

Living on the Waters Edge

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Reinventing the Village

By: Kryspin Turczynski

Growing up, I always loved staying with my grandparents in Poland on my summer vacations as a child. They had a little house and barn on the edge of a small town, Chojnow, where most of my relatives still live. One side of the house was bordered by a railroad viaduct and a gateway to the long, narrow plots of rye and oat, which served as a refuge to a family of storks. On the other side were my grandparents' neighbors.



Everyone on my grandparents' street moved there right after the war, raised families, and grew old together. Going to town always took longer than expected, because you couldn't walk down the street without running into somebody and stopping for a chat or a cup of tea. The women visited each others' gardens, and there were always men clustered in front of the local shops, enjoying a beer. Neighbors would help each other fix fences and lend milk when needed. Somebody would always be available to help celebrate a birthday or mourn a death. The residents of that street were lucky, because they were more than just neighbors, and friends; they were a community.

Some communities are formed spontaneously, but they all require commitment and dedication to keep going. Communities must be *intentional*. The deepest, most authentic bonds of friendship are forged through sharing meals together, lending a helping

hand, and providing a shoulder to cry on. Hence the beauty of the layout of a traditional village: the physical environment encourages interaction, with common areas that allow the whole community to gather together on a regular basis.

In such environments, seniors are an integral part of the community. They help raise the children, tend the gardens, and prepare meals. They provide a link to the past, helping the community to remember its history, uphold its customs, and maintain its identity. Because of the proximity, seniors are able to socialize independently without feeling like a burden on anyone. In car-centric societies, like the one we live in, the loss of driving privileges often condemns one to social isolation. For all too many homebound seniors, old age becomes a time of loneliness, instead of the liberated, joyful life stage it should be.

The natural human desire for social support and community life, especially in older age, is why there is so much excitement surrounding the concept of senior cohousing. Successful in Scandinavia for over 20 years, cohousing is beginning to take off in the United States as well. Alameda Elder Communities is thrilled to be developing a senior cohousing community right here in our own community. Located right next to the Park Street Bridge, Phoenix Commons will be the residential component of a larger senior network called Elders Village. Next month, this column will examine how Phoenix Commons and Elders Village intend to improve the lives of seniors all over Alameda.

Give Your Teeth the Brush Off!

By: David Ruttan

Which toothpaste is the best for you? Is more expensive better? The surprising answer may interest you!

The modern history of toothpaste began in 1892 when an American dentist, Dr. Washington Sheffield, invented the collapsible tube for storing toothpaste. Four years later in 1896, the toothpaste giant, Colgate began making its own brand. But the history of toothpaste goes back for over 2000 years—

The earliest known reference to any mixture for cleaning teeth comes from a 4th century AD Egyptian

manuscript. The ingredients included flowers that would be crushed together, but exactly how this was used is unclear. It is also documented that both Greeks and Romans used a form of toothpaste. Among the ingredients they used were animal bones and oyster shells, apparently in an attempt to use an abrasive to scrape the teeth clean.

The history of toothpaste also gives us insight into 9th century Persia, when a musician named Ziryab in-



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Waters Edge Lodge: June Special Activities

June will be a particularly exciting month at Waters Edge Lodge! As always, we will have our full schedule of various regular events, activities, classes, and entertainment. There are some additional highlights, however, that you won't want to miss. On Saturday, June 4th, John Kiyasu, a nephew of resident Flora, will be performing in the Living Room immediately after lunch. On Wednesday, June 8th, there will also be a special cello concert right before dinner. Reva, the granddaughter of residents Sidney and Lotte, is performing a series of concerts in conjunction with her bat mitzvah service project, and has graciously agreed to play here at the Lodge.

For all the ice cream lovers out there (and it seems like there are quite a few among our residents!), we are planning an outing to Tuckers, one of Alameda's most popular ice cream parlors, on Monday, June 13th. June 14th is Flag Day, so come honor our great country by watching a patriotic movie the evening of Tuesday, June 14th. Wednesday, June 15th, will provide an opportunity for movie lovers to experience the big screen at an outing to the Alameda Theater for a matinee showing. By participating, you are not only supporting the local cinema but also increasing ridership for the Alameda Paratransit Shuttle, which is a great resource for local seniors and deserves our support.

The Tour of Alameda, which takes residents on a driving tour all around the island, including the old navy



base and the USS Hornet, will be offered on Friday, June 17th.

Sunday is Fathers' Day, and a great day to watch America's favorite pastime. Come participate in the hottest sports rivalry of the Bay Area, as we watch the Oakland Athletics take on the San Francisco Giants on our big screen television in the Activity Room. Snacks and beverages will be provided. Tuesday, June 21st is officially the first day of summer! Need some sunglasses, sunblock, or some light clothing? Then join the shopping trip to Bayfair Mall on that day. We will continue to celebrate the start of summer all week. On Wednesday, June 22nd, come and take the ferry to San Francisco's Ferry Building for lunch and shopping. This outing always fills up quickly, so don't forget to sign up at the Front Desk as soon as possible!

