

Living on the Waters Edge

Volume 2, Issue 12

May, 2006

Established in January, 1972. Now in our Thirty-Fifth Year of Providing Health Services to the Elders of the Alameda/Oakland Area.

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Who Can Prevent Falls

By: Kathy Hanley, PT

Falls are one of the biggest risks to our residents. A fall can result in something relatively simple to deal with, like bruising and soreness, or in something as severe as a hip fracture which requires hip pinning or even a hip replacement. As we age, we become increasingly vulnerable to falls due to osteoporosis which weakens the bones and makes them more susceptible to fractures. So whose responsibility is it to try to prevent these falls from occurring?

The answer is ***everyone's***.

Residents: *You* are the most important person in preventing your own falls. Keep your room free from clutter; make sure that there are clear paths to walk in your room; put away throw rugs or other things lying on the floor that could trip you; make sure there is adequate lighting in your room for trips to the bathroom in the middle of the night; if you feel dizzy when first sitting up, stop a few seconds and let the dizziness clear before getting up and walking; report longer periods of dizziness to nursing as it may be a response to medi-

cations or an indication of a medical problem; be a regular participant in the strengthening and balance classes offered at Water's Edge Lodge and Elder's Inn—one of the best defenses against falls is strong leg muscles and good balance reactions; finally, if you are noticing decreased balance or are experiencing increased feelings of a fear of falling, Physical Therapy can help—ask nursing to request therapy for you, ask to talk to Kathy Hanley PT, or discuss it with your fitness person: Peggy McCormick at Water's Edge Lodge or

Eden at Home

The Alzheimer's Foundation of America recently awarded an inaugural grant of \$20,000 for innovative care to The Eden Alternative, a program that "nurtures each person's capacity for growth," even in light of Alzheimer's

disease. Eden, a non-profit organization based in Sherburne, New York, has revitalized the social and physical environments of hundreds of long-term care facilities, including the facilities of Alameda Elder Communities.

With the grant, Eden will roll out a new program under its most recent initiative, Eden at Home. This program extends the organizations' core philosophy to individuals with dementia, who are living at home.

Fall Prevention

Laura Van Harn at Elder's Inn.

Family: Help your family member to identify and resolve the environmental situations described above; be on the alert for complaints of dizziness, loss of balance, or feelings of weakness in the legs and report them to nursing or therapy; encourage your family member to participate in exercise classes; take your family member for walks outside the facility; call Kathy Hanley PT (521-9200 ext 105) to discuss therapy options; finally, don't assume that your family member will continually decline—be proactive and seek interventions that will enhance your loved one's health and well-being.

Staff: Be the eyes and ears for nursing and therapy—be aware of environmental dangers and report them to your supervisor; if you notice unsteadiness in a resident, report it to nursing or therapy; encourage residents to go to fitness and therapy programs; help pick up clutter in the residents' rooms; finally, be an advocate for our residents in seeking out and getting the help they need.

If *everyone*—residents, family members, and staff—all become active participants in fall prevention, our communities will be safer places for our residents to live and thrive in. Remember: an ounce of prevention is worth a pound of cure—

Lessons from Philosophy: Socrates I

By: Kathy Hanley

The earliest philosophers were like modern day scientists—they were trying to understand the natural world and its underlying principles. Philosophy took a 180 degree turn with its first great philosopher, Socrates (470-399 BCE). Rather than looking outward to the physical world, Socrates turned philosophy's eye inward to the self; philosophers call this "the Socratic turn."

One day, someone asked the Oracle of Delphi, who the wisest person in Greece was, and the Oracle, a priestess who was thought by the Greeks to speak for the gods, responded that the wisest person was Socrates. Socrates was puzzled by this response and began to question others, trying to find someone who was wiser than himself. What Socrates discovered was that people who thought they

knew a lot were in truth ignorant. Socrates professed himself to be ignorant and came to the conclusion that only those who are aware of the limits of their knowledge are in truth wise. Socrates spent the rest of his life trying to understand himself and the human experience. One of Socrates' most basic maxims is "Know thyself." This is a lot harder than what it would seem to be on the surface.

