

Living on the Waters Edge

Volume 6, Issue 1

September, 2009

Established in
January, 1972.

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

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The Power of the Pigskin

By: Kryspin Turczynski

As summer turns to fall, there are many reasons to rejoice. The kids are back in school and all our favorite TV shows are back on the air. For me, however, there is nothing more exciting about this time of year than football. After an insufferably long off season, the teams are back in training and getting ready to deliver five months of joy and heartbreak. No longer will we be deprived of the comforting rituals of tailgating, hearing the theme song to Fox NFL Sunday, and discussing Tony Romo's

latest meltdown at the water cooler. As a Chicago Bears fan, there is even more excitement and anticipation than usual, since the football gods have smiled upon my team and sent them their first star quarterback since Sid Luckman introduced the T-Formation in the 1940s.

At first glance, it might seem odd for me to be such an enthusiastic football fan. I am usually calm and reserved, and I strive to live according to principles of compassion, unity, and non-violence. But over the

next 5 months, you'll find me with 50 other Bears fans in Windy City Pizza in San Mateo every Sunday, wearing navy blue and orange, and raucously cheering every bone-crushing tackle. It is consoling to know that I am not alone in my love for this physically brutal sport. There is something about football that compels perfectly mature and rational individuals to wear silly hats and shout profanities at large screens. It is all so absurd, yet oddly satisfying as well. This phenomenon is not limited to football nor

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Eating Well to Be Well

By: Kathy Hanley, PT

Eating the right foods is important for people young and old alike. The choices you make regarding the foods you eat can have a huge impact on how you look and how you feel. Your body is a finely tuned machine and like any machine, it needs fuel to keep

on running. Eating gives your body the nutrients that it needs to keep your muscles, bones, internal organs, brain and other parts operating the way they should. These nutrients include vitamins, minerals, protein, carbohydrates and water. Some foods, such as

whole grains, fruits and vegetables, are rich in these all important nutrients. Others, such as sweets and sodas, offer your body nothing but a lot of empty calories.

Most people, as they age, need less calories because they are

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physically less active than when they were younger. People tend to put on weight as they age because they maintain eating habits and quantities from earlier years while at the same time becoming more sedentary. Extra weight can predispose a person to health risks such as heart disease and Type II diabetes. It can also increase the wear and tear on joints such as the hips and knees, resulting in pain, decreased function and even the need for joint replacement.

Eating the right types and quantities of food can help reduce the risk of some types of cancer, lower blood pressure and cholesterol levels, and prevent anemia. Healthy eating can increase an individual's energy level, resulting in a happier, more productive life. It can also promote digestion and prevent constipation.

When you are making menu choices, think healthy. Make your first choices whole grains, vegetables and fruits. A general rule of thumb is to choose foods with deep color over

“white” foods. Examples might be blueberries, squash, tomatoes, darker color bread, and leafy green vegetables such as spinach and kale.

If you're not used to eating healthy, begin by taking small steps, making one change at a time. For example, choose whole grain bread over white bread; or have a piece of fruit for dessert rather than a piece of cake. The more you eat healthy food, the more you'll prefer it to “junk” food. Start today and eat your way to a happier, healthier you.

Overcoming Stress

By: Rosemarie Caigoy

One of the most amazing things about the human body is the physiological progression of evolution such as stress. When someone hears the word stress, a negative connotation is associated with it. In actuality, stress has evolved in all mammals to help protect the body. The basic function is when a mammal is being hunted or attacked, it will have the physical feat to either run away or fight in order to survive. In a stressed situation, a mammal will secrete many stress hormones that are catalyst to many factors like a vast increase of energy (meant to serve working muscles needed to survive), heart rate, and blood pressure. At the same time, the systems of the body that are irrelevant to the moment will cease, such as digestion, ovulation, pain

perception and even growing. This is why we get a dry mouth the moment before presenting a thesis in front of a panel. With the development of civilization and technology, the factors that make humans “stress out” is very different from its original intentions. Things like not receiving a phone call from a loved one, or trying to meet a deadline are now the things that are setting off the secretion of adrenaline. We then mobilize this energy and it causes the lining of our blood vessels to become ruptured, making us susceptible to stress related diseases such as diabetes.

