

Living on the Waters Edge

Volume 5, Issue 7

January, 2009

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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If the Shoe Fits, Wear It.

By: Kathy Hanley, PT

Our feet are the road warriors of our bodies. It has been estimated that by the age of 50, most individuals will have put 75,000 miles on their feet. The much underappreciated foot is actually a marvel of anatomical engineering. The foot contains 26 bones (1/4 of the total bones in the body), 33 joints, over 100 muscles, tendons, and ligaments, and an extensive network of blood vessels and nerves. Our feet's primary responsibilities are mobility and walking, but our feet also contribute substantially to our balance and prevention of falls. Although the foot's original ancient

owners walked barefoot through savannahs and grasslands, today's foot owners walk the cement and hard floor environments of the modern world; hence the need for shoes. We wear shoes for warmth, protection and support, but often because we put so little thought into what type of shoes we wear, our shoes are hindering rather than helping us.

A recent study published in the Journal of the American Podiatric Association found that only 25% of those surveyed wore appropriately sized footwear. Most were wearing shoes that were too narrow and/or too short for

their feet. Yet, poorly fitting shoes are one of the major contributors to foot problems in the elderly. As we age, the muscles of the foot begin to weaken and ligaments become lax. As a result, the feet grow wider and longer. So for most people, the required size of shoe gets larger as they age. Other effects of aging on the foot are thinner skin (hence more easily injured or infected), less dense bones (hence less able to withstand stresses during walking), thicker and more brittle nails (hence harder to cut), and arthritic joints. All these age-related

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The History of the New Year's Celebration

By: Gary Ryan Blair
(Publication)

The tradition of the New Year's Resolutions goes all the way back to 153 B.C., when Janus, a mythi-

cal king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events

and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from

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If the Shoe Fits, Wear It (Continued from Page 1)

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conditions make it most important that older people put care, consideration and money into the shoes they put on their feet.

At Water's Edge Lodge and Elder's Inn I have seen the good, the bad, and the ugly in footwear on our residents. I have seen the good: well fitting, supportive shoes which are comfortable to wear and aid in good walking. I have seen the bad: shoes so tight that swollen feet and ankles hang over the edge of the shoe; shoes with too high of heels; shoes that are obviously too small in both length and width; shoes with little or no built in support. And I have seen the ugly: residents wearing sloppy, loose fitting, slip-on type slippers which offer absolutely no foot support and actually increase the risk of falling.

What are you wearing on your feet? If you are not in the "good" category, consider starting off the New Year on the right foot, with a new pair of shoes. For the most part, the phrase "you get what you pay for" applies to shoes. Most inexpensive shoes provide little or no support to the foot, are not made out of materials which breathe and stretch, and are not designed to match the architecture of the foot. So consider investing a little more money in a good pair of shoes and watch

those shoes pay dividends in comfort and ease of walking.

The following are some tips for shoe buying:

- Shop for shoes later in the day; feet tend to swell by the end of the day and you want a shoe size that accommodates this swelling
- If you have one foot larger than the other, buy shoes according to the larger foot
- Select a shoe that is shaped like your foot; avoid shoes with a pointed toe
- Make sure there is enough space (3/8" -1/2") between the end of the toe and the end of the shoe when you are standing up
- Make sure to walk around in the shoes before you decide to buy
- Buy a shoe made of leather; man made materials do not stretch or breathe and so predispose the foot to pressure areas and infections
- Buy a shoe which cups the heel securely; there should be no sliding up and down of the heel while walking; closed shoes offer much more support to the foot than open heeled or open toed shoes
- Lace up shoes are preferable because they are easier to get into and can accommodate swelling which can occur as the day progresses

- Never buy shoes that feel too tight with the assumption that they will stretch with wear

- Buy shoes that provide comfortable arch support

- Buy shoes with a non-slip sole

- Buy shoes with a flat heel

- Consider buying two pairs of shoes so that you can alternate wearing them. This allows shoes worn one day to completely dry and air out before wearing them again.

One final note: Socks are an important complement to the shoes you wear. Cotton socks are strongly preferable to nylon or polyester because cotton absorbs moisture and moisture on the feet breeds infection and bacterial growth. Ideally socks will have extra padding on the bottom to help compensate for the foot's loss of its shock absorbing pads, a normal part of the aging process. Finally, wear socks that fit comfortably into the shoes. Medium thickness socks are the best: socks which are too thin don't provide cushion and warmth to the foot and socks that are too thick can make the shoes tight..

