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*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
801 Island Drive
Alameda, CA 94502

*Alameda Elders 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 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 maintain and 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 Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*

Alameda Elder Communities

Living on the Waters Edge

Volume 4, Issue 1

July, 2007

Established in
January, 1972.

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

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Anything is Possible

By: Peggy McCormick

On May 22, 2007, Katsusuke Yanagisawa became the oldest person to climb Mount Everest. He was 71 years old when he reached the 29, 035 foot peak. He decided to climb Everest when after summiting a nearby peak he got a glimpse of Everest and decided that was his next dream. What is amazing is that Mr.

Yanagisawa continues to dream, even at 71. How many of us, because of our advanced age, stop dreaming?

Just recently an 81 year old man from Yuma, AZ set off on a 2000 mile bicycle trek around Arizona's perimeter. While riding to raise money for homeless charities, he plans to finish the trip in 14-16 days. Seventy-eight

year old Bill Anderson has already made two bicycle trips, Canada to Mexico and San Diego to Florida.

John "Doc" Ball, at age 94, was the oldest living American surfer when he died in 2001. He had been surfing since 1929 and never let his age or health problems stop him from enjoy-

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Your Number One Caregiver

By: Kathy Hanley, PT

Residents of Waters Edge Lodge and Elders Inn are blessed with many caretakers. There are people who cook and clean for them; who do their laundry; and who do any necessary repairs. There are van drivers who take them to appointments; there are nursing, fitness and therapy staff all of whom help keep them healthy; there are activities people

who keep them active; and there are administrators, receptionists, and office staff who make everything all happen. Many of our residents also have sons, daughters or other family members or friends who take care of financial matters, run errands, take them to medical and dental appointments, take them on outings, and oversee their overall well-being. With all this care and attention,

many residents may feel that there is little left for them to do. With advancing years, many residents feel they have earned the right to sit back and let others take care of them, right? *Wrong!* In fact, nothing could be farther from the truth. Why? Because in the end, you are ultimately responsible for yourself.

You need to be your own #1 caretaker.

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Your Number One Caregiver

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Although aging is an inevitable fact of life, it does not necessarily entail increasing dependence on others. By adopting a healthy lifestyle grounded in good nutrition, fitness, social involvement and continued learning, you can be living as actively and independently as possible. Activities that *anyone* can do to achieve this goal include:

Eating healthy—Eat a well-balanced diet rich fruits, vegetables and whole grains. Food is the fuel that powers your body.

Drink plenty of Water—This is particularly important as the weather gets hotter. Water hydrates your tissues and cuts down on the risk of urinary track infections. Our body is 70% water; make sure you keep it replenished.

Get moving—Exercise is good for the heart, lungs,

muscles and joints. By staying fit and strong, you'll be able to perform daily activities with greater ease. Our residences offer group exercise classes as well as individual personal training. Make sure you take advantage of them. In addition, try to walk for at least 20- 30 minutes each day.

Give your mind a workout—Read, do crossword puzzles, play cards or board games, learn a new skill, listen to music. The mind is like everything else: if you don't use it, you lose it.

Learn to cope with stress—Stress can lead to heart disease, ulcers, memory loss and immune deficiencies. When you're feeling stressed, go for a walk, talk it out with a friend or family member, do deep breathing. Meditation can have a wonderfully relaxing effect on both the mind and body.

Be an informed medical consumer—Learn about

your medical conditions and medications. Come to your medical appointments with a list of questions. Be an active participant with your doctor in the decision-making process.

Stay socially connected—Join in on the activities of your facility. Find a person to take walks with. Start a bridge or card group. Try to make a new friend. Write letters and call friends outside the facility.

So remember: no matter how many well-intentioned caregivers you have, make sure that your #1 caregiver is you. Ultimately *you* are responsible for your own health and wellbeing. A wise person once said, "Old age is not for the faint at heart." You need to be mentally and physically strong so that you can take care of yourself in the very best way possible. Today is the day to get started on it.

a ride on the Leg Train. Each "passenger" will be doing 1-2 sets of leg presses on the machine, a total investment of 5 minutes of your time, free of charge and guaranteed to improve your traveling down the road to increased lower body strength! You have nothing to lose and absolutely everything to gain. So hop aboard the Leg Train with Peggy.

to reduce falls and inspire confidence in our abilities. We're moving better, getting around easier, enjoying life more. But increasing our leg strength is a very important journey in order to reach that destination of good overall health and well-being.