In an experiment conducted on rats, scientists presented stress in a form of a shock and observed the different options the rats had to cope and to rid themselves of the given stress. Rat one took out all its stress

by continuously biting another rat (seen as releasing aggression). Rat two had a piece of wood to gnaw on (which served as the rat's form of a healthy outlet such as exercising or painting). Rat three was warned before the shock was coming by a flashing light and the predictability of knowing when the stressful event was going to occur helped with the coping. The last rat had the control of being shock by receiving the shock only when it would press down on a button. Somehow, when the rat believed it had control of the stress, it did not stress. So it has been scientifically proven that the best way to relieve and cope with stress is to join one of my fitness classes. Just kidding! But seriously, if you find yourself to be a stressful

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to the United States. All over the world, people embrace sports teams and invest considerable emotional energy in them. Could it be that professional sports serve an essential function for modern man (and woman)?

Perhaps sports teams should be thought of as tribes for the alienated masses of modern society. In a globalized, technologically advanced world, individuals can lose a sense of belonging that is such a vital component of psychological and social health. Even as we strive to promote harmony across ethnic and religious borders, we cannot ignore the innate human desire to identify with an exclusive, tightly-knit group. It seems to me that the popularity of sports stems

from the effective way in which they channel this tribal drive. When you watch your team play in front of thousands of other fans, all adorned in the same color and collectively responding to the ups and downs of the game, you feel an overwhelming sense of belonging. It's like being in battle, but when it's all over, everyone goes home, takes an antacid, and goes back to work the next day. Fans can certainly take their enthusiasm to unhealthy excesses (as a visit to any European soccer match can attest). Overall, though, sports are an entertaining and relatively harmless way to satisfy our need for social belonging.

There are, of course, other ways to experience this essential sense of belonging. Fra-

ternal organizations, service organizations and a variety of clubs and groups function in this way for their members. Intentional communities such as cohousing developments are specifically designed for this purpose. The core elements are a common set of interests or values and a shared concern for the good of the whole. Not coincidentally, these are the elements I encounter everyday at work. My colleagues at Alameda Elder Communities are some of the most welcoming, authentic individuals I have ever encountered. Together, we work hard to create an environment where everyone feels they are valued and respected by a community that cares. They are, in a very real sense, my tribe, and they are a large reason why I feel so at home

What Makes you Smile?

By: Dave Ballerini

Do you remember your first kiss or your first love? What about the day your child was born? Your smile went from ear to ear. The sheer ecstasy of that moment was unlike any other. How did you feel when you saw your baby take that first step or heard him say his first word? Nothing could have been more satisfying than that. Joy and pride filled your life. Now your kids are having kids and their kids are having kids. Even if you don't have kids, there are still those recollections that make

you smile. Like the time when you earned your drivers license. How about the day when you crossed the stage and collected your diploma. Where you happy? Did you smile? What about a time when you gave a special gift to someone you love. How did that make you feel? No matter what the memory we all can remember a special point in our lives that made us happy.

It is now a new chapter in your life. You're living in a place with people who have the same fond memories.

Like you, they too have stories to tell about family and friend. Get to know your neighbor. Stop them on the hallway to say hello. If you see someone in a crabby mood, give them a smile. We should love thy neighbor. I encourage all residents to attend Happy Hour. Listen to the talented performers that play for us. Participate in art class. Go on outings with us. Exercise with Rosemarie, do something to make you smile. Remember it takes 43 muscles to frown and only 17 muscles to smile.

