

Living on the Waters Edge

Volume 6, Issue 8

March, 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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A Breath of Fresh Air

By: Rosemarie Caigoy

During the winter season, outdoor hobbies are put on hold. The rain and wind make it too cold for a walk or a day of shopping outside, so more people started attending morning exercise regularly. I took this opportunity to work on a specific goal, which was to strengthen our upper bodies. Maintaining the strength in our upper bodies is important for functioning

in our daily lives. If you feel like you are just getting by with the strength you have now, think about how much more you can achieve by doubling that. With this thought in mind, I modified each class to somehow incorporate upper body building into each class, by working out the large muscles and training the small postural muscles. After 6 months, I retested the residents for results.

What I found was that residents that exercise regularly gained, on average, 20% more body strength! For those that came irregularly: a gain of 10%! There were several residents that had improved as much as 75% since the last testing six months ago. Congratulations to those that have achieved such feats!

Now, winter is ending and hopefully the rain

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News from Alameda Elder Services

By: Kathy Hanley PT

The goal of our Rehab and Fitness Departments is to keep our residents as mentally and physically fit as possible in order to help them live happy and fulfilled lives. We are constantly developing and expanding our programs to meet the changing needs of our residents. Here are some new things happening in our program.

Cognitive Rehabilitation: Many people find that as they age,

they begin to experience difficulties in the areas of memory, attention/focus, and spatio-temporal orientation. Cognitive rehabilitation offers remediation or compensatory techniques that can help a person remain as functionally independent as possible. With a physician's order, this therapy can be reimbursed by Medicare.

Urinary Incontinence Program:

Many people, as they age, begin to experi-

ence problems with urinary leakage or incontinence. These problems may cause a person to avoid social activities and outings that they would otherwise enjoy. Our Urinary Incontinence Program is a multidisciplinary approach to this problem that may involve Nursing, Physical Therapy and Occupational Therapy. With a physician's order, this therapy can be reimbursed by Medicare.

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Just Go With the Flow

By: Kryspin Turczynski, MA

Back in October, I started training Aikido, a Japanese martial art, at a dojo (school) right here in Alameda. My experience at the dojo has been overwhelmingly positive. The other members are friendly and helpful to newcomers, and the Sensei (head instructor) is skilled, wise, and devoted to helping us all become better martial artists and human beings. The sense of cooperation and reverence which permeates the dojo turns it into an oasis for me, a spiritual crucible where the body and mind are tested, unified, and transformed into instruments of peace.

One of the most important principles in Aikido is the redirection of existing energy, as opposed to simply trying to block or overpower that energy. So, for example, let's say an attacker comes right at you. You could meet brute force with brute force and try to overpower your opponent head on. Or, you could use your attacker's energy against him, and with the right timing, distance, and technique, you could redirect his momentum in such a way that puts him face flat on the ground, his arm held securely behind his back in a state of submission. This idea of going with the flow of existing energy is what attracted me to Aikido; I understood and accepted the theory of it, but found it difficult to actually practice it on the mat. My natural instinct was to

muscle my way through techniques using sheer strength. Over time, I became more and more comfortable with the fluid and circular movements of Aikido, and my body is now beginning to trust in the Art and just go with the flow. The benefits for self-defense are obvious: with repeated, disciplined training, you are equipped to protect yourself against any attacker; no matter how much bigger or stronger he or she is.

The lessons learned from the dojo transcend the training mat. I recently took a solo motorcycle ride down Highway 1, eager to take advantage of a weekend day without rain. Despite its occasional heavy traffic, I love the coastal road for its breathtaking ocean vistas, and was planning on taking it all the way down to Santa Cruz. In all my excitement, however, I forgot to fill up the tank that morning, and was forced to switch on my reserve tank just south of Half Moon Bay. Disappointed to be leaving the coast, but determined to not run out of gas, I headed east towards Pescadero. After filling up, I could have headed directly back to Hwy 1 and towards Santa Cruz, but something came over me. I stopped seeing the detour as an annoyance and realized it was an opportunity to do some exploring.

