

Living on the Waters Edge

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The Season of Giving

By: Kryspin Turczynski

Even though we come from many different spiritual traditions and backgrounds, most of us know the winter holiday season as the “season of giving”. Perhaps you celebrate Christmas, and remember diving under the tree as a kid to open those gifts that have been teasing you for weeks. Perhaps you remember lighting a menorah candle and receiving a gift on each night of Chanukah. Perhaps you've already started your holiday shopping, buying things for your relatives, friends, coworkers, and all those special people in your life. In any case, giving gifts is a staple of the season, a tradition that has become a multi-billion dollar industry. Yet, as much fun as it is to walk through the stores and lose yourself in aisles of green, red and white, it seems to me that the essence of these holidays is about a different kind of giving: a giving of self.

In the Christian tradition, Christmas celebrates the birth of Jesus, who is believed to be the incarnation of God, the Son. For God to enter this finite world of boundaries and divisions is a supremely loving act, and Christmas commemorates this transformative event with much joy and hopefulness. The theme of



giving is continued soon after Christmas, with the celebration of the three kings, alternatively known as the three Wise Men or magi, who came bearing gifts to see the newborn king of kings. While gift-giving is a rather modern adaptation in Chanukah, there is nonetheless a giving of self at the core of this Jewish holiday as parents pass on the ancient rituals of their people to the children who will keep the tradition alive. For many people, hosting relatives for the holidays is a further way to give of one's self, and a challenging one at that!

Of course, one does not need to belong to a religious organization to give one's self in a spirit of charity and compassion. Millions of people will give their time and energy to charitable causes this holiday season by preparing food at homeless shelters, visiting the sick and dying or cleaning up the environment, just to name a few. And while many of these people may have religious inclinations, the main motivation will be a desire that is very profoundly human - the desire to give. A true gift, measured not by its material worth but by its sincerity, brings more of what truly matters in the world: positive energy, strengthened relationships, and an opportunity to transcend our stubborn selfishness. Isn't that what this holiday season is really about?

AES: Iron Man of the Month—Charles Campe

By: Rosemarie Caigoy

New faces are popping up at Waters Edge Lodge. For many, the transition of moving into a residential facility is hard, but it is an exciting new adventure, offering many new opportunities to participate. One resident in particular is participating in most of the fitness classes and activities that the Lodge has to offer. Since first moving in to the Lodge, he has been inquiring about different classes and expressing his concerns about achieving his fitness goals. This resident has surprised me with his interest in my classes and how independent he was about getting started. He has even inspired me to start brainstorming about new ideas for new different fitness activities for the next quarter, and for this personal rejuvenation, I am grateful. December's Iron Resident of the month is Charles Campe.

Charles Campe is proud to state he is a true Alamedan: Born and raised in Alameda, he is a witness to the progress this island went through the past 80 plus years. He is one of two boys in his family, and he met his wife before he was drafted for the military in 1946. He served 3 years with the European Theatre Operations, which was a heavy fighting zone in Europe. His love for his then girlfriend was strong and he married her during WW2. They had one daughter.

After getting out of the military, Charles came back to Alameda. He and his wife enjoyed the outdoors in and spent their free time hiking, fishing, and taking road trips. Charles was also open-minded to his wife's favorite hobby: horseback riding. Charles has always had a deep love for nature and animals, own-

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Waters Edge Lodge: December Special Activities

As always, December is absolutely packed with fun holiday events and activities! We kick off the month with a Holiday Open House on Wednesday, December 8th. Come enjoy our Holiday Cookiefest, an assortment of refreshments, and the sounds of the Urquhart Concert Band, over 20 strong! The following week, join us for our Annual Holiday Party, featuring an entire lineup of live entertainment, including the fantastic musical duo, the Huddy's, a special holiday performance by Elvis, and more. There will also be numerous groups from the surrounding community coming in for caroling, and Brian Wong will be playing piano for us on Christmas Eve, December 24th. Please consult December's activity calendar for scheduled performances or ask Kryspin for the most up-to-date scheduling information.

Need to do some holiday shopping? Take advantage of our various shopping outings scheduled throughout the month. This month, our regular shopping trips will take place on Tuesday, December 7th and Tuesday, December 21st. There will also be an outing to the Jingtletown Holiday Art Walk in Oakland on Sunday, December 5th. As with all outings, be sure to sign up as soon as possible at the front desk to reserve your place in the van! December is a religious month, with such various



holy days as Chanukah, Ashura, Christmas, and Kwanzaa. There are plenty of opportunities for spiritual practice in or near the Lodge, including Catholic Mass in the Activity Room on Wednesday, December 1st, Interfaith Prayer with Reverend Donna on Thursday, December 9th, and of course the regular services at nearby houses of worship such as St. Albert's Parish, Bay Farm Community Church, and Temple Israel. A simple menorah lighting ceremony will be held each evening of Chanukah shortly before the start of dinner.



