

**For placement and care questions:  
Alameda Elder Communities**

Phone: 510-748-9700  
E-mail: [sabrina@alamedaelder.com](mailto:sabrina@alamedaelder.com)  
Website: [www.alamedaelder.com](http://www.alamedaelder.com)

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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  
801 Island Drive  
Alameda, CA 94502

**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.

## Alameda Elder Communities

# Living on the Waters Edge

Volume 6, Issue 5

November, 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 Difference Between Fitness and Therapy

By: Kathy Hanley, PT

Residents of Waters Edge Lodge and Elders Inn are fortunate to have facility-based fitness and therapy programs. Because both functions involve exercise, residents and their families often get the two confused. In actuality, they are two different disciplines that work together to form an important continuum of care for our residents—a continuum which helps to keep residents as healthy and active as possible. The following information will help to distinguish between therapy and fitness.

- Therapy, after an initial evaluation, works towards functional goals specific to that individual, and it must be ordered by a physician. Physical Therapy may work on things like walking, balance, range of motion, and pain reduction. Occupational Therapy focuses on activities of daily living, such as dressing, bathroom and showering skills, and transfers. Speech Therapy addresses specific speech and language problems as well as memory problems or other cognitive issues.

- Fitness works on strengthening and general conditioning for overall health. Our fitness classes also address balance but this is done in a more generalized, group setting.
- Therapists must complete a college curriculum which includes 4 years of general arts and sciences and a minimum of 2 years of medical sciences and specialized education in their particular field. Most therapists hold a Masters Degree; soon all Physical Therapy educa-

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## From Expectation to Acceptance

By Kryspin  
Turczynski, MA

Once upon a time, a young boy in a Japanese village was given a horse for his birthday. The villagers rejoiced at what they believed was fantastic news. A nine-year old with his very own horse! The local Zen

master, however, simply said, "We shall see." A few years later, the boy fell off his horse in a terrible accident that permanently disfigured both of his legs. The villagers lamented this tragic turn of events. The Zen master said, "We shall see." A year later, the country

found itself in a war and all able-bodied men were conscripted into military service. Due to his injuries, the young man was exempted from service and allowed to remain in the village. The villagers now rejoiced at the youngster's apparent luck. "We shall

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### From Expectation to Acceptance (Continued)

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see," said the Zen master once again...

This simple but poignant parable becomes ever more meaningful to me with each passing year. There was a time when I thought I had all the answers. I had developed ready-made arguments for the correct position on virtually any topic, and I was certain of what the future would bring. Then something happened; a funny, little thing called life. Anyone that has ever experienced disappointment has learned that certain things are beyond our control. We can invest a tremendous amount of thought and energy into mapping the future, only to find it altered by any number of unexpected events: inclement weather; a sickness in the family; an unintended con-

ception; international conflict; loss of physical or mental functioning; falling in love; death.

All the aforementioned situations are, to some degree, beyond our control. What is always within our grasp, however, is how we respond to such events. Oftentimes, we fight against the things that seemingly intrude our lives, especially if they threaten our self-image and deeply held values. Yet at some point we all find ourselves in situations over which we have no power or even influence. It is in such crucibles that we discover the importance of acceptance.

To accept something is not to desire it or even to like it. Acceptance is simply an acknowledgement of reality, regardless of our expectations of how things should be. It is perhaps

one of the most courageous of human acts, for it requires an open mind and a recognition of one's limitations. To accept what one cannot change is to be in alignment with what has been ordained by a higher power, be it God, the universe, or even pure chance. This submission of ourselves to a greater reality can provide the strength to overcome all the disappointment and suffering in our lives. Developing the skill of acceptance is a difficult, lifelong process. Yet with age and experience, our perspectives grow ever wider, allowing us to see everything in a larger context and meaning. May we all keep learning and growing long enough to reach the point where we can greet life's ups and downs with the words of the Zen master: "We shall see..."

### Thanksgiving Facts

As you celebrate Thanksgiving, here are some facts to help you digest your meal!