I rode through Pescadero's cute downtown area, with its sleepy, little shops and restaurants, and continued down the

road toward some pastures. The road narrowed, and soon I was well off the beaten path, greeted by the stares of grazing horses and sheep, and surrounded by rolling green hills. As I meandered down the road, enjoying every twisty mile of it, I was glad I deviated from my original plan, even though I had no idea where I was going. As it turned out, the best was yet to come. I eventually came to an intersection, and on the corner was a Spanish-style building labeled *San Gregorio General Store*. What I thought would be a regular market turned out to be a saloon/coffee shop/bookstore, with live folk music and tons of neat books, shirts, posters, and other gift items. The eclectic decorations, anti-globalist literature and laid-back workers made the place feel like home to me. After drinking my wine and saying goodbye to my new friends, I hopped back on Hwy 1 and headed home, extremely content with this little adventure I had created.

Going with the flow doesn't mean to lack initiative or persistence. After all, it's important to have goals and to take concrete steps to meet them. But when life throws you a curveball, it's usually helpful to be adaptable. Be flexible, see the big picture, find middle ground and learn to see things as opportunities instead of obstacles and you'll be surprised how things will just seem to go your way.

News from Alameda Elder Services (Continued)

(Continued from page 1)

Wheelchair Class at Elders Inn. Our Fitness Trainer, Rosemarie Caigoy, leads residents who use a wheelchair in wheelchair activities to work on upper body strength, cardiovascular endurance, and functional independence. The classes are held at 1:30 pm on Tuesdays and Thursdays.

Open Gym at Waters Edge Lodge. From 4:00-5:00PM on Monday-Wednesday-Friday, residents are invited to come to the exercise room and work out with our trainer, Rosemarie Caigoy,

doing the leg press, home exercise programs from Physical Therapy, or Senior Fitness Testing.

Senior Fitness Testing. Our focus for January and February was on upper body strength. Residents were tested on biceps strength and their performance was compared to previous tests. Residents were educated in the importance of lifting weights to increase arm strength for important activities of daily living such as lifting, reaching, carrying and pushing to standing. In March we will

begin testing for lower body strength.

If you are presently active in your facility's fitness and rehab programs, keep up the good work. If you haven't looked into what these programs can do for you, come join us. Maintaining health and fitness requires commitment and a willingness to be proactive but it is well worth the effort. **For more information on any of these programs, please contact Kathy Hanley PT, Rehab Director at 521-9200 ext 105 or talk to Rosemarie.**

A Breath of Fresh Air (Continued from Page 1)

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clouds are going to be taking a vacation. The days are longer, giving us ample time to go outside and get fresh air. People often overlook the importance of breathing fresh air, but air is the most important element of life. People can survive more than a week without food, days without water, but only minutes without air. It is essential that we start becoming more aware of the freshness of the air we breathe because it affects us more than we know. Fresh, clean air contains millions of positively and negatively charged oxygen atoms that revitalize our bodies. Uncirculated indoor air eventually becomes polarized with only positive ions, and indoor synthetic materials such as paint on the walls and ceiling tiles pose yet another obstacle to

fresh air reaching our lungs. Inhaling outside air that is rich with negative ions is essential for our bodies to lower temperature, boost mood, and most importantly, fight off infectious, acute diseases. When we come down with an illness, our bodies have to work under high pressure to get rid of the waste material that inflammation produces. The first way the body does this is by burning up the material through oxidation and eliminating it from the body. Breathing fresh and clean air assists in making this process more efficient.

Oxygen has an important role in exercise as well. When we begin to exercise, our body gets the energy we need for the initial seconds of movement from the energy stored in our muscles. However, this energy is

limited and used up quickly. Our body then turns to another process of producing energy known as the aerobic system. In the aerobic energy system, the body uses oxygen to help break down fats, carbohydrates and protein so that we can convert them into vast amounts of energy. Having a highly oxidized body also helps the efficiency of this process.

