

Living on the Waters Edge

Dance to Age Successfully

By: Nathan Ubl

Much of the research focus on helping the elderly age “successfully” has been placed on: improving balance, cardiovascular level, and strength, usually by traditional means: walking, lifting weights etc. All of these areas of research are incredibly important and all show how each improvement can benefit the elderly. Other areas that do not receive as much attention are: dancing for health, flexibility, and hydration. These under-researched functions also offer residents health benefits.

A 2009 research review included a review of 15 training studies and 3 cross-sectional investigations with adults over the age of 60. The forms of dancing that were among the studies included ballroom, line dancing, folk dancing, and traditional dance forms from specific cultures: Korean, Argentine Tango, Turkish , Greek and Caribbean. The research showed a lengthy list of physical benefits: aerobic power, muscle endurance (lower body), strength, flexibility, balance, agility and gait speed, for both men and women. In addition to the benefits listed above, the authors of the studies hypothesized that dancing can promote social interaction and a sense of belonging in a community. This could lead to long-term dancing participation and increased mental well-being.

As a person ages, often what happens is begin to engage in less and less physical activity and develops a more sedentary lifestyle. Authors of recent research explain that inactivity and aging will change the con-

nective tissue in the muscles and result in a reduction of a person’s range of motion. The study was a group of sedentary women over the age of 65 who performed upper and lower body stretches for 20 minutes, 3 times a week, for 4 months. The results of the study indicated that the flexibility training had a positive effect on the functional ability of the women and also having a positive impact on balance.

Hydration is also very important to our bodies and most people do not realize how much of our bodies are made up of water. Here are some statistics about water: up to 60% of our body is water, the brain is 70% water, the lungs are almost 90% water, lean muscle tissue is 75% water, and about 83% of our blood is water. Blood helps us digest our food, transport waste, and control body temperature. It is estimated that each day we need to replace 2.4 liters of water; some through drinking and the remaining amount through foods we eat. With water making up such a large portion of our body, it is no surprise how vital it is to our health. Unfortunately, as we age, the thirst sensation decreases, thus resulting in less water being ingested. Along with a decreased ability of the elderly to regulate water balance, not drinking enough water puts them at an increased health risk.

To age “successfully” will no doubt include many things, but it seems clear that aging “successfully,” will be impacted by staying flexible, drinking water, and getting up to dance!

Alameda Elder Services: Iron Woman of the Month: Barbara Gates

By: Rosemarie Caigoy

Even though it is hard to accept a new environment, we have to remember that adaptation is a human trait that is key for survival. It takes someone with fearlessness to welcome new environments, tackling them head on, and come out on top with high spirits. Barbara Gates is a resident who has that fearlessness, having made many changes in her life and gladly accepting them. Barbara’s move to the Waters Edge Lodge was no different. Even though she was new, it did not stop her from trying out different activities and utilizing what her community has to offer. Barbara Gates is our Iron Resident of the Month.

Barbara Gates was born in Berkeley and raised in Northern California. Growing up, she developed two passions: traveling and the arts! When the time came for Barbara to enter college, it was natural for her to major in Art History. While in school, she met a fellow art lover and later they decided to marry. They settled in Orinda where Barbara set up a child care service. This was mainly intended to raise the funds for traveling. Barbara knew she wanted to travel, being further persuaded by the novels she loved to read, which that took place in Europe. Barbara and her husband then flew to Europe where

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Waters Edge Lodge: October Special Activities

We welcome the holiday season in November with both Veterans' Day and Thanksgiving. On Friday, November 11th, we will commemorate all the brave men and women that have served our country with a formal Veterans' Ball, right here at the Lodge. Attractions will include live music and dancing, the Color Guard from Encinal High School's ROTC unit, food and drink, and much more. Feel free to wear your favorite dress or tie and foxtrot the night away at Alameda Elder Communities' first Veterans' Ball. This spectacular event is followed closely by the most American of holidays:

Thanksgiving. We will continue our tradition of serving a Thanksgiving luncheon at noon, so that residents may give thanks for the year's blessings together with their neighbors before going out to spend the day with family and friends. For those that are staying at the Lodge on Thanksgiving, Claudio will be entertaining us with his piano music in the Living Room at 3:00 pm. Also in the month of November, the World Tour takes us to Eastern Europe, which includes such countries as Russia, Poland, the Czech Republic, Slovakia, Hungary, Romania, Bulgaria, Ukraine, Lithuania, and more. In addition to special movie selections and the

monthly World Tour lunch in the Dining Room, the Activity Director will present pictures from his native Poland in the Living Room on November 18th at 12:45 pm. For an authentic taste of the Land of the Vistula River, residents can join the lunch outing on Thursday, November 10th to Chopin Cafe in Walnut Creek. Our other lunch outings in November will be to Burgermeister on November 3rd, and Pier 29 on November 17th. Due to popular demand, we will be organizing a dinner outing on Tuesday, November 29th, to Angela's Bistro and Bar located next to Alameda Theater. The early bird dinner special at Angela's will give participants an opportunity to enjoy a gourmet dinner out at a reasonable price. For culinary treats without the necessity of leaving home, don't miss our regular food socials in the dining room. This month, they will include a Nachos & Cheese Social on November 9th, Apple Strudel Social on November 16th, and a Soup Tasting Social on November 30th. Finally, if you miss the racetrack you'll want to be sure to be in the Living Room at 3:30 pm on November 28th for Mini Horse Racing. What is Mini Horse Racing, you ask? You'll just have to come and find out for yourself!

Waters Edge Lodge Resident of the Month: Ed Utsumi

Edward Utsumi was born in Oakland in 1937, where he lived with his parents and two older brothers. They stayed in the Bay Area until 1942, when his family, like all Japanese-American families, was evacuated to a relocation camp. Ed's family had just six weeks to pack all their belongings before they were taken to Tanforan race track, which was used as a holding center while the barracks in the regular camp were being finished. They were then transported by train to the relocation camp, located in the desert, south of Salt Lake City, Utah. This particular camp held about 5,000 people, and had a water tower, hospital, commissary, schools, mess halls, communal bathrooms, and administrative offices staffed by government officials. For the most part, there were no jobs and therefore nothing for the adults to do. Ed's father was lucky in that he became the camp photographer, taking pictures of weddings as well as scenery shots of snow and ice. Current Hollywood movies were shown for 25 cents on Friday nights, and occasionally there was traditional Japanese entertainment like kabuki theater. Ed was a young boy, and not understanding the gravity of the situation, felt like he was on an extended camping trip. Six months before the war ended, Ed's family was released and able to return to Oakland.

After returning to the Bay Area, the first challenge for

Ed and his family was to find housing. Luckily, his mother found a job as a cook for a church which served relocated families, so Ed's family was able to stay in the parsonage. His dad continued to work as a photographer, and eventually the family moved to a home in Oakland on 39th Avenue. Ed attended Laurel Elementary School, where he was called a "dirty Jap" by another boy on the first day of school. Ed's teacher took the boy to the principal, who understood Ed's vulnerable position as the school's only Asian student, and made the other boy apologize (that boy later came to be Ed's best friend!). Ed attended Oakland High School and graduated in 1956. He was in the choral group, but otherwise didn't particularly enjoy school until he went to college. He attended the University of California in Berkeley, and absolutely loved the classes and the energy on campus. Ed first majored in dentistry but failed the manual dexterity test, so he decided to go to pharmacy school instead. After four years at the University of California in San Francisco, he graduated with a Pharm.D. degree, passed the board exam, and began working at Seton Medical Center in Serramonte. He was the Director of Pharmacy there for 20 years, before transferring to Kaiser and working as a staff pharmacist for another 17 years. He

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Elders Inn: November Special Activities

As the seasons turn, our beautiful patio trees turn with them. They are ablaze in reds, greens and golds, and are just the ticket for some fresh air to cure the indoor "blahs". A cup of hot Peets coffee and a warm, freshly baked cookie plus some breaths of crisp fall air will put a smile on anyone's face!



