

Living on the Waters Edge

Volume 6, Issue 7

February, 2010

Established in
January, 1972.

Now in our
Thirty-Eighth Year
of Providing Health
Services to the
Elders of the
Alameda/Oakland
Area.

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Take Your Pick

By: Kathy Hanley, PT

After the age of 50, the average person will lose 3-5% of their muscle mass each year unless they pursue a regular exercise program. This loss of muscle mass will result in weakness, decreased endurance, impaired walking and increased difficulties in doing normal activities of daily living. It can also contribute to a decrease in balance, which can result in

fractures and even death. Conversely, regular exercise can maintain and even increase muscle strength.

A study, published in the New England Journal of Medicine, placed 100 frail nursing home residents aged 72-98 years of age into 4 separate groups for 10 weeks. In Group 1, the subjects participated in regular resistance strength training us-

ing a leg press. Group 2 subjects received multinutrient supplements. Group 3 subjects did both the strengthening training and took the nutritional supplements. Group 4 acted as the control group and had neither strengthening nor supplements. The results were:

- **Muscle strength increased 113% in the strengthening group**
- **The pace of**

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For the Love of a Friend

By: Kryspin Turczynski, MA

Shortly after the holidays I came down with a horrible cold and stayed in bed for a few days. It would have been easy to succumb to boredom in this situation, but instead I did something that I've wanted to do for a long time: a Lord of the Rings marathon! The box set of this epic trilogy is the pride and joy of my cinematic collection. There is nothing like 14 hours of adventure with kings, elves,

dwarves, wizards, and orcs to make the day fly by! One of the main themes, both in the movies and in the original books by J.R.R. Tolkien, is the bond of friendship between the characters. Gimli, a dwarf, and Legolas, an elf, overcome their initial suspicion and dislike of each other to become good friends by the end of the story. Frodo and Sam share a particularly powerful friendship that contributes directly to the success

of their mission, ultimately saving Middle Earth from doom. This motif, so central to the story's overall message of hope and redemption, made me pause and think: what is the power of friendship in our lives?

Lucky for us, tomes have already been written on the subject. Aristotle dedicated an entire section of his Ethics on the topic of friendship, which he considers an essential

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A Spoonful of Dedication

By: Rosemarie Caigoy

Even though fitness is now a big part of my life, I never participated in sports when I was younger. Exercise science was my concentration in college, but even then I piled two full time jobs on top of my schooling and I had five hours a day to myself. During this stressful time of my life, my health greatly suffered. Within three years, I was admitted to the hospital twice for ailments caused by stress and lack of physical activity. My muscles were weak, my endurance was nonexistent, and my bones were brittle. This in turn affected my mental health. I had no focus and I fell asleep every chance I got. Even with all the signs that a lifestyle change was greatly needed, there was nothing I could do about my jobs and school. I did, however, have the power to change how much physical activity I engaged in. It was then that I befriended a wonderful girl who introduced me to Capoeira, a Brazilian form of martial arts.

Capoeira is not like most martial arts that focus on technique, hard strikes, and frontal attack. It is actually, in my humble opinion, more of a graceful poetic form of movement. The starting stance, for example, is not even a stance at all but a side to side swaying. At first I thought this beautiful art form was less intense than other martial arts because of the slow and dance-like movements but I was

quickly reminded of what happens when you assume. Initially it was difficult to maintain the schedule of three times a week; not only was I used to relaxing at home, but one session would leave me sore making the other two days hard to bear. It seemed that for months my body was taking a beating and not reaping any benefits, until one day I woke up noticing that the constant soreness in my hamstrings had faded away. When I began to stretch, I noticed that I could bend easily a foot further than I had ever bent before! Could it be, I thought, that after several months of pushing myself toward what seemed to be a pointless activity that I had in fact become stronger and more flexible?

