

Living on the Waters Edge

Hector: Man of All Trades

By: Bernard Welz, Resident

When something is out of order at the Waters Edge Nursing Home, Hector is the man to fix it. He performs his magic on things as diverse as toilets, sinks and beds. From repairing and painting rooms, finishing floors, or hanging curtains between beds, Hector can do it.

When the brakes on my wheelchair no longer worked, he fixed them in the corridor where I stopped him. He carries his tools on his belt. Tools that fit well into his hands.

He gets along well with residents, always ready to push their wheelchairs to their rooms if they ask.

If the corridors need cleaning, and the cleaners are not available, he washes and polishes them himself. The corridor floors are always clean and shiny.

In his workroom where he keeps many parts scattered, only he knows where things are—a picture memory that rests in his head.

The other day I had Hector put nine pictures on my wall. In the picture I like best I am asleep, a cat beside me, her four feet in the air, a position she often assumed. If I awoke before she did, I would tickle the long hairs between her paws, and watch as her feet jerk. Awake, she would try to bite my fingers but would not clamp down on them.

AES Iron Woman of the Month: Peggy Centanni

By: Rosemarie Caigoy

Balancing the mind and body is something that eastern philosophy emphasizes. This is the idea that our being is equally two parts: the subjective experience as our thoughts and the physical experience through our body. An imbalance of the two is said to be the root of illness. Balancing the two is a patient art and is often achieved through consistency. Peggy Centanni is a resident who fortunately started balanced life habits at an early age. Each morning, she is ready for the first exercise class, poised, calm, and centered, and ready for instruction. Upon moving here several months ago, she immediately started attending classes giving me a break from trying to recruit her. Please welcome Peggy Centanni, a wonderful new addition to the Waters Edge Lodge and honor her as July's Iron Woman of the Month.

Peggy Centanni was born in Santa Rosa and is the eldest of two girls. She always enjoyed physical activity, especially swimming. At the time, women were not allowed to compete in sports and physical activity. Women were limited mostly to cheer leading and square dancing. Luckily, Title IX was passed allowing for range of activity for women to participate and compete. Peggy became a student at San Francisco State University where she received her degree in Physical Education. While in college, she attended a USO dance, and met a handsome sailor who was stationed on Treasure Island. She was immediately smit-

ten and they exchanged letters for 4 years while he was stationed around the world. When he returned from his military duties, Peggy picked him up from the ship and they got married shortly after. Peggy had already graduated and was a physical education teacher in San Jose so, naturally, that is where they settled. Her husband went to San Jose State for Industrial Arts and Technology where he later became a professor. "He was such an intelligent man" she recalls with a sparkle in her eye. The Centannis had two girls, Colette and Anne.

After 30 years of service between two schools in the San Jose School District, Peggy retired, but her active routine did not stop there. For the next 27 years she volunteered her services twice a week at O'Connor Hospital, working in the surgery waiting room, in distribution transporting patients, and doing "the books" for the gift shop. Peggy misses her ranch style house in San Jose, which she still often visits, but she decided to move to Waters Edge Lodge to be closer to her daughter Colette who lives on Bay Farm.

When I asked Peggy what the secret to her good health was, she humbly replied, "Oh I guess its in my genes." I definitely suspect the balance she established between an active physical life and her acts of selflessness and compassion that nourished her mental health had something to do with it. She displays a strong sense of self awareness and control.

Waters Edge Lodge: July Special Activities

We're celebrating the red, white, and blue throughout the month of July here at the Lodge. As always, we will have our own tent viewing stand set up on Webster Street so that our residents have an opportunity to watch Alameda's Fourth of July Parade in comfort and style. Be sure to sign up early, since spaces are limited and they fill up quickly!

Another regular fixture of our Independence Day festivities is the Urquhart Concert Band, and they will be back this year to inspire our civic sentiments with an impressive array of brass and percussion instruments. All are welcome to this grand concert on the evening of Wednesday, July 6th.

Few things are more American than barbecue, which makes our lunch outing to Great American BBQ in Alameda on Thursday, July 7th, particularly well-timed.



Capping off the holiday week will be Debra Hamouris playing on the Appalachian dulcimer on Friday, July 8th. The beauty of the sounds created by this unique string instrument is a perfect complement to Debra's voice singing our most treasured American folk songs.