So step out with shoes that fit right, support the foot, and are made of quality materials. Make it a little easier on the feet which work so hard for you. You'll be glad you did.

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their enemies and also exchanged gifts before the beginning of each year.

The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back

at the old year and forward to the new. The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars, however. A year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year

begins at the time of the first full moon (over the Far East) after the sun enters Aquarius—sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year.

The following famous people celebrate the New Year and their birthdays on the same day: Grandmaster Flash, Gary “BB” Coleman, Jon Corzine, Jack Kiefer, J.D. Salinger, Barry Goldwater, J. Edgar Hoover, Manuel Roxas y Acuna (1st President of the Philippines), Paul Rever, Edmund Burke, and Lorenzo de Medici.

Information courtesy of Gary Ryan Blair at www.GoalsGuy.com, the inspiration behind “New Year's Resolution Week.”

The Power of a Small Voice

By: Nicki Hiemenga

A definition of intuitive healing is a potent form of inner wisdom, not mediated by the rational mind. You may experience intuition as a gut feeling, hunch, a physical sensation, a snapshot-like flash, or a dream. Always a friend, it keeps a vigilant eye on our bodies, letting us know if something is out of synch.

We each possess an intuitive healing code within us that contains the blueprints for our health, happiness, and survival of everything that is good here on earth. This code is written in a language of silence, metaphor, imagery, energy, and knowings that may seem alien until we are taught to decipher it. As you begin to understand its nuances, its

secrets, the code will seem like the most familiar language of all, one you uttered before you ever had a memory of anything material, one that doesn't require a spoken voice to comprehend.

Reach back in your experience. See if you can't remember a special time when you listened, really listened, to

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Resident of the Month: Shirley Klein

Shirley grew up in Chicago Illinois during the depression. "It is a beautiful city but those were tough times back then." Her father worked as a Limo & Taxi driver and her mother was a school teacher. She also had an brother who was one year older. Shirley played baseball for her high school team. "Back then there were women's baseball teams." She also loved attending the boys football games and swim meets. She went to Herzog Junior College to study business. After graduating from Herzog she met her husband in 1945. "He was a friend of my cousin and they were both service men at the time. He wanted to meet me and we eventually started dating" They quickly married two months after meeting. In 1946 the Klein's moved to Los Angeles where Shirley's husband's family was located. In Los Angeles Shirley was an active volunteer at places like the Braille

Institute, Hospice, United Service Corporation and at several hospitals. "I just wanted to help in any way I could." Shirley is also a mother to three children, one girl and two boys. She has five grandchildren and one great grandchild. Her son Larry and his family live close to the Lodge and visit her often. Her other children live far from Alameda but they visit when they can. In her spare time Shirley reads, listens to music and walks the Lagoon. "Every morning at 6:30 am I walk along the Lagoon for an hour. I listen to my radio and admire the beauty of the area." She loves to dance and participates in our dance class every Monday. "I like swing dancing to artists like Glenn Miller, Bennie Goodman and Artie Shaw." Shirley also volunteers to be part of the welcoming committee; she sits down with new residents and answers any questions they have regarding life at the Lodge. She has been

helpful in assuring that our new neighbors feel welcome. Shirley also participates at the Circle of Elders, goes on shopping trips and attends wellness classes with Nicki. When asked about what she wants people to remember about her as she replied, "I want people to remember me as a loving and caring person." Through her volunteer work in Los Angeles and here at the Waters Edge Lodge people will most certainly remember her in that way. Shirley is an asset to our community through her optimistic attitude and proactive personality.

Join all of us here at the Waters Edge Lodge to recognize the ambitious Shirley Klein as January's resident of the month.

January Activities

To kick off the new year we have planned several outings for your enjoyment. In January we're stopping in Central and South Asia on our world tour. We will be going out to Toomie's Thai Cuisine, the Indian Palace. We will also go to the Oakland Zoo to see the Zoo Lights. We have planned a trip to the University of California campus to see the Associated Press's Photo Exhibit titled, "The American

President." We will again be going to the Alameda Marketplace, Alameda Cineplex and Fenton's Creamery. Earhart Elementary students will stop by for their annual performance in the Living Room.