After this epiphany, my life changed. I was not only physically stronger but mentally and socially as well. Things that I did in the past that drained my energy were now easy tasks that took 2 hours less than usual. My school grades rose significantly, the quality of my work improved, and even my butt-ing-heads relationship with my mother became pleasant! There is no doubt in my mind that joining and committing myself to this exercise is what jumpstarted my new life. Just like starting a new job or moving to a new place, the beginning wasn't so easy and I had to build momentum before I could gain and indulge in the benefits. I learned that during the times I felt completely dis-

couraged or lazy, I would start to dread the thought of even going to Capoeira and eventually talk myself out of doing it but I glad I stuck with it. Getting out of the lazy mentality was crucial for me to reverse the damage I already caused in my body and also what I needed to regain control of my health and most importantly my life.

It is never too late for anyone to make the change they need to improve the quality of their life. Being more active will provides benefits to everyone, no matter their age. It does not limit the choices to exercise. Other beneficial activities include: art classes which improve fine motor skills and focus, golf putting which trains hand-eye coordination, flower arranging which surrounds people with beautiful plants that are symbolic for happiness promoting positivity and going the Circle of Elders which will keep you socially connected with your community and is important for mental health. If you are feeling unchallenged, I urge you to look into weekly or monthly activities that you would be interested in. Joining activities may feel like a big step at first, but remember that getting started is the hardest part and in no time you will be basking in the benefits of your dedication.

For the Love of a Friend

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relationship for the propagation of virtue in a society. He describes various kinds of friendship, but wrote that true friendship is the love and acceptance of another person for the person he is, without any hope of reward or gain from the relationship. A true friend may give advice as to what to do in a certain situation, but never tries to change his friend. A true friend listens to joys and sorrows, and even experiences them with his friend on an emotional level. A true friend never betrays a secret, and interprets words and actions in the best possible light, because he or she can see the good inside of his friend. Having such a true

friend is a blessing, for true friends are not always easy to find. Yet the love of another person for her own sake, a pure love, can lift us out of the bog of the daily grind and provide us with great meaning and satisfaction in life. The love between good friends is quite simply a holy experience; it offers a glimpse into the selfless, unitive state of being that breathes life into the world.

With Valentine's Day coming soon, there is much talk about love. The focus will be on romantic love, and on all the gifts one should buy his or her partner as an expression of that love. Whether you have a romantic partner or not, it is worth pondering another

kind of love that sustains us through our ups and downs. True friends are precious, and life would not be as rich without them.

Take good care of your friends. If they are far away, keep in touch with them, but still try to make new friends in your area. If you live in a community setting, you are very lucky! There are plenty of people around with whom to forge connections and pursue common interests. So no matter what your age, personality, or physical condition, remember the power of friendship, and enjoy the sacred bond of what Aristotle considered the most virtuous form of love.

Take Your Pick (Continued from Page 1)

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- walking increased 12% in the exercisers but declined by 1% in the non-exercisers.**
- **Stair climbing power increased by 28% in the exercisers.**
- **The overall level of physical activity increased in the exercisers.**
- **The nutritional supplement had no effect on outcomes.**

The findings of the research group was as follows:

High intensity strength training is a feasible and effective means of counteracting muscle weakness and physical frailty in

very elderly people. In contrast, multinutrient supplementation without exercise does not reduce muscle weakness or physical frailty. This research clearly demonstrates that providing strength training opportunities for the very frail would be a much more effective use of resources than nutritional supplementation to prevent frailty.

Strength training exercises are available to residents in all three of our facilities. In addition, at Waters Edge Lodge there is a ***leg press class that basically does the same exercise done in the research study described above. The class is***

held 10:30-11:30 Tuesday and Thursday mornings and 4:00-5:00 Monday-Wednesday and Friday afternoons. It is a drop-in class and utilizes our universal weight equipment in the exercise room. Almost any resident is capable of doing this exercise. Although we cannot keep ourselves from growing older, to a certain extent we are masters of our own fate as to how well we age. You can choose to sit in a chair and become increasingly inactive and weak or you can choose to get out of that chair and start exercising. It is never too late to start. You can choose to lose muscle mass or you can choose to increase your strength and functional abilities. The choice is yours....take your pick!