On Mondays, Wednesdays and Fridays from 3:00pm to 4:00 pm you can come to the exercise room, grab a seat for

Take a Ride on the Leg Train

By: Peggy McCormick

Beginning July 2nd The Leg Train arrives at the Lodge! While we're all getting fit and stronger we still must do all we can to prevent falls, be capable of going for walks, feel at ease getting in and out of chairs and in general keep our largest muscle groups strong and vital. Consistent attendance in the balance and exercise classes has been proven

Iron Person of the Month: Alda Harkey

By Peggy McCormick

Alda Harkey, our July Iron Person of the Month chooses not to reveal her age. But I can tell you she has made some remarkable improvements since participating in our fitness program and has the determination and drive of someone half her age. Alda has told me that if it wasn't for her participation in the classes she probably would have fallen by now. She tells me that her upper body strength has increased so much that she can easily hold on to the handrails in the bathroom to support herself, that pushing off of chairs is easier when getting up and that it has also made her want to eat "smarter".

Her biggest accomplishment is her daily walking regime

throughout the halls of the Lodge. Alda counts each step she takes she logs 600-1000 steps daily! It makes me tired just thinking about it! She prefers to walk indoors and is religious about getting her walking in. Alda is a huge inspiration to so many people here.

Alda says that she was never an athletic person in her youth. One funny story about that time in her life was playing basketball in high school. Apparently every time someone threw the ball to her she ducked. So everyone started calling her "Bravo", because that's what they yelled out when she ducked from the ball. Congratulations Alda for being our Iron Person of the Month. Thank you for your continued support and inspiration to so many.

Alameda Elder Communities: Thank You to our Staff

Alameda Elder Communities would like to thank the following staff members for their continuing service and dedication.

1 Year

Patricia Hendrix, WENH
Maria Rangel, WE Lodge

2 Years

Jessica Martinez, WE Lodge
Alicia Elphick, Elders Inn

3 Years

Aresnia Estonilo, Elders Inn

4 Years

Milagros Baniago, WENH
Claudia Fonseca, WENH
Elizabeth Mediran, WE Lodge
Tianti Phillips, WENH
Yolanda Gipson, WE Lodge

5 Years

Li Yin, WENH
Marita Porcados, WENH
Ed Catamen, WENH

6 Years

Leonarda Villafior, WENH

7 Years

Antonio Salindo, WENH

11 Years

Leticia Gomez, WE Lodge
Lauren Zimmerman, AEC

12 Years

Jeronika Captain, WE Lodge
Rolando Villanueva, WENH

23 Years!

Hellane Merchant, WENH

28 years !

Larry Merchant, WENH
Didi Cahiles, WENH

Senior Fitness Test

By: Jackie Fay

The older we get, the harder it is to exercise. Sometimes, it is because we have never had the exercise habit, or we think it's time to do what we want to, or, it could just be too much trouble, too much work, and for what? An exercise habit was the one thing we hardly ever cultivated as children. We always assumed our hard work was exercise. As children, we hopped on bikes or horses and rode to our destinations as it was our mode of transportation, now everyone drives, everywhere.

The residents of Elders Inn and Water Edge Lodge have or will take the **Senior Fitness Test**. This test is designed to measure **Upper and Lower Body Strength, Aerobic endurance, Upper and Lower Body flexibility, Dynamic Balance and Agility, and Body Mass Index**.

After taking the Senior Fitness test, many residents are inspired to work with our personal trainers to cure those areas where he or she is showings signs of weakness. Keep being the best you can be—don't stop now. See Peggy at the Waters Edge Lodge or Jackie at the Elders in to create a program designed for you. It's never too late to start working out and you will feel much better.

