

# Living on the Waters Edge

Volume 3, Issue 4

September, 2006

## 10 Things Physical Therapy can do for Seniors

By: Kathy Hanley

Too many times Seniors, their families and even their healthcare providers have the attitude that the inevitable result of aging is continual decline in health, in function, and in the overall quality of life. *This is not necessarily the case*, but like most things in life, maintaining physical wellbeing as we age requires investments of time, energy and resources. Physical Therapy can successfully deal with many of the things that tend to negatively affect Seniors. Here is a list of ten things Physical Therapy can

do for you:

**1. Decrease pain:** most people think that the best thing to do for a painful joint is to not move it; in fact, many times the opposite is true; an arthritic joint needs to be moved or it will get more stiff and more painful; Physical Therapy utilizes a range of modalities such as heat, electrical stimulation and ultrasound to decrease pain.

**2. Increase flexibility:** stiff, painful joints lead to decreased activity which leads to further stiffness and

pain; range of motion and gentle stretching can loosen stiff joints, allowing for increased ease of function.

**3. Increase strength:** strong muscles protect joints and make everyday activities easier.

**4. Improve posture:** a forward head puts stress on the upper back; a flexed trunk can lead to back pain; bent hips or knees significantly increase the energy required to walk; Physical Therapy can promote a pos-

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

### Inside this issue:

10 Things Physical Therapy Can Do	2
Aristotle: The Golden Mean	2
Waters Edge Lodge	3
Waters Edge Nursing Home	4
Elders Inn	5
Alameda Elder Services	6
Iron Woman of the Month	7

## Strength Training to Improve Function

By: Laura VanHarn

When most of us think of strength training, we associate it with lifting barbells and dumbbells. While strength training may include the use of weights, it does not necessarily mean that

the training is difficult or only for the young. In the last 30 years, the study of exercise physiology has provided an extensive knowledge base, which exercise professionals can utilize to design safe and effective

strengthening programs for people of all ages.

Probably the most profound strength training effect is on our muscle and bone mass, which makes up 75% of our total body weight. After

## 10 Things Therapy Can Do

ture which decreases pain and facilitates efficient movement.

**5.Improve walking:** gait analysis can determine what can be done to make walking better and more energy efficient.

**6.Improve balance:** falls are a major threat to Seniors and can precipitate moving to a higher level of assisted living; Physical Therapy can facilitate balance reactions and minimize risk of falls.

**7.Improve daily activities:** with increased strength and flexibility come a better ability to do things like dressing, grooming and recreational activities.

**8.Home exercise programs:** a Physical Therapist can design and monitor an exercise program specifically tailored to an individual's needs.

**9.Home safety checks:** a Physical Therapist can come into the residence and evaluate it for safety and efficiency of function and make recommendations for any necessary modifications.

**10.Improve quality of life:** Life is movement; the better and more freely we can move, the more we can do and the happier we will be.

**For more information on Physical Therapy , call Kathy Hanley PT, 521-9200 ext 105.**

## Aristotle: The Golden Mean

By: Kathy Hanley

Aristotle was a student of Plato, and like most students of great masters, he was both a product of and reaction to his teacher Plato. It has been said that any serious student of philosophy is either a Platonist or an Aristotelian. Aristotle was born in 384BC and at one time tutored Alexander the Great. He studied and wrote about many things, one of which was ethics. The central question of ethics, he said, is how to live, and the ensuing question is "what is the good life?" The good, says Aristotle, is what all our actions are aimed at; furthermore the good is something that is chosen for its own sake and not for the sake of something else. Happiness, in the sense of well-being or flourishing, is what results from seeking the good. Part and parcel of happiness and the good life is the virtue of choosing the middle way so that in one's life, one is neither excessive nor deficient. For example, in the sphere of confidence in one's actions, the excess is rashness—doing things on impulse without giving them proper thought; while the deficiency is cowardice—a fear to take any action; the golden mean is courage. In the sphere of social conduct, Aristotle lists blind flattery as the excess, cantankerousness as the deficiency and friendliness as the mean. In the sphere of honor, vanity is the excess, self-deprecation

is the deficiency and magnanimity is the mean. Finding the golden mean in our actions in life is not easy, says Aristotle. He says we must notice the errors in our behavior and "drag ourselves" in the opposite direction of our natural tendencies. In *The Nichomean Ethics* he writes:

*For this reason, it is a difficult business to be good; because in any given case it is difficult to find the midpoint...but to feel or act towards the right person to the right extent at the right time for the right reason in the right way is not easy, and it is not everyone that can do it. Hence to do these things well is a rare, laudable and fine achievement.*

The golden mean is a moderate level of daily activity which allows you to be an active participant in life, while still finding time for rest and reflection. The golden mean is being involved with the members of your community while still finding time to be by yourself. The golden mean is valuing the past while creating new memories from new experiences.

Look at your life—your behaviors, your actions, your lifestyle. When you see extremes try to find the golden mean; you will be a much happier and fulfilled individual and, even better, says Aristotle, you will find "the good life."

## World Tour: Russia

Well! Is everybody glad to leave the dog days of summer behind and move into the most beautiful months of the year? I don't know about you, but I think that September and October are without a doubt the months with the best weather here on the wonderful island of Alameda.

The amazing heat wave we had in July is just a memory as we begin to have a little nip in the air, and the nights grow cooler. Children are back in school and the noise level has dropped considerably!

We do know one thing for sure...it's a whole lot warmer here than it is in Russia where we will be stopping on our World Tour during the month of September. We will learn about the culture, people and fascinating facts about the land that Winston Churchill defined as "a mystery wrapped in an enigma." Come and join us as we take an armchair tour of this country.

## September Activities

September 11—15: National Assisted Living Week-This is an opportunity for the Residents and staff to celebrate, together, the appreciation they have for one another.

Take me out to the Ball Game! As I write this, the Amazin' Oakland A's are well out in front and in First Place! We are delighted to announce that we have 12 free tickets to see the A's beat the Cleveland Indians on Thursday, September 21. These tickets are available on a first come, first served basis. Please remember that this is a 4 shoe walking activity, so go to your exercises and get fit! Sign up at the front desk!

Friday, September 22, marks the beginning of the High Holy Days, which is the period beginning with Rosh Hashanah, and ending ten days later with Yom Kippur. It is the holiest time for all Jews, and the beginning of the Jewish New Year. We plan to

have Rabbi Bennett from Temple Israel join the Circle of Elders and tell us of the historical and spiritual significance of these two holy days.

## Live Oak

We couldn't be happier at the number of Residents who have discovered how much fun and informative the Circle of Elders is every weekday from 12:30 pm until 1:30 pm. There is now a way for Residents to voice their opinions asking questions of the department heads and getting immediate answers. Every Tuesday, Sabrina is at the Circle to answer all questions that pertain to Administration; on Wednesdays, Dave Lonsdale answers Maintenance questions, alternating with Leticia, who answers Housekeeping questions; on Thursdays, Barbara answers questions about Dietary; and on Fridays, Leah, our nurse, answers nursing questions.

## Resident of the Month: Bernice Cotella

Bernice Cotella was born in San Francisco on September 29th. Her parents were both Norwegians who met one another at the Norwegian Club. Her father died when Bernice was only nine. Bernice's mother remarried and moved to Oakland where she lived until she was 93 ears old.

Bernice attended Oakland schools, and after graduating, went on to Secretarial School.

She then became the head cashier for Canada Life Insurance in San Francisco.

Bernice met her husband, Leo, through a mutual friend at a party on the Russian River in Northern California and they were married for 59 years. Bernice and Leo had one daughter, Carole, who recently retired as Assistant Administrator of Schools for the City of Alameda.

Bernice has two grandchildren: Stuart and Anne. She was an avid golfer and is an honorary Life Member of the Alameda Women's 18 Hole Golf Club. Bernice is a twin, Carole married a twin, Bernice's father had twin sisters, and her mother had twin cousins. I guess it runs in the family!