Even more interesting, researchers credit 10% of energy to our food and nutrients but 90% of our energy from oxygen. Oxygen also strengthens the heart, heightens concentration and focus, accelerates healing time for injuries, improves memory, and helps reverse premature aging. So treat yourself to a nice day of sunbathing outside. The amount of fresh air you will breathe in will be like treating your in-

March Activities

March brings the advent of spring, and along with it come new life, longer days, and the revelry of Saint Patrick's Day! Few things symbolize springtime as well as the blossoming of plant life, so we've organized an outing to the San Francisco Conservatory of Flowers on Thursday, March 25th. The van will leave at 1:00 pm and return in time for dinner. Admission to the Conservatory, which is located in Golden Gate Park in San Francisco, is \$5 for seniors. Another fun springtime outing will be the trip to Golfland in Castro Valley for a round of miniature

golf. We will leave the Lodge at 1:30 pm on Monday, March 29th, and the senior rate is \$7.50 for 18 holes.

This month, the World Tour takes us to northern Europe to celebrate the cultures of Scandinavia and the British Isles, including Ireland. As always, we will be hosting World Tour Movie Nights on Wednesday evenings after bingo, and one of the lunches in March will be a World Tour Luncheon, complete with ethnic food and music. On St. Patrick's Day (Wednesday, March 17th), join us for a special St. Paddy's Day

Social with live music by Helen Placourakis. On March 30th, Kryspin will present a special multimedia presentation: *The History of Whiskey*. Finally, our lunch outings in March will include restaurants such as McGee's Bar & Grill, The Englander Sports Pub & Restaurant, Quinn's Lighthouse Restaurant & Pub, and Marti's Place in Alameda, where you can try some exquisite Swedish pancakes with lingonberry jam!

Don't forget to sign up at the front desk to reserve your place in any outing!

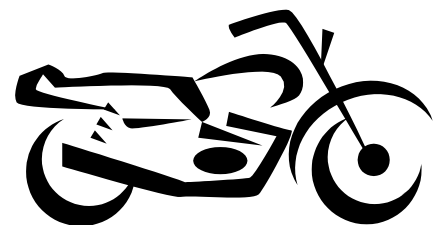
Resident of the Month: Frank Phillips

Frank Phillips is an East Bay native to the core, having been born in San Leandro in 1942 and remaining there until his recent arrival in Alameda. His father, Frank "Ham" Phillips, Sr., was a professional baseball player until he started his second career as a bartender. Frank grew up with three brothers, and they all boxed with the San Leandro Boys' Club. Frank was particularly promising as a boxer, having won a number of tournaments and state championships, and even had his picture published in the newspaper a few times. But the rough nature of the sport took its toll on young Frank, and he hung up his gloves around the age of 18. Frank graduated from San Leandro High School in 1960, but due to the injuries he sustained during boxing, he was

waived from military service. He began a career as a custom painter of cars and motorcycles, and eventually opened his own shop, which he operated until his retirement. He owns a house in San Leandro, and has always owned dogs. Frank was married and had four children.

Frank's greatest passion has always been motorcycling. He bought his first motorcycle, a Harley-Davidson, at age 16. Frank only rode Harleys throughout his life, in order to support American manufacturing of motorcycles. He was a consummate road-tripper, and has ridden all the way up to Alaska, down to Mexico, and on one trip he rode to the East Coast and back! Frank also owned a number of different four-wheeled vehicles throughout the years, though he al-

ways preferred trucks over cars. All of them, however, boasted immaculate, custom paint jobs! When asked to sum up his life philosophy, Frank will tell you that "I just did what I wanted to do." It is that independent, freedom-loving spirit that took Frank all over the country on two wheels, and that same spirit makes him the fun-loving guy that we've all come to appreciate in our community.