Don't forget about the walking club which meets at the Front Desk every Sunday at 10:00am and every Tuesday and Friday at 3:30pm. It is imperative that you remain physically active in these cold

winter months. Everyone is encouraged to attend wellness classes with Nicki during the week and to drink plenty of fluids. Remember to grab an Activity Calendar at the Front Desk for specific dates and times.

Waters Edge Nursing Home

Resident of the Month: Barnard "Barney" Welz

Barney was born in San Francisco in 1923. At a young age, his family moved to Alameda, where he was raised and has lived until now. Barney attended St. Joseph's grammar school and graduated from Alameda High School, (though he wished he had stayed at St. Joe's because of their superior academics). In high school Barney's favorite subject was English, and while working for the school paper, he discovered a passion for writing, a hobby he pursues to this day. Barney also experimented with radios, even building some short-wave radios himself. His fascination with radios continued, and he attained an amateur radio license that allowed him to broadcast all over the Western hemisphere. With his radios, Barney was able to communicate with others as far as Massachusetts, Texas, Maine, Florida, eastern Canada, Costa Rica, Mexico, and Guatemala. Barney also wrote articles for

various publications such as CQ Magazine, devoted to ham radio operators, and the prestigious Radio Electronics, which is published internationally. Barney was able to turn his hobby into a profession, and he worked at Oakland Airport for 35 years working on radio equipment for the aviation industry. Barney mostly worked with military aircraft, including the PB4Y and the Martin. His work at Oakland Airport allowed him to attain a commercial radio license, which allows one to work on ships or on broadcast stations, and he eventually became Senior Inspector. Barney is visited daily by his sister, Catherine, who is an accomplished painter, and he continues to write prodigiously on his trusty laptop here at Waters Edge Nursing Home.

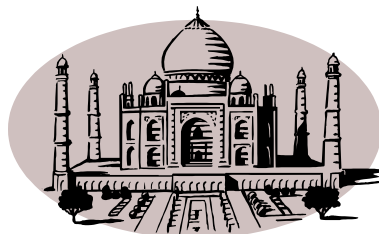
Acknowledgements

With the holiday season coming to a close, it's time to reflect on the good times we've had and all those that played a part in making them happen. Thank you to the students, teachers and parents of Alameda Christian School, who came to the nursing home and gave a rousing performance of Christmas carols and a scriptural recitation. Thank you to Kyron Nursing for a heartwarming holiday show filled with song and dance. Thank you to Bev and the Garden Club, for adorning our Home with flowers every month, and nourishing the spirits of our residents and staff in the process. Thank you to the Sugarplum Elves for once again making our Christmas Party the most exciting and scandalous nursing home event in recorded history. Thank you to all our volunteers for reading, playing piano, bringing Communion, and for spreading your good cheer and warm hearts. Thank you to family and friends for your support and presence as important members of the Waters Edge community, now and at all times. Thank you to the staff, whose hard work and dedication are apparent in all the things they do. Most importantly, thank you to all the residents of Waters Edge Nursing Home. Your life-giving sacrifices as parents and friends and citizens will always be remembered, and every moment spent with you is truly a blessing.

World Tour: Central and South Asia

A new year brings new hopes, new aspirations, and... another opportunity to travel the globe virtually through the World Tour program. In January, we begin in Central & South Asia, exploring the sights, sounds, smells and tastes of the cultures of India, Pakistan, Afghanistan, and Tibet. Come see the architectural splendor of the Taj Mahal. Come hear the alluring melodies of Sufi chanting. Come taste the ex-

quisite complexity of Indian cuisine. With our World Tour, you can discover the world from the comfort of your own wheelchair!



From the Desk of the Administrator, Christina Carter

Just a friendly reminder that Nursing Clinic hours are Monday-Friday 2pm-4pm. Should you need to meet with the Resident Care Coordinator, please call 510-521-9200 Ext. 106 to schedule an appointment.

Just a friendly reminder that all residents receive **LOCAL PHONE SERVICE** in their apartment units. Local phone service includes all calls made

within the **510 area code**. From your apartment, just dial 9 and the phone number. To make long distance calls, we encourage you to use a cellular phone, a calling card, or having long distance installed on an additional private line with the long distance carrier of your choosing.

Comcast Cable is the new cable service provider for Elders Inn. As soon as I become

aware of any changes, I will let you know.