This month, we are pleased to honor Bernice Cotella!

## Falling into September

- September is going to be a busy month for our nursing home residents. Our Labor Day Barbecue will be on the Fourth, and we will be grilling up some hamburgers and pineapple ribs on the back patio.
- September 10th is Grandparents day. We will celebrate by serving tea and cookies in the Bay Room.
- September 13th is the 26th Annual Alameda Nursing Home Picnic at Crab Cove for a special day of picnics, music, speeches and more. We are very excited to once again be participating in this fun event.
- Autumn begins on the 23rd and is when our arts and crafts activities change themes into more fall and winter type colors. You can always tell what season it is by viewing all the different projects hanging in the Bay Room.

## Special Meals

9/4: Labor Day Barbecue  
 9/5: Russian Borscht Soup  
 9/14: Russian Spinach (side)  
 9/15: Nursing Home Picnic  
 9/22: Russian Cherry Tea Cakes  
 9/28: Russian Pizza

## Live Oak

The WE team now meets in the Bay Room at 2:00 pm on Wednesdays. Patrick McCabe is teaching Residents and staff the Values of the WE Team. Come and check it out.

## Fitness is Catching on at the Nursing Home

Thanks to referrals from our Therapy Department and nursing staff at the WENH, our new exercise program is growing. We have now added a second afternoon class. Everyone meets in Room 308 to march and clap, stretch, use light weights for strength training and have fun doing it in two thirty minute classes. We have many Residents in the class who want to push themselves so much that they want to do both classes. It has been inspiring to see that mobility issues do not have to stop our elderly from strengthening and awakening their muscles and enjoying

fitness. We also have a morning class for Residents who may benefit from range of motion exercises.

We would like to see more Residents take advantage of our fitness program and join classes. The schedule is as follows:

10:00 am—Seniors in Motion a group for Residents who need Range of Motion exercises

2:30 pm—Senior fitness, a group exercise class

2:45 pm—Senior Fitness

## New Addition

We are very pleased to welcome Inkham “Kristy” Khanthavong to our Activity Department. She is probably familiar to most of you, as she cared for our Residents as a CNA during the night shift. She is also the sister of Katie in Activities. Kristy has a baby girl, who she loves very much, and who is her angel. Her goal in the future is to continue her nursing education and become an LVN. Kristy enjoys spending time with her daughter at the park. She also spends time with friends and their children and has a special place in her heart for the elderly. We are happy that Kristy has decided to join the Activity Team. Welcome Kristy!

## Resident of the Month

Phyllis Gomes was born in 1934 at Highland Hospital in Oakland, CA to parents Antonio and Matilda Gomes. Phyllis has two older brothers and one older sister. As a child, Phyllis loved to roller skate and play hide and seek with her friends. As she got older, Phyllis became a seamstress, and worked hard to make sure that her clients' clothing always made them look their best. Phyllis loves to eat spaghetti. Her favorite color is blue. She enjoys exercising, and says that working out makes her muscles feel stronger. Phyllis enjoys living at the Waters Edge because it is clean and well kept. She also appreciates that the staff works extremely hard to make sure her needs are met. Thank you, Phyllis!

**World Tour: Russia**

Russia is rich with cultural history. The Russians are descendants of East Slavs who later split into the Russians, Ukrainians, and the Belarussians. Today, the ethnic mix of Russia includes Russian, Tatar, Ukrainian, Chuvash, Bashkir, Byelorussian, Moldavian and other ethnic groups.

As of July, 2000, the Russian population was 146,001,176, and the literacy rate is extremely high. One hundred percent of the male population over the age of fifteen can read and write in comparison to ninety seven percent of females.

Famous destinations in Russia include Moscow and St. Petersburg. Travel back in time and visit the Baroque Architecture of St. Petersburg, beautiful cathedrals, mansions, and palaces. A well-known montestery, called the Trinity-St. Sergiy Lavra is located in Moscow. Beautiful scenery can be found in Kitzi, which is surrounded by forests, rivers and streams.

