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*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
801 Island Drive
Alameda, CA 94502

*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 which provide seniors with a warm and familiar homelike setting. The **Waters Edge Lodge** allows residents maintain and 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 Out-patient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*

Alameda Elder Communities

Living on the Waters Edge

Volume 4, Issue 3

September, 2007

Established in
January, 1972.

Now in our
Thirty-Sixth Year of
Providing Health
Services to the
Elders of the
Alameda/Oakland
Area.

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Independent Elders are Happy Elders

By: Kryspin Turczynski

Once in a while, a certain resident asks me to push him down to the Bay Room so he can participate in activities. As Activity Director, I am obviously delighted to see a resident so eager to take advantage of our programming. I was also taught from a young age to help people in need, especially those populations traditionally considered "helpless", like the frail and elderly. Yet when this resident asks for my help, I respectfully decline

to push him down there, but encourage him to keep going and get there on his own, which he does everyday.

At first glance this may appear to be disrespectful or even heartless, and I do sometimes feel conflicted whenever I receive this request. However, I am consoled by the knowledge that I am actually helping this resident more by encouraging his independence than by pushing him. First of all, he will benefit from the

many advantages that exercise brings to the elderly. These benefits include maintenance of strength and physical function, prevention of subsequent heart attacks, increased life expectancy, and enhanced functioning in the last years of life (Birren & Schaie, 2001). Research continually shows that exercise can significantly increase an elder's quality of life, which is reason enough to encourage independent mobility among our residents.

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Protecting our Residents from the Flu

Each year, on average, over 40,000 people die from vaccine-preventable influenza and pneumonia in the U.S., despite the availability of effective vaccines. Some 50-80% of these deaths could be prevented with timely and widespread vaccination. You can protect your-

self and our residents from flu and its complications by ensuring that you are immunized each year. A flu vaccination will protect you from getting influenza and will prevent you from passing this serious illness to our most vulnerable residents. Getting immunized demonstrates your

commitment to preserving the health of our residents.

Our goal is to increase influenza immunization rates to 90% or better this year. For more information please contact your healthcare provider or Administrator for more information.

Independent Elders are Happy Elders

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If this were not convincing enough, there is actually another important reason for promoting independence. By allowing residents to function at their greatest level of ability, one is disrupting the cycle of dependency that infests so many nursing homes. By dependency, I mean a reliance on others to perform tasks that can actually be performed by yourself. So if residents are actually unable to do something on their own, performing those tasks on their behalf constitutes necessary and legitimate care. But when residents are perfectly capable of doing something, but still ask for help, whether out of laziness or a sense of

entitlement, caretakers need to pause and consider whether they might be contributing to the dynamic of dependency.

For example, the resident mentioned earlier is easily able to go to the Bay Room on his own, but he figures it's just easier to ask someone to push him. If caretakers were to take him down there every day, he would gradually lose both the strength and the will to do it on his own, and the resident would eventually become totally dependent on others for mobility. This is the cycle of dependency, which unnecessarily robs elders of both vitality and purpose, and it is a cycle that is very easy to fall into. This is very difficult advice for many of us in the field to fol-

low, for we are natural born helpers, and it makes us feel good to perform good deeds for those we serve. But the health and well-being of our elders is more important than the desire to satisfy our altruistic urges, and research as well as experience shows us that elders are healthier and happier when they are as independent as they can be.

\$100 Drink of Water

Would you spend \$100 for a glass of water? Some 49ers on the California Trail did.

Because of poor planning, many western-bound 49ers were unprepared for the hot, dry deserts of Nevada. A few sharp businessmen in California knew this and took advantage of the situation. They traveled eastward with barrels of water. Extremely thirsty, many 49ers paid \$1, \$5, even \$100 for a glass of precious water. But water was not the only expensive item on the Oregon-California Trail. For example, at the start of the journey, flour could be purchased for \$4.00 a barrel, but further along the price rose to a sky-high \$1.00 per pint. Other staples could also be quite expensive:

- Sugar \$1.50 per pint
- Coffee \$1.00 per pint
- Liquor \$4.00 per pint

Surprisingly, there were other

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Are you Eating Enough Fruits and Vegetables?