September Activities

Consistent with our World Tour schedule, two of our lunch outings this month will feature Middle Eastern restaurants. On Sept. 3rd, come to La Méditerranée in Berkeley and experience the refined elegance of Persian cuisine. On Sept. 17th, we'll go to Holy Land Restaurant in Oakland for some traditional Israeli food. There will also be a special presentation on Sept. 23rd called, "Iran & the New Media: Parallel Revolutions." This presentation, to be followed by group discussion, will provide historical background for the current turmoil in Iranian politics and look at how new technology and media have transformed the way we experience

the news.

Oui oui and *jawohl!* Do you speak French or German? Join us on Monday afternoons for French Coffee Club and Tuesday afternoons for German Coffee Club. Both begin at 2:30 pm in the Cafe in order to provide a forum for residents, staff and visitors to practice speaking French and German while enjoying a cup of coffee and a snack. These casual get-togethers are open to everyone, without regard to language proficiency level. So even if you'd like to stop by and listen to some French and German, you'll be welcomed with a heartfelt *bienvenue* and *willkommen!*

Community Events

We are continuing to build relationships with the community of Alameda through our activity program. Saturday, Sept. 19th, we will be joining our neighbors, the Bay Farm Community Church senior group, for a joint outing to watch the Oakland Athletics take on the Cleveland Indians.

On Sept. 24th, we'll be joining Elders Inn for a joint outing to the Senior Lunch and Seminar hosted by Trinity Lutheran Church in Alameda. The featured topic that day will be arthritis.

Resident of the Month: Robert Chen

Robert Chen was born in Beijing, China, the eldest of six children. He learned English at a young age with his English teacher and mentor, Marguerite Murray. Robert came to the United States to study economics at Carleton College in Minnesota. Soon after, he enlisted in the Army Air Corps, where he served from 1944-1946 as an interpreter of Mandarin Chinese at Luke Field (now Luke AFB) near Phoenix, Arizona. After his discharge, Robert moved to the East Coast to attend Harvard Business School. In his first year at Harvard, he attended a dance at MIT where he met Delia Li; they married a year later. Robert graduated from Har-

vard in 1948 with a Masters in Public Administration, and worked as development officer for Shawmut Bank (which has since been taken over by Bank of America).

Robert and Delia had three children: two daughters and a son. One of his children, Wilma Chan, served as State Assemblywoman for the 16th District, which includes Alameda and Oakland, and was also the first woman and first Asian-American to hold the position of State Assembly Majority Leader. Robert traveled extensively with his wife, and the two especially enjoyed visiting London, Paris, Lisbon, the French Riviera, Italy, and the Cayman Islands. His many

years back east have left a lasting mark on Robert: he remains an avid Red Sox fan to this day, and also admits to enjoying watching Venus and Serena Williams play tennis. Robert loves music, and listens to a variety of artists ranging from Beethoven to Frank Sinatra and even Dionne Warwick. He can always be depended upon to attend a music-related outing, and is gracious enough to share his magnificent voice with the community during Happy Hour festivities. Robert contributes a great deal to the community with his wit, humor, and vivaciousness, and we salute him as our Resident of the Month for September, 2009.

Waters Edge Nursing Home

Resident of the Month: Charles "Wyman" Nisley

Charles Wyman Nisley was born in December, 1925 in Astoria, Oregon. Charles, who grew up in a Navy family, had a younger sister. As a child he enjoyed Making model airplanes & hunting jack rabbit's in the back country.

Charles attended Alameda High School, but was drafted into WW II during his senior year in high school. "While everyone was attending the Senior Prom, I was chasing German's in the War" he said. Charles was also apart of the 82nd Airborne Division 1944-1946. While Charles served in the army for 3 years he saw world leaders such as Churchill, Decall and Stalin during that time.

Charles married on July 9th 1949; he and his wife had 2 daughters and 1 son. Charles worked for The Naval Air Station Alameda for 2 yrs then moved onto the Pacific Telephone and Telegraph for 36 years. Charles was a leader and hard worker moving himself from Craft's job to Engineering Manger. His job specialty was putting in and seeing that the equipment was installed correctly. Charles Retired from Pacific Telephone and Telegraph on Nov 30· 1983.