On Monday, July 11th, the Huddys are coming back by popular demand to entertain us with their beautiful guitar duets. The July 14th lunch outing will be to Pearl's Deluxe Burgers in Alameda South Shore. The burgers there are so good, our residents can't wait to go back! The following week's lunch outing will be to Ole's Waffle Shop on July 21, another favorite destination of our residents, one with a long history of satisfying Alamedans' breakfast and lunch cravings. With the weather expected to be cooperative from now on, we

invite residents to sign up for another American pastime: a picnic. On Tuesday, July 26th, we'll take a van full of residents to Crab Cove for a picnic lunch and to explore the coastal trails and take in the stunning views of the city and peninsula. Our last lunch outing in July will be to another mainstay of the Alameda culinary scene: Pier 29 Restaurant, on July 28th.

The month of July will also feature the unveiling of two new groups. The Lodge Book Club will be organized to present our many logophilic residents with the opportunity to engage in facilitated group discussion of books that will be of interest to the group. There have also been numerous requests for a new Spanish class, so it will be reincarnated in the form of a basic conversation class, with the objective of allowing participants to communicate verbally with Spanish speakers in simple, everyday situations.

The wide range of interests pursued by our residents is a great testimony to the possibility of personal and intellectual growth as an elder, and the Activity Director is thrilled to receive ideas from residents and families about new and improved programming. If you have an interest and would like to share it with others, consider volunteering!

Finally, the Aging Successfully course has been a big hit with our residents, and a new series of the 10-session course will be offered in late July. The course, which is facilitated by Kryspin Turczynski and David Ruttan and also open to friends and family of our residents, invites participants to reflect on and discuss various aspects of aging, with the goal of helping people to age actively and consciously.

Waters Edge Lodge: Resident of the Month—Kay Hawkins

Kathryn Hawkins (née Zagar), who likes to be called Kay, was born in Painesdale, Michigan, in 1922. She grew up in a family of 12, and enjoyed playing hockey with her brothers. She followed four of her brothers into the United States Marine Corps, where she met her husband and continued to serve in a guard detachment.

Kay has a daughter who you probably don't want visiting you in a professional capacity - she works as a lawyer for the Internal Revenue Service! Kay's favorite hobby is tennis, and she has won many trophies which can be seen displayed in her room. Some of her other favorite things include roses, coffee ice cream, spaghetti, dogs, and winter. Her favorite music is anything

to which she can dance, and her favorite song is God Bless America, which she sings every Thursday with all the other residents who come to Happy Hour.

Kay also lived in Rhode Island for 10 years, and came to California in 2005. We are blessed to have such a warm and easy-going person as Kay in our community, and we are pleased to celebrate her as the Resident of the Month for July 2011.



Elders Inn: July Special Activities

In addition to our Circle of Elders which is held Monday through Saturday at 11:15 in the Buena Vista Lounge, we will be instituting a Resident Council every Sunday (see the article on the history of Resident Council in this issue). This important part of assisted living and skilled nursing ensures that all residents have the right to have their voices heard in a secure and private environment and guarantees that their concerns will be acted upon.

Please come to the Circle of Elders with Nancy every Monday, Tuesday and Wednesday and with David on Thursday, Friday and Saturday. We discuss topics of interest to our community—locally, nationally and internationally. Devote a half hour of your time to make a difference. On Sundays, all residents will have an opportunity to gather in the Buena Vista Lounge at 11:15 and have a private discussion about their concerns. All concerns—complaints and compliments alike— will be addressed.

Sundays are fun days at the Inn! We have begun a

Sunday morning celebration in our newly painted lobby at 10:00am. We are having fresh baked doughnuts delivered about an hour earlier and serving them with delicious Peet's coffee or tea. Our receptionist is also leading a group discussion of the events of the day during this time by perusing the lobby copy of the Oakland Tribune and engaging our residents in some give and take. Grab a friend and have a fresh doughnut, cup of joe and some lively discussion in our beautiful lobby every Sunday morning at 10!

On Saturday, July 16th, we will be having an ice cream social with a new twist! To showcase our talented art students, we will be serving ice cream in the Webster Dining room during the art class with Bridgette! This will be a great opportunity for all of our residents who don't know about the class to see in person how much fun it can be. Our students will NOT be painting with melted ice cream! Come to the art class at 3:00pm on Saturday, July 16th and check out the fun!

Elders Inn Resident of the Month: Nettie Koltun

Nettie Koltun never knew why her parents named her Nettie, other than they just liked the sound of it— it isn't a nickname. She was born in Hotchkiss, Colorado, which is on the way to Aspen traveling from the south. Nettie was one of 6 children—she had 4 brothers and 1 sister. Her father was a laborer and her mother was a homemaker who, as you can imagine, was quite busy raising 6 active children!