Resident of the Month: Hazel Leitzel

Hazel Leitzel was born in 1921 in Gaston, North Carolina to Maud and Raymond. Hazel's father worked in a cotton mill, while her mother was a housewife. Hazel was the youngest of five, with four brothers and one sister. As a child, Hazel grew up in a close and loving home environment. Hazel enjoyed singing with her father to such songs as *You are my Sunshine* and *How Much is that Doggy in the Window?* "My mother said all that singing would drive her crazy" said Hazel. "We would sing all the time and I loved every minute of it." Hazel's family had a strong religious faith, attending High Showels Baptist church. Hazel attended Dallas High School, where she was active in extra-curricular activities, participating in high school cheerleading. After high school Hazel

entered the field of cosmetology. Hazel worked as a hairdresser for over 40 years. Hazel married Marci Rodriques in 1950 and gave birth to her only daughter: Amy. "I love my baby girl, she's my pride and joy," said Hazel. Hazel remarried to Woodrow Leitzel in 1963 and they continued to live in North Carolina until he passed away in 1995. After his death, Hazel decided to move to Alameda, CA, to be closer to her daughter, Amy. Hazel had the pleasure of traveling to Japan when her daughter lived there in the 1980's. Hazel has two granddaughters, whom she also loves dearly. Hazel has been a resident at The Waters Edge Nursing Home for almost a year, after moving here from the Waters Edge Lodge. She has made plenty

of friends among the staff and residents. "I love this facility," she said. Hazel has a warm and upbeat spirit. She loves socializing, singing, walking around the facility and turning a person's frown into a smile. Hazel is also caring and compassionate towards other people and that's why she is being recognized as the Resident of the Month for March.



Get Real

Poem by: Axel Ottens

I once felt sure, That I could endure; a lot of Fur-er
 But; wanted happiness
 So I prayed..... to God.
 Not Seldom; but a lot
 To let my thoughts
 Not come to that
 brought by reality
 Extensively !
 Immortality!
 Instantly !
 A lot !

Upcoming Events: March

World Tour of the Month is the British Isles and Scandinavia. Also this month we recognize St. Patrick's Day on March 17th. Please join us for the following activities:

Spirit Care Ministry: March 15

Bingo Bonanza: Tuesdays and Fridays

Arts and Crafts: Mondays and Tuesdays

Live Guitar: Jimi James on Mondays

Jaime: Incan Flute on March 9, 16, 23, 30

Miles on Piano: March 3, 10, 24, 31

Live Guitar with John on Thursday's and on March 13 and 27

Live Harmonica: Jerry Gee on Sunday

Classical Opera Show with Roberto and Kate: March 6 and 20

Monthly Birthday party: March 25

We have a new Karaoke Program which the residents are enjoying.

March Activities

St. Patrick's Day is a very festive day at Elders Inn, as we celebrate the patron Saint of Ireland with decorations, Irish movies, discussions and, of course, Irish food and drink! This year, St. Paddy's day falls on Wednesday, March 17th and we will have a special Happy Hour at 3:00 in the Webster Street dining room with Irish music and special hors d'oeuvres. Be sure to wear your green or else you will get pinched!

Passover is one of the most popular Jewish holidays. The

first of the three major festivals of Jews, it has both historical and agricultural significance and marks the beginning of the harvest season in Israel. However, the primary reason cited for its observance is related to the Exodus of Hebrew slaves from Egypt after generations of slavery. Passover, or 'Pesach' in Hebrew, means 'Passing over' referring to the fact that God 'passed over' the houses of the Jews while afflicting the Egypt with the tenth plague. Hence the name of the festival is 'Pesach' or

'Passover'. On Tuesday, March 30th, the first night of Pesach, we will be sampling a few of the traditional symbolic foods that make up the Seder plate and discussing their significance.

There is neither better time nor place than our weekly Champion meeting at 2:30 for all of us to get together and celebrate our freedom, so please join our Champions at 2:30 on Tuesday, March 30th in the Buena Vista dining room.