Live Oak

Our Circle of Champions meetings continue to be popular. We begin our meetings with a group song and then dive into the day's topic. Everyone feels comfortable at these meetings and residents and staff are voicing their concerns and praises. At these meetings, Christina is able to find out important information; ie, a pendant that is not functioning properly, and often correct the problem by the end of business. We also encourage everyone to treat each other kindly.

Pass the Water

The warm months are here. Time to enjoy sunny days, picnics and BBQs. The warm months are also a time of the year that we especially need to focus on our elderly loved ones. As we age, our sense of thirst decreases which often leads to dehydration. A person needs six to eight glasses of fluid per day. Water is not the only source of fluid intake. Other fluids include milk, juice, popsicles, ice creams and flavored beverages, especially those without caffeine. Hydration is crucial to the health of the resident. One important benefit of being hydrated is having good bowel movements. So remember to drink, drink, and to remind our elderly friends to drink plenty of fluids as well, especially as the weather to warms up.

Resident of the Month: Dr. Stephen Sheppard

Dr. and Mrs. Stephen Sheppard met at Hanover College in Hanover, Indiana, where he studied Pre-Med. Stephen then traveled to California to matriculate at L.A. College of Osteopathic Physicians and Surgeons. Dr. Sheppard's internship was at L.A County Hospital. In 1946, he went to Cleveland, Ohio to help his father establish a 250-bed hospital. He later became Director of House of Practice, then Chairman of the Department of Surgery. Dr. Sheppard and completed a four year psychology residency at Napa State Hospital and Sonoma State Hospital. Upon completion of his resi-

dency, he worked for the California Department of Corrections in Vacaville. He later rose to Senior Psychologist. He was also in charge of the ICU unit after five years. He also worked for the Department of Veterans Affairs evaluating veterans for their benefits.

Later he and Mrs. Sheppard moved to Brookings, Oregon. During this time, he commuted between Crescent City, California and Brookings, Oregon working for the California Department of Corrections. He retired in his 80's.

July Activities

July is often vacation month for many families, allowing time to build and maintain relationships. Summer weather enables access to outdoor activities that can be part of building a family bond. Encouraging Residents to appreciate family and outdoors can be presented in many ways. This month at the Elders Inn, we are sharing some outdoor experiences that can help build our Community.

July 3 & 10 – Walking Trip to Farmer's Market @ 9:00 am.

July 4 – 4th of July Parade between Webster & Lincoln @ 11:00 am with Rene Estridge. Followed by a Barbe-

que gathering at 12:00 noon with Lodge Residents and Music with Andy in the Main Courtyard @ 1:00 pm.

July 17 – Residents will be making S'mores at 2:00 pm. Music with Karl on Accordion.

July 20 - Ice Cream Social at Happy Hour @ 3:00 pm (Garden Neighborhood) with Claudio on Piano

July 24 – Banana Boat Social at 2:00 pm. Music with Karl on Accordion.

July 27 – All July celebrants celebrate with Birthday Cake at Happy Hour @ 4:00 (2nd floor) with Claudio on Piano

Community: Supporting One Another

By: Charlene Britton

Not only do many elders suffer from a decline in physical stamina, but often they struggle with depression. As people age and they see their lives coming to a close; their greatest fears become magnified.

Humans function independently, making decisions about what they want to do. As their abilities become more functionally limited, and as elders transition into the next stage in their lives, it becomes difficult to understand when one cannot do everything he or she used to do. Some elders are no longer driving, rendering them housebound unable to do simple things such as grocery shopping or stopping by a friend's house. Whatever the

case is, losing one's independence is never easy to deal with.

Sometimes the tasks of independent living become too much and alternative means must be found. An assisted living helps meet the needs of elders who are no longer able to live alone, enhancing their quality of life not only physically but mentally. Residents in assisted livings like the Waters Edge Lodge or Elders Inn are no longer isolated, instead creating connections right at home. Services are provided and needs are met based on the care one needs, enabling elders to live the best life they can.