By, Christina L. Carter, RCFE Administrator, CDM, CFPP

On Wednesday, August 8, 2007, I had the wonderful experience of being the guest speaker at the Waters Edge Lodge Circle of Elders. I had a very captive audience as I discussed the importance and benefits of eating fruits and vegetables. The residents were concerned about not getting enough fruits and vegetables in their daily diet. We had an activity in which we counted the servings of fruits and vegetables served during that day's breakfast and lunch. The residents were able to visually see the

amounts consumed. The tally showed that the residents were well on their way to consuming the recommended daily intake!

Foods counted:

Juice consumed at breakfast
Vegetables consumed at the lunch meal
Salad consumed at the lunch meal
Fruit with pancakes served at breakfast
Items served at the cafe

Our menus offer a variety of foods. If anyone would like an informational brochure on this topic, please call Christina Carter @ 510-521-9200.

Old and Frail

By: Jackie Fay

What picture comes into your mind when you read the words: Old and Frail? Usually it would be of an elderly woman slumped in a wheelchair, probably sitting in a nursing home. I think we can agree that this is an "old and frail" picture; and yes, there are more old and frail women than men because women live longer.

So let's address this fear. What can be done before we get to this point? The medical term for this condition is sarcopenia which means muscle atrophy. The dictionary definition for atrophy is (1) the emaciation or wasting of tissues, organs, or the entire body; or (2) any wasting away. The wasting away of muscle tissue, organs, or intellect are age related. This condition robs the elderly of

function and is largely responsible for nursing home admissions. Osteoporosis, cardiac problems, and other diseases are directly related to the atrophy of muscles. Atrophy of muscles is directly related to lack of exercise.

The good news is – this condition is preventable. The only effective intervention is "resistance exercise." This is not to be confused with resistance to exercise. Resistance training uses weights and bands for a specific number of repetitions lifting and stretching. These are the exercises done in our exercise classes at the Lodge and Elders Inn. Exercise is the only effective intervention for muscle atrophy.

If your excuse for not showing up at exercise class is "I'm too old," or "I've earned the right to sit and do nothing," or "I

don't like to," or my knees and hips hurt," please think of the old and frail picture. We don't want it to be a picture of you.

WE Lodge: Monthly Artist

When asked what art represents, Elise Niven said: "It represents beauty and encourages you to think of subjects that are depicted. Aside from music and dance, not everyone can be an artist, you must have the desire to express yourself." Elise first began expressing artistic talents in her late teens. "My brother and I took evening classes at our former high school." Since then, she has enjoyed various arts. In her early twenties, Elise worked for a physician and fondly recalls exchanging notes with a patient via rhyming, with some illustrations. She's saved them all for the memories of long ago. Elise admires artists such as Vincent Van Gogh, Rembrandt, and Norman Rockwell. She continues to enjoy our art class on Fridays at the Lodge. Bridgett, herself an artist, is a fine instructor in assisting us, including Greta, Bill and others. We were pleased to have our work displayed in a small area leading to the dining room. "From the words of symbolic realist artist Nick Japaridze, "My emotions, dreams and feelings transformed into the colors and images on the canvas are my paintings."

Alameda Elder Communities

Alameda Elder Communities would like to thank the following staff members for their continued service and dedication.

1 Year

Christopher Lonsdale, WENH
Hermenegilda Atienza, Elders Inn

2 years

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

3 years

Annabeth Vargas, WENH
Ricardo Urvina, WE Lodge

Marivic Rabago, WENH

4 years

Nancy Rafalaf, Elders Inn

5 years

Imelda Pantinople, Elders Inn

Florinda Jenkins, Elders Inn

6 years

Alicia Forbes, WENH

7 years

Priscilla Harris, WENH

16 years!