About 272 million turkeys were raised in the United States in 2007.

About 45 million turkeys will be eaten this Thanksgiving.

Benjamin Franklin wanted the turkey to be the national bird.

690 million pounds of cranberries will be produced in the United States in 2007.

1 billion pounds of pumpkins were produced in the U.S. in

2006.

1.6 billion pounds of sweet potatoes were produced in 2006.

The average American consumes 4.5 pounds of sweet potatoes per year.

The average American consumes 13.1 pounds of turkey per year.

Bon Appétit!

### Friendly Visitors

By: George Davis

In October, the Lodge began a "Friendly Visitor Program."

We have designated Rosemarie Caigoy, Fitness Trainer, and Jessica Cortez, Driver, as our ambassadors for this program. They will be visiting residents who may need more personal social interaction and introduce them to our exciting activities program. We are excited about the new "Friendly Visitor Program" and room visitor staff will focus on each residents' individual needs.

### Iron Man of the Month: Tony Medved

By: Rosemarie Caigoy

As we grow older, the hobbies that nourish our quality of life become limited. The long hours of tennis are reduced to watching a match on television and the late night dinner and drinks are replaced with retiring early to bed before the headline news. Even though our bodies might not be able to maintain the hobbies we once had, it doesn't mean our spirit and attitude can't maintain the appreciation we have for a great life. Tony Medved is the epitome of a man who lives every day with a fun and positive attitude, and who still participates in hobbies that keep him social, such as bridge and golf putting. He manages to stay up-to-date with current events and sports, and he also enjoys a good cocktail everyday. These are the reasons why Tony still maintains a strong, healthy, and fun life.

Tony Medved was born in Arizona, but moved to Spokane, Washington as an infant. He was the baby of 4 siblings: 1 brother and 3 sisters. He spent most of his adolescent years in Spokane participating in both baseball and football. It was college that brought Tony to the Bay Area, Palo Alto specifically, where he attended Stanford during 1939-1943. He was a well-rounded student majoring in Engineering, a member of the rowing team, and a football player. Tony was part of

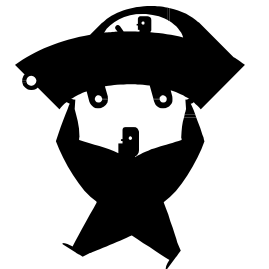
the Stanford team that beat Nebraska during the 1941 Rose Bowl, but he was a sophomore at the time and did not start. As an Engineering student, Tony was able to finish college before entering the draft. Tony then served in the US Navy as a Lieutenant Junior Grade and was the Assistant Navigator on an attack transport in the Pacific during WW2.

Following the war, Tony went to the Graduate School of Business at UC Berkeley, where he met and married Margaret less than a year later. While the country was engaged in a Cold War with the Soviet Union, Tony worked for Aero jet General Corp, a company that designed and manufactured rocket engines for the defense and aerospace industries. He worked more than 20 years for this company before he decided to join the Bechtel Corporation, a worldwide engineering and construction company, where his first assignment was the Alaska Pipeline Project. Tony and Margaret moved to Fairbanks, Alaska for 2 years before they moved to Anchorage for the last 3 years of the project. The work conditions were severe and the engineering techniques were specialized due to most of the pipe being in or on permafrost. After the Alaskan Project, Tony was assigned to airport projects in the Middle East, which included the beautiful airport

of Riyadh, Saudi Arabia, a modern masterpiece of Arabian design capturing the essential Islamic influence and servicing 8.3 million passengers a year.

During this time Tony and Margaret were able to take vacations all around the world, touching base in almost all continents. Retiring in 1981 only continued their awesome lifestyle, when they resided in a townhouse in the East Bay hills. They joined a club and began their retirement years playing tennis and relaxing at home, enjoying the view of the bay. This came to an abrupt end when their home burned down during the 1991 Oakland Hills firestorm. They stayed in Alameda during the reconstruction of their house, and they developed a liking to the island. Tony knew that when the time came, Alameda would be the place they'd return to, which is what brought them to Waters Edge Lodge.