Charles also enjoys reading books about traveling or history. His favorite author is Bill Brayson who writes mostly about traveling.

Charles is currently reading Patriots: "The Men Who Started The American Revolution."

Charles says he really enjoys all the staff as well as residents, gives the Therapy group top notch recognition for their hard work and encouragement for everyone to improve.

Charles Nisley was our 1st place winner in our Waters Edge Olympic Games, that took place this past August. Mr. Nisley is very friendly and has a warm heart. So without further delay, The Waters Edge presents Mr. Charles Nisley as our resident of the month of September.

September Activities

Summer may be coming to an end, but baseball season is not quite over yet. Join us on September 2nd, as we watch the Oakland Athletics take on the Kansas City Royals. We'll continue to say *adieu* to summer with our traditional Labor Day barbecue on September 7th.

This month, the World Tour takes us to the Middle East. Through theme meals, special videos and other media, we will engage all our senses and explore the rich cultures of such countries as Saudi Arabia, Iran, Iraq, Israel, Lebanon, and others. Middle Eastern culture is by no means monolithic - from the Anato-

lian foothills of Turkey, to the desert oases of Egypt, to the Iranian plateau, the Middle East boasts a variety of languages, religions, customs, and historical traditions. The Middle East, or Near East, as it was once called, can claim to be the birthplace of three major world religions: Judaism, Christianity, and Islam. Over the past thousands of years, perhaps no other region in the world has had such an influence on world events and culture as the Middle East.

Finally, public health officials all over the world are bracing for a second wave of the H1N1 flu virus, which caused nu-

merous fatalities worldwide during its first run. Having had a chance to test our defenses and possibly mutate, there is concern that this virus could be even deadlier the second time around. Please remember to refrain from visiting the nursing home if you or somebody in your household has had flu-like symptoms in the past seven days. Flu-like symptoms may include fever, shivering, chills, malaise, dry cough, loss of appetite, and body aches. Even though older adults, seem to have better resistance to H1N1 than younger people, our residents are generally vulnerable to infectious diseases in general, and proper caution is urged.

From the Desk of the Administrator: Christina Carter

September 7, 2009 is Labor Day. We will be having our last BBQ of the year in the main courtyard at lunchtime. Please join us.

We are now heading into Autumn. Fall officially starts on September 22, 2009.

This month for the World Tour we will be visiting the Middle East. We will be offering Middle Eastern snacks during Happy Hour.

This month, we are pleased to be introducing some new activities, such as the Walking Club, and reintroducing old

favorites, such as the Tour of Alameda.

The Resident Visitation Program is going strong, all three facilities in Alameda Elder Communities visit residents in the local hospitals or skilled nursing facilities. Look for the Blue polos (Waters Edge Nursing Home), the Green polos (the Waters Edge Lodge) or the Burgundy polos (Elders Inn), and we'll be there!

We have several new residents this month, go by and introduce yourselves. Also, we have new staff members,

so don't be surprised when you see a different face!

Important extensions to remember:

Administrator, Ext. 102

Resident Care Coordinator, Ext. 106

Medication Room, Ext. 322

Admissions/Marketing, Ext. 123

Dietary Services, Ext. 311

Front desk, Ext. 100 or 0

Please visit
www.alamedaelder.com

September Activities

Our patios are awash in warm sunshine and await our Residents who take time to chat with friends, read or just bask in the sun. To take advantage of the weather and to honor labor in America, we will be having a Labor Day BBQ on the patio on Monday, September 7th. Bring your appetites!

We will be having a couple of outside activities this month as David will be leading a Tour of Alameda in the van on Friday, September 25th. If you haven't had one of David's tours, you don't know what you're missing! Sign up at the Front desk, because this is sure to fill up fast.