Christine Merchant, Elders Inn

26 years!

Boots Legaspi, WENH

36 years!

Chris Zimmerman, AEC



Resident of the Month

Lucille Harrison was born during the month of December. Lucille has three children who are very involved in her life and visit her frequently at Elders Inn. Lucille has lived in Alameda and worked for the Alameda Park and Recreational Department for many years. She would help children with different activities at various parks. Her jobs sometimes had her working in the evening at parks that were in "bad neighborhoods". She also worked at Mastick Senior Center, a place for seniors.

Last year she celebrated her 100th birthday and children gave her a party and all her children with their extended families attended. From the photographs that were taken, it appears that Lucille enjoyed being the center of attention!

Lucille participated in this year's Mayor's 4th of July parade in a car driven by her daughter LuAnn Dewitt. They represented the League of Women Voters.

Building Relationships and Community

Every 4th of July, we reserve a place with tents and seats on Webster Street and Lincoln so that we can see the Mayor's Fourth of July Parade. However, this year was going to be special because we were having guests. On July 4, 2007, residents of the Waters Edge Lodge joined us in celebrating our Independence Day activities. David Ballerini and Jessica Cortez brought several residents to Elders Inn. We then walked to our shaded designated area and watched the parade. As the weather warmed up, we were fortunate to have water and sun block to offer to everyone.

When the parade was over, in our main courtyard, we had a BBQ! We had hamburgers, chicken burgers, potato salad, corn on the cob, watermelon and soft drinks.

Residents of both communities had the opportunity to meet and mingle. We had such fun that once again we would like the residents of Waters Edge Lodge to join us during Happy Hour on September 26, 2007 @ 3:00 pm. See you then!

September Activities

September 3 – Labor Day – Barbeque Lunch at 12:00 noon, outside on the patio, weather permitting.

September 6 & 13 – These will be the last walking trips to Farmers market at 4 pm. Groups meet at the Front Desk Lobby by 3:30pm, please check with Jean Rene Eastridge.

September 9 – 15 – National Assisted Living Week

Daily events to be scheduled

September 17 – National Apple Dumpling Day – Please come and join us for an Apple Dumpling Art with Nancy at 1:00pm and to have special in-house Bake of Apple

Dumplings and refreshments.

September 21 – Elephant Appreciation Day – At 3:30 pm we will be having an Elephant Tales in the Webster Dining Room.

September 24 – Good Neighbor Day – It's the celebration of being good to our fellow friends and neighbors and on this day, we will be making greeting cards and fun projects to share with our neighbors.

September 26 – Special visit from Patrick McCabe and Waters Edge Lodge Residents to join us for Happy Hour at 3:00 pm in Webster Dining Room.

Making Adjustments to Exercise Routines

By: Peggy McCormick

Events happen in our lives sometimes, however small or large, that prevent us from continuing our fitness goals. A new pain in the knee may keep us from exercise class. A sore back may keep us off our feet for a few days. But those few days can easily turn into a week, then several weeks. Before you know it, you've been absent from the exercise and balance classes for awhile and fall into that trap of thinking it's not necessary or just plain laziness takes over. And that's the wrong attitude to take.

A sore knee may prevent you from riding the bike or doing leg work, but you can easily adjust by attending the seated class, where you'll be off your feet and still do strength training exercises for the rest of your body. The same applies if you're recovering from a bug, an illness or an injury or your stamina is low. The seated class does not require you to be standing and is quite easy, yet you are still moving blood and oxygen through your body and working your muscles.

There are a lot of people in the classes who because of an in-

jury many years ago cannot move one shoulder as well as the other. They can raise one arm above their head but not the other, but they adjust. They put down the weight during overhead presses for that arm and continue doing the exercise with the other arm. Or they use their good arm to hold the other arm up. Several people have permanent damage in a knee or leg and even constant pain, but they have learned how to make adjustments and know the value of continuing their exercise routine.