Being surrounded by individuals like the Medveds gives me a positive outlook on life. It assures me that only I can make my life the highest quality, but above all, it makes me anticipate retirement.



**From the Desk of the Administrator: Christina Carter**

We have two holidays that we will be celebrating this month. First, we will be honoring those individuals that served in the military on Wednesday, November 11, 2009. Special luncheon. Secondly, the start of Holiday Season is fast approaching! On Thursday, November 26, 2009, we will be serving a traditional Thanksgiving Feast in the Buena Vista Dining Room at 12:00 pm. Please bring your appetites!

This month for the World Tour we will be going to Eastern Europe. We will be taking a stroll over to the Bosnian Market on Webster and introducing ourselves to European breads, drinks and desserts. Also we will be enjoying foods from the Ukraine and Poland during Happy Hour.

Soup is a coming! We will be reintroducing soup on the menu with the new FALL/WINTER Menus that will begin this month.

**Thanksgiving at the Elders Inn**

The Elders Inn will be celebrating Thanksgiving this year as usual on Thursday, November 26<sup>th</sup>. We are serving the wonderful traditional meal of turkey and all the trimmings, sharing the goodwill and friendship that we all have to

be thankful for.

If you are interested in joining your loved ones for lunch, please notify the front desk so our amazing kitchen staff can prepare.

**Veteran's Day**

Depending in which state that you reside in, Veterans Day is celebrated the 4th Monday in October or on November 11. It is a holiday observed in the United States in honor of those living and dead who served in the Armed Forces. Armistice Day, the previous name of Veterans Day, was proclaimed in 1919 to commemorate the ending of WWI at 11 am on November 11, 1918. It became known as Veterans Day in 1954. Christina Carter will bring her Flight Jacket from the United States Air Force.

**Resident of the Month: Bea Rowney**

Bea Rowney was born in Seattle, Washington in 1914, but she can claim that she has lived in Alameda longer than most anyone else. Her mother was a nurse and her father was originally from London when they met shortly after the big earthquake of 1906, married in Vacaville, and moved to Alameda. During her family's transfer to Seattle, Bea was born, but soon returned to Alameda because her mother was homesick.

In 1919, the family returned

**November Activities**

Come root for our local good guys at the University of California as they make the long march to the Rose Bowl! We will be showing the football game on 3 Saturdays in November---November 7, 14 and 21. Be a Bear Backer and let's see if we can root them all the way to Pasadena!

Our Activity Director, David Ruttan, will be leading a new discussion group Tuesday, November 10<sup>th</sup> at 3:00 pm in the Buena Vista Lounge. The discussion will be on Activity Planning and we hope that many residents will attend. Let your voice be heard about what you would like to see in the way of group activities. Bridge Clubs? Different movies? Food choices? Give it some thought and bring your ideas to the discussion group on November 10th.

**The Difference Between Fitness and Therapy (Continued)**

*(Continued from page 1)*

tion will be done on a Doctor of Physical Therapy level.

- Trainers have a variety of types of certification & job-related training. Our Fitness Trainer, Rosemarie Caigoy, has a Bachelors Degree in Kinesiology (the study of human movement) and also has experience working as a Physical Therapy aide.
- If ordered by a doctor and prescribed for specific functional problems, Medicare will usually pay for therapy up to a total of \$1840 combined Physical and Speech Therapy and \$1840 of Occupational Therapy per calendar year. Medicare will pay for therapy as long as it is reasonable and necessary to improve specific functions and as long as it requires the

skills of a licensed therapist.