February Activities

February may be the shortest month of the year, but that doesn't mean it has to be the least exciting! Between Valentine's Day, Chinese New Year, Presidents' Day, and Mardi Gras, there is plenty to celebrate this month. On Monday the 15th, Presidents' Day, we'll take a multimedia tour through the entire history of the Presidency with a presentation, *Our 44 Presidents*. The next day happens to be Fat Tuesday, so don't miss the Mardi Gras party that afternoon. After the revelry is over, the season of Lent starts off with Ash Wednesday. An ash

service will be held right here in the Lodge, open to residents of all faith backgrounds.

We've also planned a number of fun outings for the month of February. On Thursday the 4th, we'll go visit the Ruth Bancroft Garden. On Monday the 8th we'll visit the Laci Museum of Lace and Textiles in Berkeley. On Monday the 22nd, we'll go back to Berkeley, this time to go to the Lawrence Hall of Science at the University of California. On Wednesday the 24th, members of the community will have an opportunity to visit the Museum of the African

Diaspora in San Francisco.

In February, the World Tour takes us to Africa. In addition to the outing to the Museum of the African Diaspora, there will be World Tour movies shown every Wednesday night at 6:45 pm in the Living Room. On Tuesday the 2nd, we'll have a lunch outing to Café Colucci in Berkeley for authentic Ethiopian cuisine. Other lunch outings in February include the Harbor View Chinese Restaurant, Asena Restaurant in Alameda, and T-Rex Barbecue Restaurant in Berkeley.

Resident of the Month: Cliff Seal

Cliff Seal was born in Orlando in 1928, but he did not enjoy palm trees and sandy beaches as a kid. No, Cliff grew up in Orlando, Oklahoma, population 500! He was the second of four children, three boys and a girl. Cliff's parents were dairy farmers, and with all the milking he had to do on the farm, no other kids could beat him in arm wrestling! In 1946, after graduating from high school, Cliff enlisted in the 11th Airborne Division of the Army. He spent some time in Japan, and soon after re-enlisting, he was sent to Korea to fight in the war. Cliff was wounded, for which he received a Purple Heart, and was also awarded a Combat Infantry Badge. After his discharge in 1952, Cliff decided to join the MSTS (Military Sea Transport Service). The MSTS was the civil-

ian branch of the Navy, and it provided logistical/transport support for the armed forces. Cliff worked in the MSTS for 20 years until his military retirement in 1972, and then worked as a cab driver in San Francisco. According to him, there are cab drivers and there are guys who drive cabs, the difference being that "cab drivers actually make money!" Cliff enjoyed being a cab driver until his full retirement in 1987.

Before joining the MSTS, Cliff took himself a little vacation and traveled down to Mexico, where he met a lovely young lady by the name of Maria. She was en route to the United States with her family from Guatemala, and during the few days they spent together in Mexico, Cliff and Maria fell madly in love. They were mar-

ried in less than a year and ended up having three children together: Clark, Deborah, and Kelly. They lived in a house in the Potrero district of San Francisco, and they always had dogs as pets. Cliff had an interest in astronomy, and even owned a nice telescope with which to view the vast northern skies. He still goes to reunions with his Army buddies every year, though sadly, there are fewer of them around than there used to be. Cliff came to the Lodge in order to be closer to his wife, who is a resident of Waters Edge Nursing Home in Alameda. He likes the Lodge because the people are "good" and "pleasant". Cliff's favorite thing about living at the Lodge is the freedom and independence he has; he enjoys the feeling that "I can do anything I want."

Resident of the Month: Arbret Pennington

Arbret Pennington was born in Dawson, Georgia on May 8. Ms. Pennington was the second of three children. Ms. Pennington's father worked as a plumber and painter while her mother worked as a housekeeper. As a young girl Ms. Pennington worked as a babysitter and during certain parts of the year shaking peanuts and picking cotton in the fields, learning first hand, the value of hardwork. "Growing up we had to learn how to be responsible and do what's important," Ms. Pennington said. "But we did have our fun playing baseball, hide and seek, card games and telling stories."