The Farmer Market is overflowing with the fall harvest right now. Apples, figs, pomegranates and all the corresponding splashes of color make it a favorite time of year for all of us.

The days are still warm enough for us to put on a light jacket and make the short walk down the street and take in Nature's bounty. Every Tuesday and Saturday mornings at 9:15 am, David

walks a group to the Farmers Market, weather permitting. It's not only a great way to get exercise, but a golden opportunity to bring back some healthy and incredibly tasty treats to enjoy. Meet us in the Cafe every Tuesday and Saturday at 9:15am!

Our delicious tradition of celebrating Thanksgiving will be Thursday, November 24th this year. Edna, and our talented kitchen staff will be presenting a true feast of turkey and all the trimmings for our lucky residents. As usual, the big meal will be served at noon and a lighter meal in the evening to allow our bodies ample time to digest all those goodies! Please be sure to let us know well in advance if you would like to invite any family members to join you or if you plan to be out with family and will be missing Thanksgiving lunch.

Elders Inn Resident of the Month: Adriana and Fred Roubos

This is a tale of a 63 year love affair--

Fred Roubos was born in Ireton, Iowa the son of a corn farmer of Dutch descent. He tells us that the population of Ireton was 13 but he doesn't recall if he was the 12th or the 13th resident! He was one of 4 children and the family soon moved to Hanford, CA, in the heart of the San Joaquin Valley, where he attended public schools. He moved to Alameda in 1940 to be closer to his older sister who had moved to Oakland.

In the meanwhile, Adriana was born in South Dakota, also the daughter of a corn farmer. When her father died, she moved to Ripon, CA, also in the San Joaquin Valley. Although living physically close to each other, they didn't meet up until Adriana attended a church function one day in Alameda. There she saw a young man sitting by himself in the corner. Fred had just been in a motorcycle accident and had his leg in a cast. Adriana felt sorry for this young man and brought a sandwich lunch over to him.

We cut to the third scene. Fred is driving back to Hanford years later when he stops into a bakery owned by a friend of his. While buying his beloved donuts, he notices there is a young lady working behind the counter who catches his eye. Lo and behold, it is the same young lady who brought the grumpy guy in the corner a sandwich. They were married in Ripon in 1948.

They relocated to Alameda and raised 3 girls and a boy who were all proud Alameda High Hornets. Fred worked at the Alameda Air Station until his retirement in 1975 and they loved to jump in the trailer and camp all over California. Fred and Adriana are extremely active in the Christian Reformed Church in Alameda and are visited often by the many friends that they have made over the years.

The final scene? Adriana is a resident of the Elders Inn and Fred is a resident of the Waters Edge Lodge! Fred takes our van over to see his beloved wife every day and they spend the day together. Hollywood couldn't come up with a better love story than this!

Waters Edge Lodge Resident of the Month: Ed Utsumi (Cont. From Pg. 2)

was thankful to give up the management position, as he was frustrated with all the regulation and bureaucracy, and loathed laying people off due to the company's fiscal concerns. He believes that patient care has improved over the years thanks to greater competition in the industry.

Ed lived in Belmont while he was working, and moved to Palm Springs upon retiring. He did not stay there very long, since he missed his family here in the Bay Area, not to mention the weather (he couldn't tolerate

the oppressive heat of Palm Springs!). Ed was a consummate traveler, having been all over Asia, Europe, Alaska (via cruise ship), Indonesia, and even the Soviet Union! Ed's favorite destination is Australia, which he has visited three times; he loves the people there, and as a bonus, they all speak English!). Not surprisingly, he also loves trying new and exotic cuisines from all over the world. Ed had two dogs, both miniature collies. He is an active and enthusiastic new addition to the Waters Edge Lodge community, and we are proud to honor him as our Resident of the Month.