Many years ago I watched a young man in his early 20s walk into the gym with one good arm and one that ended in a stump midway up his forearm. He laid down on a bench and proceeded to do chest presses with the bar. You would think the bar would be uneven, that it would tilt to one side and that one end certainly would not lay safely on his stump. But I watched in amazement as he performed perfect bench presses with perfect form. Somehow he made the adjustment. And I know of two

trainers, one in this country and another in France who each have lost one arm. They are currently fitness champions because they made adjustments, adapted and continued with their fitness goals.

Pretty soon I will not be able to continue my own fitness routine for awhile, but I will do what I can. I will walk, work my lower body and not give in to the temptation to quit. It's very easy to just stop when an injury or illness occurs. The hardest part is starting over. But it's very important both mentally and physically not to give in to that temptation. It can be easier than you think to make adjustments to your exercise routine and we are here to help you do that. Just because you may not be able to do what you used to do does not mean you can't do anything. Our bodies make amazing adjustments all the time and can adapt to almost anything. So the next time you feel like skipping class think again. There is always a way to get around the obstacles life throws our way.

\$100 Drink of Water (Cont.)

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staples that were amazingly cheap. For example, at Ft. Laramie, bacon could be had for a penny per pound. Those who had excess bacon often

considered it worthless and dumped it by the side of the road. One emigrant reported seeing ten tons on one pile.

Why the wide disparity in prices? The basic laws of supply and demand were at

work. Most wagon trains took too much bacon and so it had little trading value. Water, on the other hand was in short supply and thus commanded a high price.

ROM: Bob Bombarde

Robert "Bob" Bombarde was born in Portland, Oregon on May 25. He's the oldest child of three. "I grew up on the banks of the Columbia River," says Bob. Growing up, Bob was fascinated with ships and aspired to be a seaman. During high school, Bob was the student body president. He went on to attend the University of Oregon (Ducks) to study Political Science and Foreign Trade. Instead of continuing his junior year in college, Bob volunteered to become a Merchant Seaman. "I traveled around the world during war time. I was on the first ship in the liberation of Norway." He continued to travel the world from 1942 through 1945. "I also worked in foreign trade as a clerk on the San Francisco waterfront." Bob eventually returned back to the University of Oregon earning his B.S. in Political Science with a minor in Foreign Trade. He also attended law school but never finished. Bob is fond of international travel especially Europe and the Far East. "I loved the new places and faces associated with travel especially Thailand, what a beautiful place!" When asked what he didn't like about life at sea, "the lack of current information. It's hard to stay updated with the outside world, but the over all experience was great." Bob has been here at the Waters Edge Lodge since 2005 and we are honored to recognize him as September's Resident of the Month.

World Tour: Middle East

I doubt that there is anyone who would argue that September and October are not the most glorious months in the Bay Area. The morning fog has gone and it is replaced with a slight nip in the air. Clear skies and warm weather make for a wonderful combination of weather conditions here at the Waters Edge Lodge. I feel lucky to be a part of our community and I'm sure that you do also. As we soak up the

sun's rays and breathe clear air, we have to be grateful that we live in such a beautiful country although we appreciate our next stop on our World Tour---the Middle East. You can bet your bottom dollar that it is warmer in Iraq! Our display will be informative and interesting as always courtesy of Dave Ballerini, so please check out our latest creation!

Live Oak

Live Oak is alive and well at the Waters Edge! The Circle of Elders continues to grow under the leadership of the "2 Daves" and it isn't unusual for our Residents to expect the unexpected from either of them! Come see what it is all about every Monday through Friday at 12:30pm in the Living Room and lend your voices to the culture change that we bring to all our Residents and the World around us.