—One day, long after her sons were raised and a few years after her husband of 55 years had passed away, my 82 year old mother-in-law said to me, "It's just now that I'm figuring out who I am as a person." Throughout her life she had been defined by her roles as daughter, then wife, then mother. It was only now that those roles had been completed that she could begin her journey of self-discovery. Do you know who you really are? What makes you unique? What are your strengths and how can you share them with the world? What are your weaknesses? what can you do to improve them? What would you still like to accomplish in life? What makes you happy? Socrates would say that if you do not continue throughout your life to try to understand yourself, you are wasting your human experience. Continue struggling to find and express your true self, no matter what your age—your life will be happier and more fulfilling.

Quote for May

"God could not be everywhere, and therefore he made mothers."

—Jewish Proverb

May Brain Teaser

Q: If, having only one match, on a freezing winter day, you entered a room which contained a lamp, a kerosene heater, and a wood burning stove, which should you light first.

May Activities

May is the month that we honor all of the Mothers of the world. We will be going out to a delicious restaurant for a Mother's Day lunch on Thursday, May 11th. Sign up at the front desk for this special outing.

The Greek Festival at the Greek Orthodox Church in Oakland is the weekend of May 19, 20 and 21 and we are will be going to this exotic and fun-filled place on Friday, May 19th. What better way to celebrate the World Tour of Greece? Sign up early at the front desk, remember this is a "4 shoe" outing with a lot of walking.

Resident of the Month: Fred Lucien

By: David Ruttan

Fred Lucien was born July 10, in the North Beach area of San Francisco. He attended local schools and graduated from Balboa High School. He attended Heald Business College and was a Golden Gloves boxer before giving up his boxing career to get married at the age of 20. Fred enlisted in the U.S. Navy during World War II and spent 2 years in the Philippines.

He returned and tended bar in Northern California for 2 years and met his second wife while managing the Trocadero Club in San Jose.

Fred then was offered a job as a Teamster and drove a truck in San Francisco. He eventually was promoted to Vice-President and General Manager of Allstates Trucking, a division of Pacific Intermountain Express, making him a 34 year industry veteran.

Fred was married for 56 years and has 2 children, 7 grandchildren and 7 great-grandchildren. His son is a retired electrician and his daughter is a retired Spanish teacher. He is looking forward to attending the wedding of one of his grandsons on May 20th!

World Tour: The Mediterranean

Well, the massive April showers have certainly brought spectacular May flowers, haven't they? Spring Fever is alive and well here at the Waters Edge Lodge as all eyes turn to our beautiful surroundings. How lucky we are to live next to such a wonderful lagoon which is home to so many gorgeous birds and trees. The ducklings are learning to swim in our lagoon under the watchful eyes of their parents and all is well in this great world we call home. We will be visiting a warmer climate of the world for a welcome change starting May 1st---Southern Europe and Greece. What better way to usher in one of the most beautiful months of the year than to take the mental voy-

age to Italy, Spain, Greece and all of the gorgeous Mediterranean lands. Keep watching the display for this month's exhibit to whisk us away!

Special Guest:

On May 4th, John Russo, Democratic candidate for State Assembly, will join us at the Circle of Elders and answer any questions that you have about the upcoming elections.

Live Oak:

The Circle of Elders has evolved! The popularity of the Waters Edge Lodge's Circle of Elders has overflowed to our weekly Circle of Champions every Thursday at 1:30 in the Activity Room. The Circle of Champions is a forum consisting of Staff and Residents who come together as a group to share ideas about changing our culture and the way that we all react to change. It is a fun time, full of mutual respect and the wonderful ways that we can

learn from each other. All are welcome to attend and participate at whatever level you find comfortable---just come as you are, listen all you want and speak if you want to. Soon enough, you will feel like one of our family!