On Friday, June 24th, join our Hawaiian Luau Party on the waterfront patio for a little taste of the islands. Since the Pacific Islands are also our World Tour theme of the month, most of our lunch outings in June will offer an opportunity to taste the delicacies of this part of the world. These will include Sampaguita Fil-Am Cuisine (Philippines), Hawaiian BBQ Drive-Inn, and Jayakarta Restaurant in Berkeley (Indonesian). Other lunch outings will support the local Alameda food scene by going to China Gourmet and South Shore Cafe. Finally, please note that pianist extraordinaire Chris Goslow will be performing on Wednesday, June 29th, instead of his regular Monday time.

Waters Edge Lodge: Resident of the Month—Alita Zolot

Alita Zolot was born in San Francisco and grew up in the East Bay. She was the younger of two girls. After graduating from Alameda High School, Alita enrolled in San Francisco State University to become a teacher. When the war started, she attended business school instead and found a job on Treasure Island working for Pan American Airways. Alita worked on the ground but did have a few opportunities to fly in Pan American's hydroplanes that took off and landed on the water! She then returned to Alameda and worked in the supply department of the Naval Air Station. She met her husband and traveled with him throughout his three years in the Army, during which he was deployed throughout the South and Midwest regions of the United States. When the war ended, they found themselves in Hawaii, and soon returned to California. Alita was not destined to stay in California for long, however. They soon moved to Japan, where they lived for five years. The East Coast was next, including six years in Connecticut and some time in Manhattan.

Alita traveled extensively due to her husband's job, which took them to Spain, Italy, England, France, Greece, Puerto Rico, Canada, Portugal, and Hong Kong! She has traveled especially often to Italy, to visit her daughter in Sardinia, and her three granddaughters in Rome. When she finally returned to California, Alita's last home was in Laguna Woods before moving to Alameda in order to be closer to her relatives. Alita has always kept busy throughout her life. She worked for H.C. Capwell in Oakland as a teenager, and worked retail in Manhattan too. When she returned to California from Manhattan, Alita worked for World Savings in Oakland and finally for First National Bank in Alameda. Her hobbies included playing tennis and golf. Alita enjoys puzzles and especially Mahjong, which she still plays every week with her Alameda friends. She is an avid reader of all genres of books, and has done volunteer work in Japan and New York. Alita will always brighten your day with her warm smile and gracious presence.

Elders Inn: June Special Activities

I think that the poet James Russell Lowell said it best:

And what is so rare as a day in June?
Then, if ever, come perfect days;
Then Heaven tries earth if it be in tune,
And over it softly her warm ear lays;

Our crazy weather is finally over and the trees are making up for lost time with spectacular splashes of greens, reds and yellows in our patios. A lot of our residents are already grabbing a paper and a cup of coffee and basking in the glorious sun. Don't forget to take a fresh baked cookie! We are now baking them fresh every day at 10:00 am and 2:00 pm in our remodeled cafe.

We will be celebrating our residents who are Dads with a special Fathers Day Luncheon on Sunday, June 19th. The menu sounds delectable: Pot Roast with Gravy, Twice-cooked potatoes, Broccoli Polonaise and ending up with a very special Apple Pie ala Mode! What better way to salute all of our Resident fathers than with a great meal? How about a hula demonstration? Genie Phillips of Aloha Hula will be dancing the hula on Fathers Day at 2:00 PM as a special treat for all of our lucky dads. Our ladies are welcome to enjoy the show too! Maybe a few of our lady residents will be motivated to try and dance the hula!

Because July the 4th falls on a Monday this year, we will be celebrating a few days early with our annual patriotic concert of music by the Urquhart Big Band. This annual tradition is always a big hit with residents and families alike and this year promises to be no different. The festivities begin at 7:00 pm in our patio, so grab a sweater or jacket and get there early for a good seat. There will also be a limited number of seats inside on the second floor where residents can look out over the action. Last year, there were 25 musicians to perform the works of Gershwin and John Phillip Souza and there sure were a lot of toes tapping in time to the music! Light refreshments will be served after the concert in the Cafe.



Elders Inn Resident of the Month: Mavis Caulfield

Mavis Caulfield was born in Arthur, Nebraska, a booming metropolis of 90—I guess Mavis made it 91! Arthur was a community of cattle ranches and farms, and her father ran a cream station where dairy farms brought their separated cream for transport to North Platte, where it was processed.

When Mavis was eight, during the Great Depression, her family moved to Southern Missouri where her father sold wood and found employment as a carpenter. Mavis is one of five children, having two older brothers and two younger brothers. She claims that she wasn't spoiled being the only girl and had to carry her share of chores just like her brothers.

