

Living on the Waters Edge

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The Triangle of Life

By: Kryspin Turczynski

Just a couple of months ago, when an enormous earthquake and tsunami hit Japan, the entire world was riveted by images of unfathomable destruction and suffering. Entire villages were wiped out, cars and even buildings were swept along for miles, and hundreds of thousands of people found their lives irrevocably altered. The lessons were numerous. For one, we were all reminded of the terrible power of nature. For all our human ingenuity, there are certain forces in this world that we are unable to contain. Another lesson was the benefit of living in a gracious and collectively-oriented culture such as the one in Japan. Despite widespread tragedy, homelessness, hunger, and disease in the affected areas, the Japanese people pulled together in solidarity and displayed remarkable patience with relief efforts, remaining calm, gracious, and considerate of others. Facing their greatest trial since the Second World War, the Japanese nation has truly impressed the world with their character.



A third and probably most important lesson for those of us who watched the aftermath of Japan's earthquake and tsunami was the importance of being prepared for natural disasters. Earthquakes can strike at any moment without warning, so it's vital to be prepared for them ahead of time. If one were to look for a silver lining in Japan's disaster, it would be that it has heightened awareness among the general public of the need to be ready for such scenarios. Japan has always been among the world's leaders in disaster preparedness, and yet still suffered great damage, so there it is never possible to be too prepared, especially in an earthquake-prone zone like the San Francisco Bay Area. Government agencies do have plans for such events, but the challenge lies in disseminating this information to the general public. One way this is done is the Great California ShakeOut, an earthquake simulation drill that is held every year in October, and in which Alameda Elder Communities always participates. There are also maps available to

the public showing which areas of California are particularly vulnerable to tsunamis; in the Bay Area, parts of Oakland and Alameda are particularly prone to water damage. To find these maps, just search for "tsunami inundation map" in an Internet search engine like Google.

There is nothing we can do to prevent an earthquake or tsunami, but knowledge is an essential tool to help survive one. Many people are under the impression that the best place to go in the event of an earthquake is under a doorway or a piece of furniture like a desk, but that is not accurate! Doug Copp is the Rescue Chief and Disaster Manager of the American Rescue Team International (ARTI), the world's most experienced rescue team, and has worked at every major disaster around the globe since 1985. According to Mr. Copp, the best survival strategy is to curl up in a fetal position next to a piece of furniture, not under it. The reason is that when buildings collapse, the weight of the debris crushes objects and leaves triangle-shaped spaces beside them, not under them. Mr. Copp calls these spaces "triangles of life", and believes that many lives would be saved if everyone knew about these triangles. So if you are lying in bed when an earthquake hits, simply roll off the bed and lie down next to it, but not under it. If you are in a car, leave your car and lie down next to it. Knowing about the Triangle of Life can save yours if and when a major earthquake occurs. As for tsunamis, it is helpful to know that they often occur very soon after an offshore earthquake. If you know that an earthquake has hit off the coast, try to get as far away from the coastline as possible. One telltale sign of a tsunami is that the waters recede suddenly from the coastline, as if sucked into the ocean or bay. If you see this occur, get away as fast as you can. Finally, keep an emergency kit in your home and car stocked with essential supplies such as water, non-perishable food, radio, flashlight, batteries, blankets, knife or scissors, first aid kit, duct tape, whistle, etc. There may not be a way to prevent natural disasters, but knowledge and preparedness can greatly increase our chances of surviving them.

Waters Edge Lodge: Luz Guidici

Luz Guidici, born Gouailhardou, was born and raised in Oakland. Her parents were both French and met in San Francisco, though her mother was born to French parentage in Mexico City, which explains why Luz has a Spanish first name! Her father worked as a florist in Oakland, while her mother worked at home raising the children. Luz was the youngest of six kids, three girls and three boys, and graduated from Oakland Tech High School. As a teenager she was very involved in acrobatic dancing, and still likes to show off some of her moves to this day! After school, Luz worked for four years at J.J. Newberry's, a dime store right next door to the famous H.C. Capwell's in Oakland. She met a dashing young Merchant Marine named John Guidici, who happened to attend Oakland Tech as well, though they did not know each other at school. Luz and John got married and had three daughters: Luzanna, Ginette, and Denise. John joined the Oakland Police Department and rose through the ranks to retire as captain. Luz was blessed with 55 years of marriage to John, and together they traveled most of the United States, Europe and Mexico. They also enjoyed going square dancing together, which they learned together in a class! Two of Luz's daughters live in the Bay Area, and she has visited her third, who now lives in Alaska. She has six grandchildren and nine great-grandchildren. Luz is a terrific addition to the Waters Edge Lodge community, participating often in the Circle of Elders and other social engagements, and spreading good cheer all around.