Depression in the elderly often decreases when elders no

longer feel isolated from the outside world. Living in a community where elders are able to be active with others who understand what they are going through, residents often become more comfortable with their declining independence. This setting enhances the quality of life for individuals. The people working with the elders have the utmost respect and love for them, wanting to see them lead the best life they can.

Although some may view an assisted living as a loss of independence, it should instead be seen as a new phase in an elder's life. One that will help them continue to achieve the best quality of life.

Anything is Possible

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ing life with a passion.

There are many documented stories of senior citizens living active and adventurous lives. It's kind of hard to believe, when sometimes it's a struggle to just get out of bed. But the thing that separates these people from most is a lifelong passion for life. Yet some found their passion late in life while others continue to do what they've always done, be it surfing, bike riding, golfing or hiking. The elderly climbers, surfers and adventurers of the world real-

ize that there is so much more to life when you venture outside the box.

We have accomplished that here at the Lodge in a small way. Without the fitness program, many people would be content to just sit and watch TV. It wasn't that long ago that we were encouraging people to join the program and live a little. And as they saw, and continue to see, the benefits far outweigh anything we or you could have ever imagined.

I am not saying we should field a team to climb Mount Everest. Heck, half of you

would have to carry **me** up! But with the increased feelings of well-being and strength, there are many opportunities to become an adventurer, even in your 80s and 90s. And it all starts with is a dream.

My point is there is never any reason to stop dreaming and to stop conquering mountains. Your mountain may be small, more like a little hill. But it's yours and it can lead to other things. Advancing age isn't a reason to stop living and exploring all that the world and Mother Nature has to offer.

Resident of the Month

Charles "Al" George was born in Seattle, Washington around the end of WW1 in 1919. In 1921, Al and his family moved to Weber Street in Alameda. His father was a Court Judge and his mother was involved with various organizations. His brother's life was cut short due to a tragic automobile accident. Al has three children, two girls and one boy. He is an alumni of "the old Alameda High School." After high school Al received a Rowing scholarship and attended Sacramento Junior College. From there, he attended the College of Pacific (COP) and graduated with a B.S. in Speech English. One of his many jobs while growing up was at his sister's sorority house. He worked in the kitchen, prepared table settings and served the ladies their meals. "It was a fun time" he recalls. After he graduated college, Al served in the United States Navy and joined the B5 program at the airport in Oakland to become an Aviator pilot. Al lived in places around the world such as Shanghai, Hong Kong, Melbourne and Auckland. "Ask me where I haven't been." His hobbies are golf, tennis and doing wood work especially cabinetry. Al currently spends his time at the Chuck Corica Golf complex where he works as a Marshall among many other duties. We are delighted to honor Mr. George in the month of July.



World Tour: North America

It's Birthday time at the Waters Edge Lodge! America's birthday, that is! All of us who have the wonderful privilege of exercising our freedom wish America a very happy birthday this month. The weather could not be more beautiful as we stroll around our gorgeous lagoon and soak up the sun. We are reminded of just how lucky we are to live in the USA and how blessed we are to have our liberty.

We will be celebrating our

July Activities

We will be attending our 3rd Oakland A's game on Wednesday, July 18 and we will be leaving the Lodge at 11:30 am SHARP! The Amazin' A's have graciously donated 50 tickets--10 tickets each for 5 games and we thank them so much! Sign up early for a chance to root for our team as they take on the Texas Rangers and enjoy the sunshine and maybe a hot dog and a cold beer! We will be giving preference to Residents who have not gone before. Sign up now at the Front Desk.

On Thursday, July 19, we will be cruising on the Oakland Estuary as we enjoy what has become an annual tradition. Come and get a behind-the-scene look at our bustling Oakland Estuary as we take the Tour of the Port of Oakland on a private ferry! We will leave the Lodge at 12:00pm, board the ferry at 12:30 and then enjoy a narrated tour of the Port.

World Tour this month in North America. Keep your eyes peeled for a informative and eye-pleasing display of Americana and other art from our neighbors in North America. We will be showing patriotic movies, sampling tasty treats and, as is our custom, serenaded by the Urquhart Big Band on July 11th as we salute America. Please join us on the patio overlooking the lagoon at 7:15 and enjoy America's best loved music.