In the best Live Oak tradition, we have begun a weekly social and conversation every Tuesday at 10:00am in the Cafe. This social has quickly evolved into a special experience for all Residents.—Please join us on Wednesday, September 26th at 1:30 for Happy Hour at Elders Inn with Patrick McCabe. All of you have heard about how beautiful the Elders Inn is and now is your chance to see it in person. Sign up today at the Front Desk!

September Activities

Our Activity Department is humming this month! We have planned something for everybody all month long so let's lace up our shoes and get active! Patrick McCabe has planned some fun outings--- Wednesday, September 5th please join him for Stories by the Fountain, the next day a trip to the Alameda Museum, and September 11th—a Walk by the Lagoon, and on Thursday, the 11th. All this is in addition to Middle Eastern lunch on the 10th, another A's game on the 19th, and an Ethiopian lunch on the 17th!

By popular demand, we have invited Cindy Hsu back again for a piano recital of classical music on Sunday, September 30th at 4:00 pm.. We have received such wonderful feedback from all the Residents who enjoyed her previous concerts and it is our pleasure to ask her to return. Please mark your Calendar.

Resident of the Month: Addie Eby

Addie Eby was born on April 7, 1912 in Ponca, Oklahoma. She was the oldest of 4 children, 3 girls and 1 boy. At the young age of 4, Addie's family moved to Richmond, California, where her uncle, a county tax collector, already resided. After graduating from high school, Addie went on to fashion arts school, which allowed her to work as assistant designer and patternmaker. She loved the work for its creativity and flexibility, and Addie would be assigned to scope out area boutiques to see what's in style and create her own patterns.

In 1931 Addie married Lester Eby, who worked for a telephone company and went on to become supervisor. Soon they had a son, and Addie quit her job so she could take

care of him. In all, Addie had two sons and one daughter. They moved to Lafayette, CA where Addie has lived until she came to Water's Edge earlier this year. Addie is a woman of many interests, including sewing, painting, dancing, playing the violin, and keeping up with politics (her favorite president was Truman, a "down-to-earth man"). Addie loved to travel with her husband, and together they visited all the Hawaiian Islands, cruised around Europe, and drove across the continental United States in their own trailer. Always eager to socialize and share her smile, Addie is a visible and beloved member of the Waters Edge community, and is our Resident of the Month for September 2007.

World Tour

In September the World Tour focuses on the Middle East, which has an extremely complex history, and whose culture is still relatively unknown by most Americans, despite increasing involvement in the region by the United States. Through exposure to Middle Eastern history, music, food, and arts, we hope to become more familiar with the culture of "The Cradle of Civilization".

- 9/3 – Labor Day BBQ
- 9/10 – Persian Menu
- 9/17 – Tour of Turkey
- 9/24 – Lebanese Lunch

Nursing Home Picnic

This year the Annual City of Alameda Nursing Home Picnic at Crab Cove takes place on Thursday, September 13th. Our residents are invited to socialize with other Alameda Nursing Home residents while enjoying the outdoors, and eating delicious food.

If you are able to join us on September 13th to assist us with this special event please contact Kryspin at the Waters Edge Nursing Home: 510-522-1084

The Joyful Journey

Labor Day (Monday, September 3) traditionally marks the end of summer, and we plan to send it off with a bang. There will be a barbecue out on the waterfront patio at noon, with the Activity Director moonlighting as grillmaster. At 3:00 pm, James Steven Farnsworth will entertain everyone with a violin concert dedicated to all hardworking people, featuring a medley of folk and Americana.

On September 13, Waters Edge Nursing Home will be joining other skilled care facilities from all over Alameda for the 27th Annual Alameda Nursing Homes Picnic in Crab Cove. This wonderful event, sponsored by the Regional Parks Foundation, will feature games, live music, great food, and of course, the beautiful scenery and fresh air of Crab Cove. Last month we received donation letters; the continued success of this event depends on donations, and any amount would be greatly appreciated.

On September 19, a group of our residents will go to the Oakland Coliseum to watch the hometown Athletics play the Seattle Mariners.

Go A's!