St. Patrick

Saint Patrick was the patron saint and national apostle of Ireland who is credited with bringing Christianity to Ireland. Saint Patrick is best known for driving the snakes from Ireland. It is true there are no snakes in Ireland, but there probably never have been - the island was separated from the rest of the continent at the end of the Ice Age. As in many old pagan religions, serpent symbols were common and often worshipped. Driving the snakes from Ireland was probably symbolic of putting an end to that pagan practice. While not the first to bring Christianity to Ireland, it is Patrick who is said to have encountered the Druids at Tara and abolished their pagan rites. The story holds that he converted the warrior chiefs and princes,

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Resident of the Month: Jane Suzio

Jane Suzio was born in Wenatchee, Washington and is the eldest of 3 children with a younger brother and sister. Her father was a baker and got up at 3 am every morning to go to work. He specialized in making bread and his bread was so popular that local folks would buy it and mail it to their friends! Her mother was a homemaker who didn't like working in the bakery, but she had lots of things to do with 3 kids running around. Jane and her siblings learned how to bake at an early age, whether they wanted to or not!

When Jane was 11, her father bought a bakery in Berkeley and the family relocated to Oakland. She attended University High and Oakland City College where her favorite subjects were English and writing. She met her future

husband at her father's bakery, where he was working as a baker.

Jane and her husband lived in Berkeley and raised 3 children—Dan, Steve and Fran, who all live locally. She loves photography and her hobby rubbed off on Dan, who is a nature photographer and has exhibited his work locally.

Jane is a familiar face at our exercise classes and her laughter at David Ruttan's bad jokes lights up the room.



Iron Person of the Month: Toshiko Mikami

By: Rosemarie Caigoy

There are some people that look for incentives immediately when starting a fitness program. After they realize that it takes consistency and many weeks before they see improvement, they'll become distracted by something else or move the time they dedicate to exercise down the priority list. Then there are others that go into a fitness programs with set goals, but no expectations. They'll make exercise part of their daily routine to establish consistency and it's these people that will improve the state of their physical and mental well-being. This month's Iron Resident of the Month, Toshiko Mikami, is one of those people that reap the optimal benefits of taking it slow and staying dedicated to getting stronger and healthier.

Toshiko Mikami was born in San Francisco, California. She was the middle child of six, having four sisters and one brother. Her family led a very

peaceful life and they always ate healthy, sushi being one of her favorite dishes. During World War 2, her family was one of the Japanese-American families that were evacuated and taken to a detainment camp. After the war, however, she settled in Minnesota, where it was very cold. The community was new to Asians and she was often mistaken for being an Native American. She states that Minnesota was nice and filled with a lot of good people. She definitely enjoyed her life there, despite the weather. Even so, Toshiko and her husband moved back to the Bay Area, settling in Alameda, where she spent the next 50+ years of her life. She worked for the City of Alameda and retired from there after many years of service. She is a proud member of the City Hall Retirement Group, staying in social contact by meeting for lunch every week. Beside her retirement group, Toshi was also a member of Alameda's Methodist Group. Today she still participates on outings the Methodist Group has in con-

junction with the Buddhist Group every two weeks. They have discussions, exercise, and lunch together.

Toshiko enjoys hobbies such as knitting, walking, and bingo. Her goal for the future is to start using a cane instead of her walker. Since the first week of living here, she has committed one hour of every morning to exercise and her dedication showed when she was recently retested for upper body strength, improving 70% from her initial scores. Not only that, but her walking pace has increased as well as her endurance and she reports that getting in and out of the car is a lot easier for her. Her determination and will today is a precursor of her destiny tomorrow as a happy stronger elder of our com-



St. Patrick (Continued from pg. 6)

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baptizing them and thousands of their subjects in the "Holy Wells" that still bear this name.

There are several accounts of Saint Patrick's death. One says that Patrick died at Saul, Downpatrick, Ireland, on

March 17, 460 A.D. His jawbone was preserved in a silver shrine and was often requested in times of childbirth, epileptic fits, and as a preservative against the "evil eye." Another account says that St. Patrick ended his days at Glastonbury, England and was buried there. The Chapel of St. Patrick still exists as part of Glastonbury

Abbey. Today, many Catholic places of worship all around the world are named after St. Patrick, including cathedrals in New York and Dublin city.

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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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