Resident of the Month: Virginia Ingle

Virginia Ingle was born in Juarez, Mexico under an unusual set of circumstances. Her parents were both from Switzerland and her Father, who was a Master Pastry Chef, had made his way to El Paso, Texas to work. Her Mother attempted to join him, but couldn't come through New York because the quota was full for immigration, so she went to Vera Cruz, Mexico and met up with her husband. They eventually moved to Tulsa, Oklahoma where Virginia was raised.

Virginia went through school in Tulsa and attended Business College. After graduation, she worked for Phillips Petroleum as a key punch op-

erator and met her future husband at a dance. After marriage, they moved to Los Angeles where her husband worked as a contract administrator for the aerospace industry and finally working for the University of California at Berkeley. Virginia ended her working career with Industrial Indemnity in San Francisco.

Virginia loves to shop and is currently working on getting in better physical condition through physical therapy and attending our exercise classes.

Iron Man of the Month: Eneas Kane

By: Rosemarie Caigoy

To be able to grow older while maintaining my strength, strong mind, and powerful spirituality is something I think about often, especially considering my work environment. Everyday serves as a window to see how the choices I make today will effect my health in the future. A resident that I have the honor and pleasure to work with is my quintessential example of not only the possibility to maintain this incredible balance well into my 90's, but the inspiration that I will.

Eneas Kane was born to Irish parents in January, 1917 in the city of San Francisco. He was the eldest of three children and the only boy. In high school he participated in football and did some boxing. He attempted to continue this during his first year of college at UC Berkeley, but the commute across the bay did not allow him to carry on both sports and academics.

Eneas received his bachelors degree in mechanical engineering in 1938 and he went on to Kansas State to pursue his masters in the same disci-

pline. A year after earning his Masters Degree, and a year before America entered WWII, he returned to UC Berkeley as an instructor, also working with the radiation department alongside amazing physicists. Their research and discoveries would not only help America advance in WWII but help end the war. This project required Eneas to travel back and forth between Berkeley, CA and Oakridge, TN where he met and married his wife, and also where they had their first two kids. When the war ended in 1945, Eneas and his wife moved to Berkeley and he started teaching in the engineering department while he pursued and got his Ph D, also in mechanical engineering.

In Berkeley, the Kanes had 6 more children and the next 30 years of Enea's life were dedicated to working for the Standard Oil Company of California, today known as Chevron. Eneas retired in 1982. With free time on his hands, Eneas started doing volunteer work for a nonprofit religious organization, in which he is still very much active in today.

When Eneas's wife passed away, he decided to move into Waters Edge Lodge so that he could continue his volunteer work without the burdens of maintaining a household. October 1st will be the 3 year anniversary of his residency.

When I asked him about what it is about his life that has made him able to leg press 90 pounds, catch and throw balls at high speeds, and to still be able recall every single date that meant something to him, he said it was establishing a routine and following through with his commitments. He wakes up early daily to attend mass at a Catholic Church, and he proceeds to eat breakfast at the same diner afterwards. He devotes himself wholeheartedly to his volunteer work so working everyday is also on his daily routine. I'm sure residents have spotted him rushing in and out of the Lodge with his briefcase and a determined expression, but behind this busy man is a strong balance that one can wish to possess for a lifetime.

Overcoming Stress (Continued from page 2)

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person and you're not really into going to your neighbors to beat them up or your not the all knowing entity that can foresee the coming of stress, pick up a relaxing hobby like

walking outside or joining the art class. Try to summon the energy to go out and enjoy the company of the fellow residents for a lunch outing. Remember that stress was intended for our survival, our protection, and for the sacred

bonding of our psyche and body and not for its chronic endurance that makes our own body an enemy.

For placement and care questions:

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For free copies of Alameda Elder Communities monthly newsletters, please visit our website at:
www.alamedaelder.com

Edited by: Sabrina Britton



*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 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 facility 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 to maintain an 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 Outpatient Rehab agency, and a Fitness Center providing affordable wellness and strengthening programs.*



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