all primary (health-related) and secondary (aesthetic) regulatory standards established by the U.S. Environmental Protection Agency & the California Department of Health Services. Chemical and physical tests are performed in laboratories at EBMUD water treatment plants every two hours, and analyses are performed daily in the EBMUD Environmental Laboratory. Test results consistently show that regulated contaminants either are not detected at all or are present in amounts far below limits permitted by state and federal drinking water standards.

Let's think about that—Our water is analyzed from samples EVERY 2 HOURS and not only is our water well below the Federal limits for impurities, but it is consistently contaminant-free! No wonder it tastes so good! Let's be smart and drink a lot of water not only during this month of August, but all year long for good health.

Waters Edge Nursing Home: August Special Activities

The World Tour this month takes us to Southern Europe and the Mediterranean, to countries like Spain, Portugal, Italy, Greece, Turkey, Malta, and Cyprus.



This month we have an exciting calendar packed with Daily Live Music from

all of your favorite entertainers. Jimmy James will be here, on guitar. Jaime will be playing Andean Music. Miles will entertain on the piano. We will also have Dave Alt on sax, a Classical Opera Show by Roberto, Live Jazz with Anne, and Jerry Gee on harmonica. Another favorite, John Heleen will be here to play guitar and sing for us. Please check out our activity calendar for more information.

Waters Edge Nursing Home Resident of the Month: Bettye Gaston

Mrs. Bettye Jean Gaston was born in McNeill, Arkansas. Believe it or not, she was the youngest of seventeen children, born to Reverend Benjamin Harper and Mrs. Adella Harper. Of the fourteen children who survived, there were seven boys and seven girls. As a child Bettye was a gospel singer. She was a wonderful cook; her biscuits were her specialty, and a favorite of her father's.

In the 1950's, Bettye moved to Oakland, CA, where she met and married her late husband, Boise E. Gaston. They were blessed with a beautiful daughter, Adella Denise Gaston Washington. After her husband passed, Bettye remarried the Reverend Marlon D.F. Washington Senior and became a mother to his son, Marlon D.F. Washington, Junior. She has four grandchildren and two great-grand children.

Bettye is a lover of sports, having spent many years as an active Oakland A's Booster. Bettye, clad in a custom made green and gold suit, often traveled with the team and joined in for special luncheons and ban-

quets with the A's players and other boosters. Her favorite player was Vida Blue.

Bettye also spent many years actively involved at her church. She served in many ways over the years. She was a member of the Inspirational Choir, where she served as secretary, treasurer, and correspondence secretary. She later joined the Mass Choir. Bettye also taught Sunday school, and served as an adult supervisor for the Junior Mission. With her many talents, Bettye learned to serve where ever there was a need. Bettye's spiritual gifts include the gift of discernment; she is a woman of prayer who is very sensitive to the voice of the Almighty God. According to her, her greatest life accomplishment is her acceptance of Jesus the Christ as Savior and Lord.

Bettye's great passion for love, life and God have made her the amazing woman she is today. We are pleased to honor Bettye this August as our Resident of the Month.

AES Iron Woman of the Month: Mavis Caulfield (Continued from Pg. 1)

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gether they raised three amazing daughters. While Mavis is rather modest about her life as a mother, one can easily tell after speaking with her children, what a wonderful impact she had on their lives. Her daughter Kathryn speaks of her mother's values and the impact those values have had on her life:

"Through her example, I learned to serve others; that it is my responsibility to give to those less fortunate. I also learned how to 'be there' for the people I love in times of need with emotional or other kinds of support."

For someone to be considered healthy and fit, it does not necessarily mean that the person is a "workout warrior". Often the "workout warrior" is the least

healthy, because being healthy is a balance between the physical and mental parts of our body. A healthy body and mind is what fitness is about; Mavis has been active throughout her life, and she has a wonderful attitude about how to live her life. From a young age, Mavis worked hard to keep up with her brothers. She learned to swim, traveled 3 miles to and from school; in more her adult life she made efforts to stay active with regular hikes, outdoor adventures to Lake Tahoe and Yosemite. Mavis was also very involved with her daughters, doing activities like tennis lessons. Even in recent years Mavis still stays active with walking. Her determined and positive attitude makes her a joy to be around. We are pleased to honor Mavis Caulfield as our Iron Woman of the Month for August.