The Circle of Elders is a great way to be introduced into our community. David invites all new Waters Edge "citizens" to come to our hour of conversation, Monday through Friday at 12:30, in the Living Room.

National Nursing Home Week

National Nursing Home Week is a nationally recognized week that celebrates both the residents of Nursing Homes and the staff who cares for our residents with so much love. Established in 1967, National Nursing Home week provides an opportunity to visit our loved ones, and to appreciate the staff.

This year, we kick off our annual celebration on May 14th with our Mothers' Day activities.

On Wednesday, May 17th, the staff of the WENH will celebrate with a barbecue on the center patio. All staff members are encouraged to attend.

On Friday, May 19th, the celebration continues with a facility wide ice cream social. The staff will be celebrating with the residents serving ice cream sundaes in the Bay Room.

Please celebrate with us!



May Movie Schedule

- 5/6-My Big Fat Greek Wedding
- 5/13-Zorba the Greek
- 5/20-Happy Gilmore
- 5/27-Ground Hog Day

Resident of the Month: Mary L. Anderson

We would like to welcome Mary Anderson, who has been living at WENH for about six weeks. She was born on April 14 in Oregon. Mary is the youngest of six children. She had three sisters: Lucille, Florence and Robert; and two brothers: Ben and Gladis.

Mary graduated from Roosevelt High School in Oregon, in 1924. She married at the age of 23 to John L. Anderson. They were married for 50 years. John passed away in 1990.

After Mary and John married, Mary became a housewife. She had a baby boy named Jerry L. Anderson who died in 1954 at the age of 23. He was an artist and a musician.

She followed his band to see him perform.

Mary's hobbies are flower arranging, animals, gardening, cooking, swimming and other sports. Mary enjoys trying different foods.

Mary always dreamed of becoming a teacher or a singer.

Mary would like to thank her family members for the beautiful flowers, and card. She also would like to thank the staff for being so kind to her.

May In Service Schedule:

- Week 1: Elder Abuse
- Week 2: Skill Check and Charting
- Week 3: Dietary Services
- Week 4: Theft and Loss

World Tour: Mediterranean

This month we will be visiting the Mediterranean on our world tour. This includes Greece, Italy, Libya, Turkey, etc. As we travel this amazingly diverse area, our kitchen staff has prepared several special menus to help us experience the culture of the Mediterranean area.

The WE Team

Our group continues to grow, with more residents and staff attending. The meetings are at 2:00 pm. We would like all residents and resident family members to join us, as we build our community together.

May Activities

5/5: Cinco De Mayo: we will be having a special luncheon to celebrate.

5/14: Mothers' Day: We will be playing games, discussing the history, and passing out gifts.

5/20: Armed Forces Day: We will be discussing the History behind this day.

5/22: Canada/Victoria Day: We will be discussing the history behind this Holiday

5/29: Memorial Day: We will have a group discussion about this day

5/31: Memorial Day BBQ

Resident of the Month: Elaine Mirick

Elaine Mirick was born on January 2nd. She was married to Cliff Mirick, and they lived on Fernside Blvd. in Alameda for a many years. Both Cliff and Elaine were very active in Morning Star, which is a Masonic organization.

Elaine and Cliff had one child, a beautiful little girl, who they adopted, named Sandra. Sandra eventually had two children, a boy and a girl. Sandra passed away shortly after Nicole was born, so Elaine and Cliff raised Nicole in their home on Fernside. Nicole was in Rainbow Girls when she was growing up. She rose through the ranks of the Rainbow Girls and eventually

became the a State Officer.

Nicole is now married, and she has two boys. She is currently living on the East Coast.

Elaine's grandson, Andy has three boys and one girl and is staying busy with his family.

Cliff came to live with us at the Elders Inn in 2004. Elaine eventually joined him when she was strong enough in August of 2004. Cliff passed away in November, 2004.

Elaine's niece Jamie comes to visit her regularly and they

often go out together . They enjoy dining at the East Ocean Restaurant.