December's lunch outings will all take place on Thursdays, starting on December 2nd, the first day of Chanukah, when we'll be going to Holy Land Restaurant in Oakland for delicious, kosher Israeli food. On December 9th, the lunch crew will be going to Marti's Place, an Alameda tradition particularly known for their Swedish pancakes! This year's lunch outings will conclude with a trip to Francesco's in Oakland on December 23rd and Jim's on the Golf Course on December 30th. In the midst of all the festivity and activity this holiday season, let's all remember what really matters: all the people in our families and communities that make life truly special.

Waters Edge Lodge Resident of the Month: Ginny von Colditz

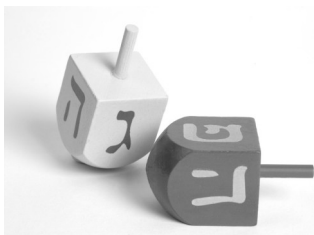
Virginia "Ginny" von Colditz grew up in Palo Alto, California. She had one brother, who sadly perished in a sailing accident as a teenager. Ginny attended the famous Peninsula School, where her mother taught mathematics. Ginny graduated from Palo Alto High School, and went on to attend the College of the Pacific, where she majored in English and met her first husband. Together they had four children, two of whom were adopted, and together, they moved to the Monterey peninsula. The family later lived by a lake in British Columbia, Canada, for a while! Ginny felt that the locals in those parts were too stuffy and not too welcoming to Californians, so they ended up selling their window/door manufacturing business and returned to the Golden State. When Ginny's husband died, she returned to school for her teaching credentials and taught elementary school, mostly third grade, for 17 years. She also met a man who became her second husband; Ginny loved going sailing with

him on his boat, although it made it difficult to grade stacks of homework on the weekend! They bought a house in Alameda, because the island is flat and easy on one's legs. Ginny completed a postgraduate program in mathematics, which shouldn't be too surprising considering her mother was a math teacher and her father was an engineer. Ginny always enjoyed using the right side of her brain as well, engaging in numerous creative endeavors such as drawing, painting, and making strange little clay figurines! Throw in the extensive traveling she had done in life, and it's easy to see that Ginny has lived a full and exciting life. The latest stage of her adventure is taking place here at the Waters Edge Lodge, where she has moved in with her canine companion of seven years, Fred. She likes to attend the Circle of Elders and contribute to our current events discussions. Ginny is a most welcome addition to our community, and it is with great joy that recognize her as our Resident of the Month.

Elders Inn: December Special Activities

By the time this newsletter is printed, the Elders Inn will be aglow in Holiday decorations. This most festive time of the year celebrates many of the world's great religions and it is a joyous event for all of us. The 3 floors of Elders Inn are lavishly decorated with symbols of the Holiday Season. Santas, holly, pine cones, reindeer, menorahs and much more make our already beautiful residence even more beautiful! Throw in the glory of the outdoor patios with the many colored leaves and you can't help but be swept up in the spirit of the Holidays. Did you know that it generally takes 3 full days of hard work by the staff to complete the decorating? If you see some staff covered in snow, you'll know why!

Elders Inn Annual Holiday Party will be held this year on Tuesday, December 14th, from 6:30 until 8:00 pm. We are lucky to have arranged for our favorite performer, John Heleen, to sing holiday songs and perform on both guitar and violin. John is a perennial favorite of our Residents and it wouldn't be a party without him. As a special treat, Nancy has been hard at work with some of our Residents rehearsing the Elders Inn Choir and they plan to serenade us with some Holiday music. What a treat for both our listeners and our performers! We will be serving delicious goodies and all family members are encouraged to attend.



We are extremely lucky that the City of Alameda has designated the front of the Elders Inn as a shuttle stop for the new free bus shuttle!



All residents who are able to take advantage of this service need to do is simply step outside our front doors and they will be able to get reliable transportation to and from many points in Alameda, including Kaiser, the Main Library, Towne Centre Shopping Center and the Mastick Senior Center. The best part is that this service is FREE and we are going on two group outings every Tuesday so that our Residents can get familiar with this wonderful benefit. The bus leaves every Tuesday at 28 minutes past the hour from 9 am until 3 pm. See David for more details.