Ms. Pennington was raised as a Baptist attending Shallow Baptist Church where she participated actively, ushering and singing in the choir. By the

time Ms. Pennington turned 18 she was married and had moved to Daytona Beach Florida with her husband and baby girl. Ms Pennington worked as a cook for Greyhound bus station where she introduced term "Soul Food" to many of the customers "Macaroni and Cheese was one of my most praised dishes from many of the customers" said Ms. Pennington. Ms Pennington also worked as a housekeeper. After moving to California in 1969, Ms. Pennington worked in retail in such stores as JC Penny's, Smith's, and Goldman's. She eventually retired from The Glass Factory.

After retiring one of Ms. Pennington's hobbies was going to Cache Creek and enjoying playing the slot machines.

Ms. Pennington has been a resident of The Waters Edge Nursing Home for the past 4 months. "The staff and people here are very nice and I don't have any problems," said Ms. Pennington. "Always liked the public and the public always liked me. Treat others how you want to be treated." Ms. Pennington enjoys conversing with other residents and staff, participating in activities, and demonstrating what a good friend should be. We are pleased to honor her as February's Resident of the



World Tour: Africa

World Tour for this month is Africa, the world's second largest and second most populous continent. The tallest mountain in Africa is Mount Kilimanjaro, Tanzania which is 19,340 feet/5895 meters. The largest island in Africa is Madagascar, which is off the East Coast of Africa in the Indian Ocean is the largest island in Africa and the 4th largest island in the world. Nigeria is the most populated country in Africa with an estimated population of 125 -145 million people making Egypt the second with over 76 million people.

Upcoming Events: February

Feb. 1, 8, and 15: Jimmi James performs
Feb. 22: Live Jazz with Ann
On Feb. 2, 9, 16, and 23: Jaime performing Indian Flute
Feb. 3, 10, 17, 24: Live Piano: with Miles
Feb. 4, 11, 13, 18, 25, 27: Live Guitar: with John
Feb. 5, 12, 19, 26: Live Saxophone: with Dave
Feb. 6 and 20: Classical & Opera Show with Maria and Kate
Feb. 11: The Alameda Chris-

tian School is doing a Valentine's Day performance

Feb. 6: Bingo Bonanza w/Red Cross Youth

Feb. 7, 14, 21, and 28, Live Harmonica: with Jerry G

Monthly birthday party is Feb. 28th

Don't Forget: Arts & Crafts will be on Monday's and Wednesday's and Bingo will be Tuesday's and Friday's.

From the Desk of the Administrator: Christina Carter

The staff at Elders Inn would like to say "Thank You" to the residents and family members that donated to the Employee Christmas Fund. Your generosity is greatly appreciated.

You will be seeing slight changes to the alternate menu, we have added additional food items and soup to the alternate menu that is available daily.

Once a month, we will have an international meal at lunch to coincide with the country that we are visiting

during our World Tour. In February, we are visiting the continent of Africa. During the month, we will be showing African themed movies and travel logs.

We have a budding arts and crafts group meeting in the Webster Street Dining Room Tuesdays at 2:45pm- 4:45pm. Projects include knitting and crocheting, individual art, gift items (boxes) and booklets that our residents can carry in their purses.

Our successful card making activity will continue courtesy

of our resident volunteer artist, Kaela Wilber. Kaela's talents are appreciated the second Saturday of each month both in our Garden Unit and the Buena Vista Dining Room beginning at 10:00am. Come join us and craft some cards to send to your friends.

Lastly, Happy Valentines Day from the sweethearts of Elders Inn!

The Winter Olympics

In ancient times, the Greeks gathered in the serene Valley of Olympia to offer sacrifices to their many gods. In time, the event came to include games and contests, which eventually came to be known as the Olympic Games. The first recorded date of these games was 776 B.C. The Games were then held every four years until 394 A.D. Originally, women and girls were excluded from participating in the Olympic Games. Later, separate races known as the Herannic Games in honor of Hera, the wife of Zeus were set up for them. When conquering Roman armies invaded Greece, the Games lost their importance, and ended in 394 A.D. by order of Emperor Theodosius. Earthquakes, floods, and landslides eventually buried

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Resident of the Month: Margarita Sullivan

Margarita Sullivan was born in Stockholm, Sweden. She had one older brother. Her parents owned a rest home and both worked hard to make it successful. Her father came to America to become a chiropractor and was studying his profession when World War I started. He was not able to return to Sweden for 14 years! Her father and mother, who worked as a nurse, soon embarked on quite an adventure. Her father bought, sight unseen, a ranch in Panama and the family relocated there to discover that there was only a small house with no electricity or running water! Margarita was only 6 years old and this turn of events came as quite a shock to the family.