Urinary Tract Infections

Dehydration leads to one of the most common infections for the older adult population: Urinary Tract Infections, or UTIs. Urinary tract infections are bacterial infections in any part of urinary system including kidneys, bladders, ureter and urethra. Reduce your risk of getting a Urinary Tract Infection by following these tips:



- .Drink lots of water. Avoid drinks that can irritate your bladder such as alcohol and caffeine.
- .Drink cranberry products. There is a big difference between cranberry juice cocktail and 100% pure cranberry juice. Juice cocktail contains a lot of sugar that can exacerbate the problem. Another alternative is cranberry tablets which have shown to be effective in all age groups.
- .Take probiotics, which are pills that contain the healthy bacteria that our body needs to fight off infections. Yogurt is a food naturally high in probiotics.
- .Boost your immune system. Vitamins which boost your immune system are vitamins A, C, and Zinc. Consult your physician or the Resident Care Coordinator to find out what vitamin supplements are right for you.

Waters Edge Lodge: May Special Activities

It's May, and with a new month comes a whole new slate of not-be-missed events and activities at Waters Edge Lodge! This month our World Tour takes us to Central and South America, which coincides perfectly with Cinco de Mayo. A regional Mexican celebration of a military victory over the French at the Battle of Puebla, Cinco de Mayo has become a national celebration of Mexican culture in the United States. On Thursday, May 5th, members of the Lodge community can participate in the fun by joining our lunch outing to La Penca Azul Restaurant at 11:30 am, and by coming to the Cinco de Mayo-themed Happy Hour in our own Dining Room at 3:00 pm. The following Sunday is Mothers' Day, and, as always, we will honor all our mothers with a special luncheon on that day. Guests are encouraged to sign up at the Front Desk, so we have an accurate head count. On Thursday, May 12th, Alameda's Mastick Senior Center is holding its Annual Luncheon and Fashion Show. We have pre-ordered

tickets, which cost \$16, and will provide transportation to and from the event. Another major holiday in May is Memorial Day, which will fall on Monday, May 30th. We will provide transportation to the annual ceremony that morning at Veterans' Park, located just down the street near the Bay Farm Island Bridge. With the weather becoming nicer, we have scheduled a post-dinner cruise on the East Bay Ferry for a chance to cruise down to San Francisco's Ferry Terminal in the warm glow of the evening sun. This outing is always very popular, so remember to sign up early at the Front Desk! Our other lunch outings in May, in conjunction with our World Tour, will be to Bocanova Restaurant in Oakland on May 19th and Brazil Cafe in Berkeley on May 26th.



Elders Inn: May Special Activities

The showers of April have certainly given way to the flowers of May and our patios are abloom with color. Judging from the success of our new cafe in the lobby, our patios will be a very popular place for the next few months. Grab a fresh baked cookie and a cup of Peet's coffee and soak up some spring sunshine! We will be having more and more activities on the patio to take advantage of the nicer weather, so keep your eyes peeled for upcoming announcements.

Speaking of announcements, I'm sure that all residents have noticed our fantastic new television screens in the cafe and on the second floor. They have a repeating slide show that lets everyone know about upcoming events and activities. In the near future, we will be adding a third television screen, so we will have one next to each dining room as well as in the lobby cafe. Let me know how you like the slides!

We will be celebrating Cinco de Mayo with special menus. A special treat will be served at Happy Hour

the day before at 3:00 in the Webster Street Dining Room, as Claudio will be playing some special Spanish and Mexican music on Wednesday, May 4th. Also in May, we will be having a musical treat on Sunday the 29th as Todd will be performing a patriotic concert of music on the guitar in the afternoon. What better way to celebrate Memorial Day than to listen to some toe-tapping music to honor our country!

Oh yes—one more thing—

HAPPY MOTHERS DAY! We will honor all of our wonderful ladies, mothers or not, with flower corsages and a beautiful feast on Sunday, May 8th for lunch. Immediately afterward, Todd will be performing a special classical guitar concert for all of our lucky residents.



Elders Inn Resident of the Month: Chatham and Julia Ross

Chatham was born in the thriving metropolis of McMinnville, Tennessee and has one sister. His father was in the hardware business and owned a local hardware store. After his passing, his previously stay-at-home mother went to work for the State of Tennessee and worked there for 20 years. Chatham attended local schools and went—where else?—to the University of Tennessee, where he met his future bride, Julia. Julia was born in the booming town of Sweetwater, Tennessee and was the middle of 3 girls—Julia describes them as a whole lot of trouble!

Chatham graduated UT with a degree in Nuclear Engineering in 1956, but never spent one day after that dealing with anything remotely akin to nuclear. He took a job with a boiler company in Calhoun, Tennessee just to be near Julia, who lived only 5 miles away. He finally chased her down and they married and

moved to Lynchburg, Virginia where they had their 2 children, 1 boy and 1 girl.