- Medicare does not pay for Fitness programs. Facility group exercise classes are free to all residents. While individual personal training with our Fitness Trainer is also available at a rate of \$240 per month for 30 minute sessions twice a Week.
- Therapy is relatively short-term to achieve specific functional goals. A typical course of therapy may last 4-6 weeks.
- Fitness is long-term and ideally should be done on a regular basis.
- Therapy and fitness programs may run concurrently; there is no reason that a resident cannot continue with facility fitness classes while being seen for therapy. However, if partici-

pating in both is too much for a resident, therapy must take precedence for the period of time that it is offered. Once therapy is completed, it is very important that the resident continue with fitness programs to maintain the gains made in therapy.

Physical, Occupational and Speech Therapists work to maintain an individual's independence and function at the highest possible level. Fitness programs maintain overall health and wellbeing. Make the commitment to attend facility exercise programs on a regular basis and be open to getting therapy when your doctor prescribes it. A healthy body and a healthy mind are prerequisites to a happy life.

**Waters Edge Lodge Resident of the Month: Margaret Medved**

By: Kryspin Turczynski, MA

Margaret was born in North Dakota in 1920. Her grandparents were wheat farmers, and her parents were both educators: her mother was a teacher and her father was a school principal. Like so many others have done and continue to do, the entire family migrated to California in 1925. So Margaret essentially grew up in the Bay Area, graduating from San Jose High School in 1937.

When Margaret graduated, the Great Depression had not

yet subsided and times were hard for most folks. Her best friend's father, an attorney, hired her to do odd jobs around the office for his firm. Margaret knew she would eventually go on to college, but enjoyed working with her friend in the meantime. She even saved up enough money to buy a used Model T Ford with a rumble seat! On weekends, Margaret would let her friends pile into her Ford, and with legs hanging out everywhere, they would sing together and drive down to the beaches of Santa Cruz or Ca-

pitola ("Cap"). She certainly enjoyed having fun in the California sun.

While in high school, Margaret had a serious boyfriend, Garret Vaughn. He was accepted into Stanford University's pre-med program, but when the war started for the United States in 1941, he went to flight school in Corpus Christi, Texas. Young, in love, and unsure of what the future held for them, Margaret and Garret decided to elope! They didn't tell their parents until

*(Continued on page 4)*

## November Activities

There will be another outing to Alameda Theatre this month, as their Classics Film Series continues with Stanley Kubrick's iconic movie, *Doctor Strangelove* (1964). We leave the Lodge in time to catch the 2:00 pm showing on Wednesday, November 4th. Our other movie outing in November will be on Friday the 13th to see the movie *Amelia*, a cinematic portrayal of the life and achievements of Amelia Earhart.

On Monday, November 16th, our very own trainer Rose-

marie will demonstrate the martial art of Capoeira. Developed by slaves that were brought to Brazil from Africa, they disguised their martial arts in the form of dance. The movements are a reflection of both African fighting style and Brazilian dance.

Young musical sensation Roxanne will be performing at the Lodge on Sunday, November 29th, at 3:00 pm. Roxanne has performed in musicals and in front of many different audiences, so this is one performance you will not want to miss!

Finally, the World Tour this month takes us to Eastern Europe, with all its folksy charm. For authentic and delicious Eastern European food we will go to Chopin Cafe (Polish) at the beginning of the month and Babushka Restaurant (Russian) at the end of the month. There will be two lunch outings in Alameda for those who prefer American fare: Burgermeister on Nov. 10th and Angela's Bistro on Nov. 19th. The van fills up quickly for these outings, so sign up at the front desk!

## Resident of the Month: Margaret Medved (Continued)

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after Garret received his wings. Garret was assigned to an aircraft carrier, leaving from Fort Mason in San Francisco on May 9th, 1943, which happened to be Mother's Day. Margaret lived with the Vaughns for two years while waiting for the war to end, but Garret never returned, having made the ultimate sacrifice for his country.

Margaret enrolled in the University of California in Berkeley in 1945. A year later, she met Tony Medved on the steps of the Old South Hall. They married in June of 1947. Margaret and Tony had three children: two girls and one boy. They were all born in Pasadena, California, where Tony was working at the time. All three children also completed their education in California,

with their older daughter having graduated from Stanford University in 1969, and the other two children having graduated from University of California in Davis in 1971 and 1976.