After her father passed away, the family moved to Berkeley where her mother opened a

boarding house. A certain boarder named Walter J. Sullivan, who was working in a saw mill, took a fancy to Margarita and they married. Walter worked for the U. S. Army Corps of Engineers and Margarita worked as an accounting clerk. Margarita also worked for the All American Cable and Radio Company as a clerk. After Walter's passing, Margarita moved to Oakland's Montclair district for many years before joining our community at Elders Inn.



Iron Person of the Month: Robin Alberti

By: Rosemarie Caigoy

Everyone can recall the story of The Tortoise and The Hare whose underlying message to the audience is “slow and steady wins the race.” The same can be said when making a fitness goal and then trying to achieve it. Because it takes a long time for the body to adapt with maintaining or building strength, it is important for a person to stay dedicated and wait patiently to see results. It happens too often that a person will prematurely quit because the incentives do not come fast enough. The iron resident of the month is a special lady that perseveres to maintain her good health. She is older than most of the residents and still comes to exercise every morning, rarely missing a session. The past several months I have watched her make and accomplish goals slowly, such as standing up from a seated position without using her hands. She also has a great attitude; the days when her balance seems off, she'll quickly dismiss it

and say “I'll try again tomorrow.”

Robin Alberti was born in March of 1913 in San Francisco. She went to an all girls high school where she learned secretarial work. Upon graduating, she got a job as a secretary for the vice president of a defense plant that made engines during the World War. When the war ended, she continued to work as a secretary for 30 more years. During those times, Robin kept a close knit community of good friends that she had the pleasure of touring the world with. She has traveled all around the United States from Yosemite National Park to the Hawaii Islands. She has also been to Europe and China not once but twice, attending beautiful outdoor operas in Italy and staying in majestic palace like buildings in China. Robin says her favorite experiences during her numerous travels involved hiking national parks in various countries, clearly defining her deep appreciation for the vast and diverse wilderness of

the world.

At the Lodge, there are several activities that she has made part of her daily schedule. Besides exercise, Robin enjoys learning and discussing current events at the Circle of Elders, walking around the areas surrounding the facility and participating in her daily “guilty pleasure:” BINGO. She has a close relationship with her nephews who frequently come by to visit and check up on her. She likes to lose herself in mystery novels, light opera music, and chocolate ice cream.

Robin's positive attitude and calming energy makes her a great friend to anyone who gets to know her and her persistent personality is a reflection of the hard work she dedicates to maintaining her physical and cognitive wellness. It is my humble pleasure to know her and I know that anyone who becomes acquainted with her will feel the same.

The Winter Olympics (Continued from pg. 6)

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the site of the ancient festival. In 1896, the Games were revived largely due to the efforts of one man — Baron Pierre de Coubertin.

The Winter Olympic Games are a winter multi-sport event held every four years. They fea-

ture sports held on snow or ice. The first Winter Olympics were held in Chamonix, France in 1924. Prior to this, figure skating and ice hockey had been events at the Summer Olympics. The Games were held every four years until they were interrupted by World War II. The Winter and Summer Games resumed in 1948

and were celebrated on the same year until 1992. At that time the Winter Games split from the Summer Games, and were celebrated on alternating even years. The first Winter Olympic Games to be held on this new schedule were in 1994 in Lillehammer, Norway and the 2010 Winter Olympics begin this year on February 12th in Vancouver, Canada.

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For free copies of Alameda Elder Communities monthly newsletters, please visit our website at: www.alamedaelder.com

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 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 facility 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 to maintain an 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 Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.



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