Waters Edge Nursing Home: November Special Activities

November at the Waters Edge Nursing Home is an exciting month. We will be celebrating Thanksgiving with our annual Thanksgiving Luncheon. If you are interested in attending the lunch, please notify the front desk between November 1 and November 17, 2011.

We will continue to have live music daily, including all

of your favorites: Jaime, Miles, John, Dave, Roberto, Jerry Gee and Jimmy James.

If you are experiencing signs or symptoms of the flu, please refrain from visiting the facility.

Also, please remember check your loved ones wardrobe, as cold weather is approaching and they may need different articles of clothing.

Waters Edge Nursing Home Resident of the Month: Jack Bacon

Jack Bacon was born in October, 1914 in Greeley, Colorado, just 50 miles north of Denver. At a young age, Jack moved to California when his parents bought a chicken ranch and citrus grove in Fontana, CA, near San Bernadino. During the Great Depression, Jack ate so much chicken that he has since avoided it whenever possible.

Jack graduated from Santa Cruz High School. He had dreamed of attending UC Berkeley, but he had to help his mother make ends meet for the sake of his four younger siblings. Jack began working for a wholesale drug company that was eventually bought out by Brunswig, the second largest drug distributor in the nation. Jack worked for Brunswig until his retirement at age 65, attaining a significant management position supervising six divisions which employed a total of 8,000 workers.

Jack also had a brief but illustrious career in the United States Army, into which he was drafted after the attack on Pearl Harbor in 1941. Jack served as

the supervisor of a Radio Unit in the French Alps, where he once risked his own life to call in Air Support in order to help a garrison of French soldiers that were ambushed by Wehrmacht.

For this particular display of valor, the French government decorated Jack with the Croix de Guerre, a military decoration bestowed to individuals who distinguish themselves by acts of heroism involving combat with enemy forces.

Jack has two children: one daughter and one son. His daughter, Marilyn works as an attorney for Kaiser Permanente. His son, John is a licensed social worker in Oregon, who enjoys making wine as a hobby.

Jack loves sports, especially football. He is an avid 49ers fan. He also enjoys classical music. He always looked forward to the New Years Day Strauss Concerts performed by the Vienna Philharmonic Orchestra. It is with great pleasure that we recognize Jack Bacon as our November Resident of the Month.

Iron Woman of the Month: Barbara Gates (Continued from Pg. 1)

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they immediately bought a car and traveled to many cities in France, Holland, Spain, and Italy. She met so many wonderful people and made connections instantly. She describes the Europeans as genuine, sincere, educated and civilized people, and she thoroughly enjoyed her new friends. They brought her to amazing events where she was able to meet with some of her heroes such as Ernest Hemingway. When they returned to America, Barbara was already anticipating going back, although her husband did not share this anticipation. They realized that their priorities in life were different, and this ultimately led to a divorce. An opportunity to return to Europe arose when she found a job working for a British Language Institute in Italy. She was settling in, preparing the necessary documents, and making arrangements to have her two children join her, when she faced some difficulties. Barbara flew back to America in order to solve the conflict but when it came down to it, her

children did not want to leave America. Since Barbara had prior commitments in Europe, she had to go back. With a new liberation, she lived a beautiful life. She was so charming that she had many men asking her hand in marriage. She rejected all of them, but she still remained friends with her suitors. In retrospect, she regrets not accepting the proposal of a particular man. Despite living the life that she always wanted, Barbara returned to Alameda to be with her children and new grandchild who she missed dearly.

During a recent senior fitness testing, Barbara was able to achieve a goal of stronger leg strength! This was possible due to her determination, consistency, and focus. She always pushes herself to her limits where sometimes I have to convince her that taking a day off from exercising when she is not feeling good is a good thing. I really admire the tenacity of this wonderful lady, who knows what she wants, and her fearlessness is inspiring! Please join me in celebrating Barbara Gates as our Iron Resident of the month.