After the youngest child left for college in 1972, Tony joined Bechtel Corporation, which would send him and Margaret all over the world on different projects. Over the next 10 years, the Medveds would live in a variety of places as diverse as Riyadh, Saudi Arabia, and Fairbanks, Alaska. They would make annual trips back to California to see family, and use those trips to sightsee along the way, mostly in Europe. One year, traveling from Saudi Arabia, Margaret and Tony made stops in Bangkok, Tokyo, Taipei, and Hong Kong. They retired in 1981 to their home in the East Bay hills, and moved

to Alameda in 1991, after a fire tragically destroyed their home in the Hiller Highlands. Margaret has always led an active lifestyle. She played tennis with B.A.L.L. (Bay Area Ladies' League), and was also a member of the ladies' golf team at Hiller Highlands Country Club. While in Alaska, the long, cold winters prompted Margaret to pick up a new hobby: painting! She took art classes at the University of Alaska in Fairbanks, and has even recreated a beautiful still life scene by Cezanne, which now hangs in their room. Whether she is golfing, playing bridge, or exercising in the fitness room, Margaret always has a smile and a kind word to offer. She is truly an inspiring example of how to be healthy and happy in your golden years, and it is with great pleasure that we recognize her as our Resident of the Month.

## Resident of the Month: Roberta Warren

By: Tianti Phillips

For the month of November, the Waters Edge Nursing Home acknowledges and recognizes Roberta Warren as the Resident of the Month. Mrs. Warren was born in Oakland, Louisiana in 1921 to sharecroppers. Roberta was an only child, who enjoyed playing softball with her friends. Ms. Warren grew up in a Methodist family and attended Antioch Methodist Church with her parents, where she was taught the importance of church at an early age. "In those days we didn't have school buildings like they do now," said Ms. Warren, as she described how her school was attached to her church.

In 1936 Roberta married the love of her life, Monroe Warren and had 2 boys and 2 girls. They came to Oakland, California in 1946. Monroe's friend encouraged the family to move to the West Coast for a better job. Roberta was a housewife and her husband worked for Southern Pacific Railroad Company for over thirty years. One of the reasons Roberta preferred the West to the South was the faster pace. She also liked the surroundings, people, and churchgoers. Roberta spent a lot of time with her children doing various things and going to special places as they grew up. One such place she

recalled was "Fairlyland."

Roberta's church home, where she has been a member for over 50 years, is Bible Fellowship. Roberta came to The Waters Edge Nursing Home in 2007 and has brought a warm heart and good spirit among residents as well as staff. Roberta enjoys various activities including BINGO, musical entertainment, reading, and watching the birds or enjoying a conversation with her son and daughter. "I'm grateful to be here," said Roberta.

## November Activities

The month of November is a time to give thanks and to honor our Veterans. We have many exciting activities planned this month.

We have a new activity for residents to participate in after dinner, called After-Dinner Relaxation.

We will be celebrating our November birthdays on Thursday, November 19th.

We will be serving a delicious Thanksgiving Lunch on Thursday, November 26th at 12:00 noon. We welcome any family members or friends who would like to join their loved ones as they enjoy their special lunch. If you are interested in joining us, please

contact the front desk.

We will continue to show our afternoon movie every Monday, Wednesday and Friday at 1:15 pm. Please join us as we show movies in the Bay Room.

On alternating Saturdays and Thursdays, John Heleen will be playing Guitar in the Bay Room.

Every Monday, Wednesday and Friday, residents will be creating Arts and Crafts at 1:30 pm.

On Fridays, Sandy comes at 10:30 am for Joy through Movement. This class is fun and enjoyable for our residents.

Ray will be coming on Saturday mornings at 9:30 am to share current events, trivia, and travel information.

On Thursdays at 3:15 pm, Sherry will be doing Bells and Bows, and every Friday at 3:15 pm, she will be doing Chants and Chimes.