Elders Inn Resident of the Month: Myriam Washmeara

Myriam was born in the Central American country of Nicaragua and had 2 older brothers, one older sister and one younger brother, who is a retired doctor in Florida. Her father was a wealthy landowner and her mother certainly had her hands full raising 5 active children! Myriam remembers that they had many servants to help out around the house, and once, when I asked her what her favorite dish to prepare was, she told me that she never learned to cook!

This charmed life wasn't for her and, after high school, she accepted an offer from some friends to visit them in the United States. She decided to stay with them indefinitely, but she spoke only Spanish and needed to learn English. Her friends decided that a mutual male friend should tutor her even though he

spoke no Spanish! He worked as a Foreman for a metal refining company and nobody could figure out why he would be tapped to give English lessons to a young woman who spoke only Spanish. The rationale soon became obvious when they fell in love and married. He was sent to war as the youngest sergeant in the Army and was a liberator of Dachau. He took a gun away from a German general and the Lugar is still in the family, according to Myriam's son.

Myriam has 2 children, a boy and a girl, 3 grandchildren and 1 great-grandchild. She was a beautician for many years and had her salon in the Furniture Mart in San Francisco. She loves to go out to her favorite beauty shop down the street and always returns looking gorgeous!

Waters Edge Nursing Home: December Special Activities

As we prepare for the Holiday Season, it is important to remember to take precautions and wash our hands frequently to help fight the spread of colds and flu. If you are experiencing flu-like symptoms, please refrain from visiting your loved ones.

On December 7, Spirit Care Ministry will visit our Residents at 10:30 am.

Please join us on December 14th, when the Alameda Christian School will sing for our residents.

On December 22, at 2:00 pm, the Waters Edge Nurs-

ing Home will be celebrating the season with our Annual Holiday Party. Please join us as we are entertained by Eddie "Elvis" Fernandez. All family and friends are encouraged to attend.

On December 25, we will be celebrating Christmas with our special Christmas Luncheon. Guests are welcome to attend, but they must sign up by December 17.

Don't forget to join us in the Bay Room daily for Live Music and fun!



Waters Edge Nursing Home Resident of the Month: Lor Rheba Kidd

Lor Rheba Kidd was born in Chico, CA in 1934. She was the fourth girl. Her father was a laborer who fought in World War II and her mother was a gardener and farmer. Lor Rheba and her sisters grew up on a farm in Chico where she and her sisters helped her mother milk cows and collect eggs. The girls also enjoyed playing Marbles, and riding milk crates with wheels. Lor Rheba and her sisters grew up during the Depression, and her family's love and support was an inspiration in her life. "We loved each other dearly," she recalls.

As a teenager, Lor Rheba attended Ithaca College and Chico State University, later earning her Masters' Degree from UC Berkeley, where she was a member of the Delta Zeta Sorority. Lor Rheba worked as a

teacher, and began her career teaching Marines how to write in short-hand. In 1961, Lor Rheba married and had two daughters, Jennifer and Katherine.

She later worked as a psychologist, taught math and English, and was the Vice-Principal at both McClymonds High School and Fremont High School in Oakland. Lor Rheba also helped design and taught the Small Business Program at Alameda College, where she worked for fifteen years.

One of Lor Rheba's favorite things to do for fun was travelling. Lor Rheba has an upbeat and happy spirit. She always has a ready smile and shares joy with others. We are pleased to celebrate Lor Rheba Kidd as December's Resident of the Month.

AES: Iron Man of the Month—Charles Campe (Continued from Page 1)

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ing horses, cats, dogs and even a mule! A huge accomplishment that Charles and his wife had was hiking from Yosemite to Mount Whitney. This hike was split into two legs; the first was from Yosemite to Bishop, and the second was from Bishop to Mount Whitney. They also drove their trailer house across the United States starting in the northwest ending in the southeast, a trip totaling over 9,000 miles.

Charles owned a nursery in Alameda. From the beginning, his business was booming! He had many customers within the community. After business became steady, he decided to manage larger nurseries in Hayward and Fremont. Later, Charles underwent another career change, becoming a night teacher at Chabot Community College for Ornamental Agriculture in Nursery Practices. When asked what his favorite plant to grow was, he quickly stated his roses, "We had up to 15 different types of roses, and the

fragrances of these plants are amazing!"

When Charles first moved to the Waters Edge Lodge, he set his goals to work out an hour every morning, hardly missing a day. He is also open-minded to my balance video games and circuit classes. It is a wonderful thing to maintain such a positive attitude. This attitude pays off when I see him walking through the hallways using only his cane. Another one of his goals at move in was to wean himself from his walker. What a pleasure it has been, seeing him achieve his goal so quickly. Charles is a fine example of how a determined spirit and positive attitude can help you reach your best, at any age.