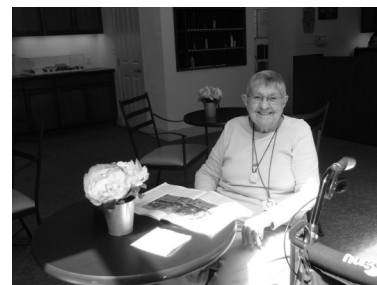
Mavis and her family moved to Napa, California when she was 15 and became high school sweethearts with her future husband, George. He was 21 and Mavis was 20 when they married. George was a plumber, later became a plumbing estimator, while Mavis was a homemaker who busily took care of their 3 girls. Mavis was very involved with Bluebirds, Campfire Girls and the 4H Club in Napa and was Secretary of the Administrative Board for the 1st United

Methodist Church for a few years.

After George retired and the girls were grown, Mavis and George traveled across the United States for 3 months in their 7 ½ foot camper! They visited every state capitol and had a wonderful, albeit cramped time!

Mavis started photography as a hobby at the age of 10 and when she was 15, she converted an old chicken coop into a darkroom! She has enjoyed photography all of her life.

Mavis has 3 daughters who live nearby—one in Los Altos, one in Fairfield and one here in Alameda. She is the proud Grandma of 3 granddaughters and 1 grandson in addition to 1 great-grandson and a great-granddaughter on the way! She is a delightful person and a great addition to Elders Inn.



Waters Edge Nursing Home: June Special Activities

This month we will celebrate Fathers' Day on Sunday, June 19, 2011. We will be watching the Bay Area Rival Oakland A's versus the San Francisco Giants. Liam will be coming to visit every Monday during the month of June.

We will continue to have Live Music daily at 2 pm,

with your favorite entertainers, including: John Heleen, Dave Altschuler, Roberto and Katie, Jimi James, Anne, Miles and Jaime.

We will have flower arranging on June 21 and Spirit Care Ministry will visit on June 7.

Please join us!

Waters Edge Nursing Home Resident of the Month: Basil (Bill) Lekas

Basil (Bill) Lekas was born in Portland, Oregon in 1935. He and his three siblings worked on their family's farm, and participated in the 4-H Club. "In those days, we didn't have television, so we played games such as Monopoly and cards. Mr. Lekas's father worked as a salesman and farmer, while his mother was a homemaker.

In 1962, Bill came to California, a very liberal place to live. He spent the first 26 years of his career working in construction management. "Watching these huge structures being built was amazing, he recalls. He

spent the next 25 years of his career owning and operating a business with his wife of 34 years, Jan. Mr. Lekas has three daughters.

His favorite hobbies are: pheasant hunting, cooking, gardening and exploring the California coast. Mr. Lekas has been a part of the Waters Edge Nursing Home Community for nearly 2 years. He enjoys socializing, and playing a game or two of Blackjack with the activities staff. His good sense of humor and love of fun are just two of the reasons we are honoring Mr. Lekas as our June Resident of the Month.

Give Your Teeth The Brush Off (Continued from Page 1)

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vented a mixture similar to toothpaste. The exact ingredients are still unknown, however it became very popular, especially in Spain. Some Native Americans used neem tree twigs as a toothbrush, which is ironic in that neem oil is used primarily today as an insecticide! Whether these twigs were used by the ancient Europeans is still undetermined. Some historians assert that the early toothpastes were rubbed on the teeth using cloth.

During the 19th century, tooth powders became popular in the United Kingdom. They were made from salt or chalk. A look at the history of toothpaste indicates that even charcoal was used as tooth powder, but there were many other toothpaste formulas used. Some written histories show toothpastes in 18th century America were made from burnt bread as well as resin, alum and cinnamon. Undoubtedly an assortment of herbs were employed as well.

In 1900, toothpaste consisting of hydrogen peroxide and baking soda started to be manufactured, but it was not until the outbreak of World War I that Dr. Sheffield's invention became popular. As the collapsible toothpaste tube became widespread, fluoride eventually became one of the ingredients.

An examination of the history of toothpaste shows that adding the element fluoride was frowned upon by the American Dental Association in 1937. However by the 1950s, fluoride toothpastes had gained wide

acceptance. The first toothpaste with fluoride that was proven medically safe was Crest by Proctor and Gamble, first appearing on the market in 1955.

Crest was eventually followed by many other types and brands. Today there are several dozen brands available in the United States, and hundreds of different manufacturers around the world.

The primary use of toothpaste is to prevent cavities. However as toothpastes evolved, they were designed to whiten teeth and also give fresh breath. Toothpastes also now come in various flavors, including fruit and mint. The history of toothpastes has not been without controversy with some critics asserting it doesn't clean teeth as well as claimed. But in most modern societies, the toothpaste has become a part of their personal hygiene.

Now that you know a little history of toothpaste, which one should you buy? Is there one toothpaste that is better than the rest? Evidently, although hundreds of kinds of toothpaste are available for purchase at drug and grocery stores, you don't need an expensive one to do an effective job of cleaning your teeth. According to the ADA's Consumer Adviser, Maria Lopez Howell, all that really matters is that you brush your teeth at least twice daily with a toothpaste that is ADA approved and contains fluoride. She says to just pick the one you like or you can afford.