**Special Activities**

September 4: Labor Day barbecue celebration

September 11: Patriot Day

September 15: Mexican Independence day Festivities (served during happy hour)

September 22: Rosh Hashanah begins

September 29: Taste of Russia Meal

**This Month's Brain Teaser**

A father and his son were in a car accident. The Older man died and they rushed the Younger man to the hospital. The Younger man needed

brain surgery but the Doctor said, "I cannot operate on this Young man because he is my son." How is this possible?

**Resident of the Month: Mary Delores Bussell**

Mary Delores Larragoite Bussell has lived an interesting life. She was born on May 23 in Santa Fe, New Mexico. Mary is the eldest of ten children. Her siblings are: Amelia, Alfonso, Armando, Mariano, Steffanie, Phillip, Ben, Gilbert and Claude. Mary is of Castillian (Spanish) descent. She attended Loretto Academy School for Girls, a private school, from grades 1-12. During her school years, Mary like to play tennis, basketball and participate in stage shows.

As a young teenager, she worked in her father's grocery store as a cashier. She also worked at the State Capital in Santa Fe, New Mexico. As an adult, she attended Heald

Business college in Oakland California for two years. She later worked at Sear's in the clerical department as a secretary, and at Crown Zellerbach.

At a wedding, she met her future husband, Ben Richard Bussell. On August 23, 1937, they were married in St. Elizabeth's Church in Oakland, CA. She and Richard had five children: Ben Richard Bussell, Donnie Bussell, Dorothy Bussell, Michael Bussell and Darlene Gerson. Her extended family includes seven grandchildren, six great grandchildren and two great-great-granddaughters. She and Richard were married for 61 years, until he passed away. In 1955, Mary moved to Alameda. She retired in 1980.

She has been a resident of the Elders Inn since October 12, 2005. Mary enjoys playing bingo and attending Happy Hour. She also enjoys visiting with her family.

**Russian Fun Facts**

- Currency: Ruble
- Language: Russian
- Capital: Moscow
- Full Name: Russian Federation
- Religion: Russian Orthodox, Jewish, Buddhist, Islam and Animist
- Russian Alphabet is based on the Greek Alphabet.

## Strength Training

age 40, we lose 2% per year if we are sedentary and do not exercise. At 80, we will have lost 40% of our muscle mass and strength. It is not surprising that many older adults need canes, walkers and wheelchairs to help them get around. So as we age, it is even more important to include strength training in our weekly exercise schedule and to have a fitness trainer, who is qualified to work with older adults and supervise our workouts.

Many studies now confirm that even frail elderly men and women can significantly increase their muscle and bone mass with strength training. In doing so, we can reverse or stop the debilitating effect of chronic diseases such as osteoporosis and arthritis which greatly effect our physical function. We can improve our balance and walking ability and decrease the risk of falling. We also decrease the risk of breaking bones.

Since adding personal "strength" training to our Wellness program at Elders Inn, Residents who are participating have achieved considerable gains in their physical function and feel a greater sense of daily "Wellbeing". If you are interested in finding more about how you can add personal strength training to your weekly schedule, talk to Peggy at the Lodge or Laura or Tom at Elders Inn.

## Iron Woman: Marietta "Lou" Fritz

Marietta "Lou" Fritz, 93, is no stranger to fitness and exercise. She taught exercise classes at St. Cecilia's Parish in San Francisco for 20 years before moving here recently. Being in shape has always been a priority to Lou. When she was growing up, she used to sneak into the local "Y" and take their dancing and exercise classes.

We are very excited to be offering an exercise class soon that will be taught by Lou. She has expressed an interest in teaching here and enjoys helping people and encouraging others to get fit. Lou has

been attending and observing the group classes here since moving in and loves to see how eager people are for our program.

Lou is originally from Colorado and lived in San Francisco with her husband for many years. She worked for IBM and the State and spent 23 years with the Bank of California. Lou is very close to her niece and nephews and enjoys spending time with them.

Congratulations Lou on being our Iron Person of the Month!