Sign up early for this one! It will surely be a sellout!

As if one cruise isn't enough, our own Patrick McCabe will be leading an outing on the Bay for our Residents on Wednesday, July 25th at 5:45pm for an evening cruise to San Francisco. We will board the Harbor Bay Ferry and cruise across beautiful San Francisco Bay to the Ferry Terminal and returning shortly thereafter having soaked up the sea breeze and glorious sights of our City By The Bay. Again, this is sure to

Circle of Elders

Three heads are better than one! David Ruttan has been joined by Dave Ballerini and Patrick McCabe on our Joyful Journey to change the attitudes and culture of aging one step at a time. Come and find out what all the talk is about! Monday—Friday 12:30 pm in the Living Room

Resident of the Month: Jack Bacon

Jack was born on October 16, in Greeley, Colorado, just 50 miles north of Denver. He came to California at a young age when his parents bought a chicken ranch and citrus grove in Fontana, near San Bernardino. Jack ate so much chicken during the Great Depression, he has avoided it whenever possible ever since! After graduating from Santa Cruz High School, Jack wanted to attend the UC Berkeley, but had to help his mother make ends meet for the sake of his younger siblings (a brother and three sisters). So Jack went to work for a wholesale drug company, which was eventually bought out by Brunswig, the second largest drug distributor in the nation. Jack worked for Brunswig until his retirement at age 65, attaining a significant management position as the supervisor of 6 divisions, which employed a total of 8,000 workers. It is also worth mentioning that Jack had a brief but illustrious career in the United States Army, into which he was drafted after the Pearl Harbor attack of 1941. Jack served as supervisor of a radio unit in the French Alps, where he once risked his own life to call in for air support, in order to help a garrison of French soldiers that were ambushed by the Wehrmacht. For this particular display of valor, the French government decorated Jack with the Croix de

Guerre, a military decoration bestowed to individuals who distinguish themselves by acts of heroism involving combat with enemy forces. Jack has two children: a daughter, Marilyn, who is an attorney for Kaiser Permanente; and a son, John, who works as a licensed social worker in his own practice in Oregon, and enjoys making wines as a hobby. Jack loves sports, especially football (he is a 49ers fan), as well as classical music; he always looks forward to the New Years' Day Strauss concerts performed by the Vienna Philharmonic Orchestra. It is with pleasure that we recognize Jack Bacon as our Resident of the Month for July 2007.

July Activities

July is about celebrating our nation, and we'll be doing it in style here at Waters Edge Nursing Home. On the Fourth, we'll be kicking off the festivities with a cookout on our waterfront patio, the perfect place to enjoy a warm summer breeze and catch some rays. On Friday, July 6, at 1:30 pm, we will be hosting a special patriotic concert performed by renowned vocalist **David Flag**. The Star Spangled Singer will delight us with patriotic classics in the Bay Room at 1:30 pm. All welcome to attend! On Tuesday, July 17, the Dietary and Activity Departments will co-host an Ice Cream Social for residents and staff. What better way to beat the heat than a few scoops of heavenly vanilla topped with

The Joyful Journey

We seem to have turned a corner in our culture change process. In addition to our daily Circle of Elder meetings, and weekly Learning Circle gatherings, a number of our residents are speaking up and creating the type of community that their hearts and minds know is possible. Whether it's demanding the respect they deserve, or engaging the management on certain practices, members of our community are finding their voices and using them to implement real change. We hope that the change agents in our community continue to contribute to this process with patience and compassion, knowing that culture change is a journey, not a destination.

Oakland A's Game

We are planning a field trip to see the hometown Oakland A's play at the Coliseum sometime in August. We are looking for friends and relatives that would be willing to accompany our residents to this game, and to sweeten the deal, we will provide all accompanying guests with free tickets! That's right, if you take a resident on this field trip, you can attend absolutely free. For more information, and to lobby for specific dates, please contact Krys, the Activity Director, at wenhactivity@gmail.com, or simply call or drop by the fa-