Elaine also enjoys playing Bridge, and she can usually be found in the afternoon playing with other residents in the upstairs hallway.

Guest Speaker

On May 4, John Rizzo, candidate for state assemblyman will be at the Elders Inn to speak with residents during the Council of Elders Meeting at 11:00 am in the Buena Vista Lounge. Please join us.

Special Activities

May is a month of many celebrations, and residents and staff are looking forward to all of them. First up is Cinco de Mayo. We will be having a little fiesta that day with great Mexican food and a sombrero for everyone.

For Mother's Day we will be having an afternoon tea party in the courtyard (weather permissible) to honor all the mothers residing at the Elders Inn. Please invite family and friends to this celebration.

And the last weekend of May is the traditional kickoff of the summer BBQ season. To celebrate, on Memorial Day we will be having a BBQ in the courtyard. Please join us for this celebration of the Summer season.

World Tour: Mediterranean

This month our World Tour will be taking us to Mediterranean Europe. Mediterranean Europe has some of the richest cultural resources and a monumental history. The area is made up of Spain, France, Monaco, Italy, Greece, Turkey and Cyprus. During the month of May, we will be enjoying the art from many different periods in history. The Mediterranean has a wealth of landscapes rich in diversity. From steep, rocky coasts to gently sloping sandy beaches, from inland plains and wooded mountains to deep valleys and snow-sapped peaks.

Please join us as we visit this culturally diverse region.

The Hug Squad

At our recent Hug Squad meetings we have been going over many things. We have been discussing the importance of memorials for residents after they pass and creating a ritual that allows for a sense of identity and community.

We will also be creating a new Welcome Ambassador program to make the transition to our community easier for new residents by getting them involved in the community faster.

We continue to work on building the community and creating a culture where all are respected and valued.

Book Review

By: Patrick McCabe

The Purpose-Driven Life is the title of the best selling book by Rick Warren. This powerful book is based solidly on the Bible, and teaches many principles that related strongly to the building of the Live Oak communities in our three facilities.

The subtitle of the book asks the question: "What on Earth am I here for?"

An interesting topic for discussion, this book is talked about on Thursday mornings at the Waters Edge Lodge, at 9:30 am. If you would like more information about this book, please contact Patrick McCabe at the Waters Edge Lodge.

What's New in Wellness

By: Laura VanHarn

At the Elders Inn, the Wellness topic for the month of May is posture and breathing. Maintaining good posture when you sit, stand or walk can help you to maintain or increase the strength of your spinal column muscles, which can prevent the "hunched over" look that is common with aging. When your upper body is "hunched over," you may feel more pain in your lower back, neck and shoulders. You may also have more difficulty breathing because your diaphragm muscle does not work as well when your lungs cannot apply the optimal amount of vertical pressure, downward, when you inhale.

Practicing Tai Chi is a great

way to improve both posture and breathing. It is also an effective way of improving balance. We have recently hired a new staff member who will be joining our Wellness and Rehab Team. His name is Tom Devine. Tom has been teaching and studying Tai Chi for many years, and he will be sharing his experience with the residents of the Elders Inn. Tom will be teaching both Tai Chi and many of our other exercise classes. Please come and meet Tom on Monday, May 1, 2006.

Personal Training

If you would like more information about a personal strength training session with Laura, call her at 510-521-9200, ext. 103.

Iron Woman of the Month: Joan Call

By: Peggy McCormick

We are pleased to honor Joan Call as May's Iron Woman of the Month. It is not often that we have the opportunity to feature a seven time Senior Olympic competitor. Joan and a few of her friends have traveled each year to compete in the swimming competition, and they had the time of their lives.

Joan has enjoyed swimming since raising her kids, and she swears that she used to have a "mean" swan dive. Joan also enjoyed rowing and tennis. Apparently watching TV was

just another outlet for exercise, that's just how much our Iron Woman of the month enjoys movement. To avoid watching commercials, Joan says she would get up and exercise on the way to the kitchen, doing leg lifts and marching. She would also try to squeeze in a few dishes while she was at it.