Our monthly lunch out will be at India Palace. Date to be announced.

I have a new email address: christina@alamedaelder.com.

Happy 2009!

Tax Time

Tax time is approaching. In the mail, you will be receiving a letter from Elders Inn which will give you the total amount of rent you paid during 2008. Please do not discard these letters. Forward the letter to your tax adviser.

World Tour: India

As we travel to India this month, let us learn about some of the National symbols of India.

National Flag: Tiranga

National Anthem:

"Jana Gana Mana"

National Bird:



Indian Peacock

National Flower:



Lotus

tus

National Tree:



Banyan

National Fruit:



Mango

National Sport:

Field Hockey



Resident of the Month: Jane "Eileen" Suzio

Jane, often called Eileen, by her family and friends, is a very sweet lady and fun person.

Born in Wenatchee, Washington, the apple capital of the world. She has had many cases of apples shipped to her since she left Wenatchee. Her favorite apple is Red Delicious. Jane says that her father who died at age 97 "lived on apples"! He had a bakery and Jane worked in it for many years.

Jane moved to Berkeley, California at age 11, where she attended school and University High School, now Children's Hospital of Oakland. She has two siblings, a brother in the East Bay and a sister in Kansas. Later, Jane worked in the office of the Oakland School district and was proficient in shorthand--no computers in those days!

In her father's bakery she met

her husband, a soldier in WWII. He was a Mess Sergeant. They wed in Pittsburgh, PA and that is how she got her new Italian last name - he was Frank Suzio. Both of them went to visit Italy and the Suzio clan. Jane and Frank had four children, two girls and two boys.

Jane has a secret recipe for good peanut butter cookies which she is willing to share with the residents of Elders Inn. Maybe some day soon we can bring Jane to the kitchen on the third floor and bake those cookies! "Any advice for residents?" she was asked. "Yes" she said, "Eat dessert first!" Jane is in a wheelchair after she fell six months ago and is very determined to go to exercise class and take physical therapy so that she can walk again. That's a great spirit and she laughs, as she says goodbye.

New Years Quotes

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

Bill Vaughn

New Year's Day is every man's birthday.

Charles Lamb

May all your troubles last as long as your New Year's resolutions!

Joey Adams

Good resolutions are simply checks that men draw on a bank where they have no account.

Oscar Wilde

A New Year's resolution is something that goes in one Year and out the other.

Anonymous

Cheers to a New Year and another chance for us to get it right.

Oprah Winfrey

The Power of a Small Voice (Continued from page 3)

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what seemed invisible, yet felt so true. Maybe it was an inner call to enter a career or simply a strong impulse to contact a good friend you haven't seen for years. That indisputable sense of rightness is an echo of the code I'm speaking of. You deserve such certainty about all decisions. The phrase "intuitive healing" is used to emphasize the intuitive ingenuity we all have to tap into, to maintain and optimize our life force. Our intuition can open us up to our spirituality and show us how to be more healthy and whole. If you're in good health, you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness. If you or your loved ones need healing, you'll want intuition to show you the way. Think of healing in the broadest of terms. It may involve a

complete resolution of symptoms, a "cure", or it may not. On a profound intuitive level, it also pertains to the self-knowledge and soul growth achievable during illness. Our perception of these passages is key. In good health or ill, if we aim for self-compassion and a deepening link with the divine, we're engaging in an act of love, one that is inevitably transformative. To map out the healing process lets present a framework of five intuitive steps, bringing definition to a fundamentally nonverbal realm. These steps can help to clarify all aspects of your life. They can augment decisions you make about traditional medical care or offer creative alternatives. The five steps are:

Step 1. Notice Your Beliefs

Step 2. Be In Your Body

Step 3. Sense Your Body's Subtle Energy

Step 4 Ask For Inner Guidance

Step 5 Listen To Your Dreams

No matter what you're dealing with, these are cogent tools. By being accountable for your intuitive needs you can better nurture yourself.

There comes a time when we must decide if we are committed to a life based on heart. If so, then with regard to healing, this means coming to compassionate terms with the light and dark forces that shape us. Nothing is excluded. Remember this when you greet all the angels and beasts on your path. As your heart opens, so does your intuition. Your intuition will teach you how to see and how to love. It instills in you a renewed faith to face anything. Be well.

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: lodgeadmin@gmail.com

Website: www.alamedaelder.com

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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