After 30 years in the boiler business, Chatham went to work for AT&T in North Carolina where he wrote instruction manuals on how to repair telephones and computers. Julia is a graduate of the Culinary Institute of America, in Hyde Park, New York, and is the author of over 10 cookbooks on pastries and breads.

Their son got his degree from the UC system and is in the pharmaceutical field. Their daughter was also in the pharmaceutical field, but has left to start a family. They have 3 grandchildren—not surprisingly, 2 of them are redheads! I wonder why?

We are delighted to welcome Chatham and Julia to the family at Elders Inn.

Alameda Elder Services: Iron Woman of the Month: Henrietta Woon

By: Nathan Ubl

Chinese tradition places high regard on reaching your 100 year birthday and for Henrietta, that appears to be one of her goals in the latter part of her life. Longevity seems run in Henrietta's family, because she has 4 sisters that are over the age of 100 and with the strong commitment Henrietta continues to have

to staying active in her later years, she can reach her "Big Birthday".

Henrietta has demonstrated a desire to be out and active throughout her life; she has golf trophies in her room dating back to the early 1960's; but was probably playing golf before her earliest dated trophy. Be-

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Waters Edge Nursing Home: May Special Activities

During the month of May, we will be observing National Nursing Home week. This is an opportunity to celebrate the amazing Waters Edge Nursing Home Community.

Our Special Activities this month include:

- .A visit from Spirit Care Ministry on May 3rd.
- .A Cinco de Mayo Celebration on May 5th.

- .Mothers' Day Luncheon on May 8th.
- .Flower Arranging on May 17th.
- .A Memorial Day Celebration on May 30th

And as always, we will be featuring Live Entertainment daily at 2:00 pm in the Bay Room.

Waters Edge Nursing Home Resident of the Month: Marjorie Fountain

Marjorie Fountain was born in upstate New York; the oldest of five children. Her family moved to California when Marjorie was 5 years old, when her father was offered a job at a cotton mill in Oakland.

Marjorie graduated from Roosevelt High in Oakland and then attended University of California at Berkeley where she studied Liberal Arts. Following graduation, Marjorie began working. Her favorite job was as an office manager for the Iron Workers Union. She met many crazy, fun-loving sky scraper builders. Marjorie started managing the San Francisco Office, and subsequently managed the Oakland Office, which closed down after her retirement.

Marjorie met her husband, Gordon Fountain, at one of her earlier jobs. He was an explorer and actually joined Admiral Byrd on his Antarctic Expedition. He

was a pilot and a sailor, so often he and Marjorie would enjoy trips in their own plane and yacht. Together they travelled the world, making friends in such diverse and far-away places as: Australia, Scotland, Mexico, Switzerland, Israel and Peru, just to name a few. Her most memorable trip was to Antarctica. Marjorie and Gordon celebrated 60 years of marriage, and they were blessed with a son, who in turn had a daughter. Marjorie's granddaughter and husband live in Colorado, continuing the adventure seeking family tradition as avid rock-climbers who travel far and wide to practice their sport. We are proud to honor Marjorie Fountain as our Resident of the Month for May 2011.



Iron Person of the Month: Henrietta Woon

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fore her broken hip in 2007 Henrietta was playing golf 2-3 times a week, what is most remarkable is what she accomplished in the game of golf in her later life, Henrietta has 3 hole in ones on her resume, in the years 2000, 2003, & 2007. She had each hole in one at our local Alameda course and Henrietta is currently 93 years old, which means she was 89 years old for her last hole in one-truly amazing! She is very proud of her golf accomplishments and enjoys telling stories of her golf days gone by and as a golfer myself, I can appreciate the effort and skill to excel within the game of golf. Aside from her love of golf, Henrietta was also an avid swimmer until 70 years of age, enjoyed horse back riding and hiking in her earlier years, and simply had a desire to be active. Henrietta comes from a large family of 13 brothers and sisters, worked for the US Government and married late in life, although she had no children, her nieces and nephews are very much like children to her. Her nephew Ty tells stories of how Henrietta taught him how to swim at the YWCA and that when Henrietta would babysit him and his cousins, and

prime time would be spent at the golf driving range. Henrietta remarks to her family that she enjoys very much being at Elders Inn and looks forward to the activities that are offered each day,. Often when I greet her in the hallway, she will ask "did I miss exercise?". Henrietta is one of our regular attendees of exercise class, attending nearly 80% of the classes, and not only attends, but is an active participant in the class; in her down time, we will sometimes find her roaming the hallways singing to herself and gently shuffling her feet to her own beat with a wide smile. Henrietta has lived a long and active life and continues to have a commitment to staying active for healthy body and mind, one thing that is very clear with Henrietta is that it is not enough to simply stay alive during her later years, but she wants to live, enjoying the things and people around her. Along with the support of her family and her desire to be active, Henrietta is giving herself the best chance to not only live to be 100 years old, but to thrive through to her "Big Birthday".