Joan is 87 years old, but you wouldn't know it from watching her in the group exercise and balance classes. She is very young at heart, and a bit of a social butterfly. One of the things she likes best about

the fitness program is the contact with other people. She also likes the fact that it is fun, and full of surprises.

Aside from Joan's involvement in the fitness program, the thing that really stands out about her is her willingness to go out of her way to help other people. Right now she is assisting a women in learning to hear again by reading to her. Joan encourages others to participate in both exercise and life. Her constant smile and laugh is enough to brighten anyone's day.

Congratulations:

Alameda Elders Communities would like to thank the following staff members for their continuing service and dedication. We couldn't do it without them! The following staff members are celebrating their anniversary during the month of April:

One Year:

Joanna Sanchez, Elders Inn
Sandra Millington, WENH
Patricia Ogeto, WENH

Two Years:

Moira Morris, AEC
Angelita Magno, Elders Inn
Patricia Lavalle, WENH
Dale Figuereroa, WENH

Three Years:

Ma. Elena Yparraguirre, WENH
Jun Garcia, Elders Inn
Stephanie Riviera, WENH
Desiree Brown, WENH
Alma Briones, WENH
Leticia Delallana, WE Lodge

Four Years:

Karla Rodriguez, WE Lodge

Five Years:

Antonio Espinosa, WENH
Nenita Aligada, Elders Inn

More than Ten Years:

Bobby Brown, WE Lodge, 14 years

More than Twenty Years:

Bing Cortes, WENH, 22 years

Congratulations...

Walking in the Sunshine is Good for Your Bones and Heart

By: Laura VanHarn

Walking is one of the easiest and best activities you can do to maintain or improve your cardiovascular health. Walking in the sunshine has many other added benefits, such as building strong bones, strengthening the immune system, and even may protect against certain types of cancer. Sunlight helps the body produce Vitamin D when the sun's ultraviolet B (UVB) rays strike the skin. It is the only vitamin the body manufactures naturally, and is technically considered a hormone. Vitamin D is essential for promoting the absorption and balance of calcium and phosphorus in the body. A proper balance of calcium is required for muscle contraction, nerve function and blood cell formation.

Unfortunately, the body's

ability to manufacture Vitamin D appears to decline with aging, so older adults may need to also get additional Vitamin D by taking supplements, whether or not they are exposed to sunlight or not. A general rule for sunlight exposure is 10 to 15 minutes, 3-4 days per week. When you use sunlight to get your Vitamin D, be sure not to put sun block on your skin. Since we have had so few sunny days the past two months, it may be a good idea to supplement your Vitamin D with fortified milk, fatty fish, such as salmon or vitamin tablets.

However, when the sun is out, everyone should schedule a 10-15 minute walk or a sit in the sun on several days a week. Specifically, sunlight's effect on Vitamin D is very important in the prevention of osteoporosis, which causes

bones to be more prone to fracture. In a study of 3,270 healthy women, a dietary supplement of 1,200 mg of calcium per 800 IU of Vitamin D lowered the incidence of hip fractures by 43% in just two years.

In other studies, Vitamin D was implicated in preventing cancer of the breast, colon, and prostate. Many of the people who have had these types of cancer also had a significantly lower levels of Vitamin D. However, more studies are needed to support this finding. There is little doubt that walking in the sunshine will help you feel less depressed. If you feel you would like help with your walking program, ask Peggy at the Waters Edge Lodge or Laura at the Elders Inn.

May Brain Teaser

Answer: The Match

Alameda Elder Communities

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*A continuum of Caring, since
1972*

*Waters Edge Nursing Home
Waters Edge Lodge-011440777
Elders Inn-015600526
Alameda Elder Services*

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 providing seniors with a warm and familiar homelike setting, the Waters Edge Lodge allows residents maintain and independent and active lifestyle. Alameda Elder Services and the Elders Gym 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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