## Active Aging Week

Active Aging Week was initiated by the International Council on Active Aging to promote the benefits of a healthy lifestyle on a national scale. The Waters Edge Lodge will be hosting several special events during the month of Sept. to celebrate our active residents and encourage everyone to participate.

Active aging describes individuals who live life as fully as possible within the six dimen-

sions of wellness (emotional, vocational, physical, spiritual, intellectual and social). While physical activity is not the only focus of an active lifestyle, it is an important dimension because activity improves physical and psychological functioning.

We hope to see all of our residents take advantage of our Active Aging Week Activities. A list of events will be posted shortly.

## THE POWER OF NOW by Patrick McCabe

I am reading a book of this name by Eckhardt Tolle and all of us could learn a lot from it. It invites us to try living in the Present, because the Past is gone and the Future did not happen yet so they not real. Only the

"now" is real. A good way to celebrate Assisted Living Week would be to put our energy into living in the Present and remember that the Present is a gift.

ENJOY THE NOW!

## Congratulations:

Alameda Elder 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 August:

### 1 Year

Josefina Gomez, Elders Inn  
Rosita Contillo, WENH  
Ed Catamen, Elders Inn

### 2 Years

Anabeth Vargas, WENH

Ricardo Urbina, WE Lodge  
Marivic Rabago, WENH  
Doris Parker, WENH

### 3 Years

Nancy Rafalaf, Elders Inn  
Janice Bovian, WENH

### 4 Years

Imelda Pantinople, Elders Inn  
Florinda Jenkins, Elders Inn

### 5 Years

Alicia Forbes, WENH

### 6 Years

Priscilla Harris, WENH

### 15 Years

Christine Merchant, Elders Inn

### 25 Years

Boots Legaspi, WENH

### 35 Years

Chris Zimmerman, AEC  
Virginia Zimmerman, AEC

CONGRATULATIONS AND  
THANKS AGAIN!

## Iron Woman of the Month: Lucille Anderson (Elders)

Lucille Anderson is our ***Iron Woman*** for the Month of September. Lucille was born on September 17<sup>th</sup>, in Sandwood, Washington, which is near Seattle. Her family moved to Burlingame, CA, where she went to elementary school. They moved finally to Berkeley, so that her brother could attend the University. Lucille graduated from Berkeley High in 1937. Her first marriage blessed her with two sons, Gerald and Rob. They have given her four grandchildren and one great grandchild.

Lucille was and still is on the "cutting edge" of all that life has to offer. As a young married mother of two boys, she began a creative adventure in overseeing the building of her home in Lafayette in the early 1950's. The house was designed by a protégée of Frank

Lloyd Wright. It was largely constructed of glass and became an architectural wonder of the time.

According to Lucille, her involvement and participation in an "organism" called CFO (Camps Farthest Out) cultivated the person she identifies with as "her true self". Her work with people has brought joy, and fulfillment. Lucille has helped many people open to their creative and spiritual world through writing. However, Lucille is most recognized in CFO for her inspirational speaking. She has traveled all over the country speaking and motivating people to reach for their dreams and create new realities full of love and possibilities.

Lucille met her present husband, Del, at a CFO function. They both live here at Elders Inn and recently celebrated

their 32<sup>nd</sup> anniversary and Del's 100<sup>th</sup> birthday this past July 17<sup>th</sup>. She began coming to our afternoon Balance Class and soon after asked if she could work with us on a personal strength-training program. She has been working out 3 days a week for over 2 months. Her strength and balance have dramatically improved in this short period. She told us that many of her fears of loss of function are falling away. Lucille is an inspiration to all and a great example of how anyone, who wishes to, can create a new physical reality of wellbeing.

Congratulations, Lucille and thank you for being our Iron Woman for September 2006.

Brain Teaser: Answer  
**The Doctor is his  
MOTHER!**

**Alameda Elder Communities**

801 Island Drive  
Alameda, CA 94502

Phone: 510-748-9700

Edited By: Sabrina Britton



*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.*



Alameda Elder Communities  
801 Island Drive  
Alameda, CA 94502