At the age of 7, the family moved to Dietrich, Idaho, which was once a large town. The railroad was the reason for the town's success, and once the importance of the railroad started winding down, Dietrich became a small town again. Nettie attended public schools in Dietrich and left Idaho when she was offered a job in Ely, Nevada, working for a copper mining company. It was a company town, and Nettie's job

was to collect the money for the company meals. She was evidently a good collector, because she collected from a certain gentleman who became her husband!

Nettie and her husband moved to Sacramento, where Ed worked for the United States Geological Survey, but his job required him to move around the western states. At one time or another, they lived in Oregon, Washington, and Arizona as well as Idaho. They had 6 children—the span between the eldest and youngest was 19 years, and she adores her 6 grandchildren.

Nettie used to refinish furniture and play golf in her precious spare time and she is a wonderful addition to the Elders Inn.

Resident Council

By: David Ruttan

Resident Council had its roots in a movement to empower nursing home residents who were neglected and ignored. Advocates for skilled nursing facilities noticed that many nursing homes “warehoused” their wheelchair-bound residents by wheeling them into the hall and basically leaving them all day except for meals. This tragic practice drew the attention of

many appalled individuals who lobbied to have a Council of Residents established to give residents a voice in their own affairs.

The Assisted Living/Nursing Home resident council is a resident organization within the facility whose members are residents of the property. All residents of the

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Waters Edge Nursing Home: July Special Activities

The sun is out and the weather is warm. We want to remind families and staff to encourage our residents and loved ones to drink water in order to prevent dehydration.

Our special activities this month include a trip to Park St. to view the Mayor's Fourth of July Parade. Families

and loved ones are encouraged to attend. We will also have an Ice Cream social with the Alameda Friendly visitors on July 6. We will also continue to have live music daily at 2:00 pm in the Bay Room.



Waters Edge Nursing Home Resident of the Month: Elisabeth Tashjian

Elisabeth Tashjian was born in 1921 in Detroit, Michigan, the youngest of four children. "As kids, we were always together. I was the youngest and the smallest," she recalls. Her father worked on the assembly line for Ford Motor Company, and her mother was a homemaker. As a child, Elisabeth enjoyed playing volleyball, babysitting and dancing. One of her favorite dance routines was the Jitter Bug.

In high school, Elisabeth was a member of a dance group. After graduating from Western High School, she attended the University of Michigan, where she studied English. In the 1940's she married and had two children, one son and one daughter and taught

preschool.

Elisabeth's first impression of California was that it was "simply eloquent." The weather was wonderful compared to that of Detroit. Elisabeth began working for the IRS, and worked there until her retirement.

Elisabeth is also a skilled seamstress and lamp maker. She had the pleasure of traveling through Europe and Armenia. Elisabeth also enjoys shopping. She loves animals, especially dogs. She also loves and cherishes her two grand children. Mrs. Tashjian is warm and embracing. She is pleasant and cheerful. This is why we are celebrating Mrs. Elisabeth Tashjian as our July resident of the month.

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facility can participate in the resident council just by the fact that they reside within the home. The resident council has powerful rights in assisted living and nursing home facilities and these resident council rights protect the rights of residents.

The resident council is not governed by the assisted living facilities or nursing homes. The resident council provides a vehicle for residents to participate in decision-making and for residents to voice grievances and resolve differences. Usually residents, who are able, take on the role of speaking up for those who cannot. Every assisted living or nursing home facility resident council is different, due to differences in both the residents who participate and in the level of support and responsiveness from the facility.

The Nursing Home Reform Law and federal regulations require nursing homes and assisted living facilities to assist in the establishment of resident councils. The assisted living and nursing home resident council movement has grown into a vital part in the health, safety, and welfare of residents in nursing homes and assisted living facilities.

Resident Council Rights

(1) Each facility shall have resident council consisting

of representatives elected by facility residents. Elections shall be held annually.

(2) The council shall annually elect a chair from among its members. The chair shall call and preside at council meetings.

(3) The resident council shall serve in an advisory capacity to the respective administrators and to the director in all matters related to policy and operational decisions affecting resident care and life in the facility, to include, but not be limited to, input into the biennial budget making process and facility supplementary policies and procedures. The administrator shall give due and proper consideration to such input.

(4) Each resident council shall:

(a) Actively participate in development of choices regarding activities, food, living arrangements, personal care and other aspects of resident life; and

(b) When so requested by a resident, serve as an advocate in resolving grievances and ensuring resident rights are observed.

Please join your facility's Resident Council and make a difference in your environment.