

Living on the Waters Edge

Volume 5, Issue 8

February, 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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The Language of Love

By: Kryspin Turczynski

February is inextricably tied with Valentine's Day, which is the perfect time to think about love. It's funny, this thing we call love. We all think we know what it is, but we seem to have a terribly hard time describing it. Why else would we use the same word for so many different feelings? I love my mother, but I also love football. I love my wife, and we both share a deep love for that food of the gods known as pizza. So if alien invaders with a rudimentary knowledge of English were listening in on my conversations, they might understandably think that nothing means more to me in this world than the Chicago Bears and a deep dish pie with sausage and mushrooms.

Other languages seem

to have a much more developed vocabulary of love. A prime example of this are the Greeks. The most famous Greek word for love is probably *eros*, which is also the name of the primordial Greek god of lust, love, and intercourse (he is better known by his Latin name, Cupid). *Eros* is a passionate love, with sensuous desire and longing, and so would not be used in conjunction with a sandwich or other food item. From *eros*, we have the English word "erotic". Another word for love in Greek is *filia*. Now used as a term for friendship in modern Greek, *filia* is a dispassionate, virtuous type of love, a concept used heavily by Aristotle. This would be the kind of love one expresses for a symphony or baseball card collection. *Filia* is the root of the English

word "phil", which may be used as a prefix ("philanthropy", "Philadelphia") or a suffix ("oenophile").

Finally, there is also *agape*. While *agape* is used in modern Greek between lovers, it had the meaning of general affection in ancient Greek. Much of the popularity of *agape* stems from its high frequency in the New Testament, and its subsequent role in Christian theology. In biblical literature, *agape* is a self-sacrificing kind of love between a believer and God or between believers in community. Whatever kind of love you may be feeling this Valentine's Day, may it fill your heart with joy, and help your soul discern the fantastic beauty that can be found around and inside us.

Occupational Therapy: What can it do for You?

By:
Kathryn Hanley, PT

Residents of Waters
Edge Lodge and Elders
Inn have for years had

the benefit of access to Physical Therapy right at their facility. Now, in 2009, our residents have Occupational Therapy available to them as well. But while

many of our residents may be familiar with Physical Therapy, Occupational Therapy may be more of an unknown entity.

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Occupational Therapy: What Can it do for You?

(Continued from page 1)

What is Occupational Therapy?

Occupational Therapy is an allied health profession the goal of which is to help people participate in activities of daily living at the highest and most successful level possible. An Occupational Therapist has, at a minimum, a Masters Degree from an accredited university and is licensed by the state after passing a national certification examination.

What can Occupational Therapy do?

Occupational Therapy can

- Help a person to better and more easily perform activities of daily living such as dressing, eating, toileting, showering, and transferring from one surface to another, such as bed to wheelchair
- Improve strength, coordination, balance, and endurance
- Evaluate home environments and suggest changes or modifications that can result in easier and more safe performance of daily activities
- Recommend adaptive equipment to facilitate activities of daily living
- Facilitate optimal use of wheelchairs through equipment and positioning recommendations
- Teach energy conservation techniques to people with cardiac, respiratory or endurance limitations

Does Medicare pay for Occupational Therapy?

Like Physical Therapy, Medicare will pay for Occupational Therapy that has been ordered by a doctor. Medicare will pay for \$1810 of Occupational Therapy per calendar year; exceptions due to certain medical conditions may qualify a person for therapy beyond this amount. Upon initiation of treatment, the Occupational Therapist will evaluate a person and set goals for treatment. Medicare will pay for the therapy as long as the person is making reasonable progress towards these goals. Once a person has achieved these goals or is no longer making progress, therapy is discontinued.

Is Occupational Therapy for me?

Yes if

- It is taking you longer to dress or you are having more difficulty dressing
- You are afraid of falling in the bathroom
- You are having difficulty getting from one position to another, such as getting up from the toilet or getting from a chair into bed
- You find yourself getting short of breath while doing activities such as dressing or bathing
- You are having difficulty with the environment in your room, such as reaching down or up to shelves or drawers
- You are having problems such as pain or weakness in your hands

How do I arrange for Occupational Therapy?

Our Rehab Director, Kathy Hanley, can help you decide if you are a candidate for Occupational Therapy. If you are, Kathy will help get the doctor's order and other necessary paperwork, and will arrange for the therapy to be started. The therapy can then be done in either the facility Rehab Room or the resident's room. If you would like to be considered for Occupational Therapy, you can contact Kathy directly (521-9200 ext 105) or speak to your facility nurse who will get the message to Kathy. When in doubt, ask for a free assessment.

Occupational Therapy helps people to lead happier, healthier, safer and more stress-free lives. Come see what it can do for you.

Becoming a Mindful Witness

By: Nicki Hiemenga

The human mind perpetually precipitates thought forms in reference to the past or future. Just as a cow chews its cud, the human mind engages in the digestion of experiences by thinking. In those rare moments when our mind is in the present, it either becomes silent or generates the vibration, "Aah!" Present moment experiences reflect gaps in our perpetual, inner mental dialogue. Through these gaps, our individuality connects with our universality. A new or powerful experience can bring us into the present. Seeing a shooting start, hearing a

powerful piece of music, receiving a nurturing massage, or tasting a delicious meal can provide engaging sensory experiences that can stop the mind for a moment, but usually leave an impression that generates subsequent mental activity. That delicious chocolate truffle inevitably generates the desire for more.

Meditation is the technology to enter the gap directly. Shifting into a witnessing mode begins by separating the thinker from the observer. As our internal reference shifts from the engaged mind to the witnessing soul, the past and present are recog-

nized for what they really are, mental constructs given substance through our attention and intention. Immersion into present moment silence, where space and time lose their hold, enable us to carry the timeless in the midst of time-bound awareness. At moments throughout the day, stop what you are doing and tune into the sounds, sensations, sights, tastes and smells around you. Take time to close your eyes and quiet your inner conversation through meditation. Staying present brings enthusiasm to every momentary experience of life.

World Tour: Africa

By: Christina Carter

We are now leaving India and going to our next country to visit, Africa. Africa is where according to paleoanthropologists, human life began. Africa is the world's second largest continent. There are conflicting stories as to how Africa got its name. One is Africa is named after the Afri, a group of people who lived in the northern part of the country. Another is that Africa derives its name from the Latin word "Aprica" which means "sunny" or the Greek word "aphrike" which means "without cold". No one knows for sure the true origin of the name Africa.

Africa consists of 53 independent and sovereign countries. The largest is Sudana and the smallest in Seychelles. The climate varies from tropical to subarctic. The northern half is very dry and desert. The central and southern areas contain rain forests.

Africa contains over one thousand languages; however, there are four major language families: Afro-Asiatic, Nilo-Saharan, Niger-Congo and the Khoisan. Africans also speak English, French, Arabic, Portuguese, Afrikaans, and Malagasy.

There are many popular cities to visit. In South Africa, travel to Cape Town, Johannesburg or Pretoria. In Cape Town,

tourist attractions include Table Mountain, Camps Bay Beach, Victoria and Alfred Waterfront, and the Two Ocean Aquarium.

In the historical country of Egypt, visit Cairo, Alexandria, or Luxor. In Cairo, visit the Pyramids, the mysterious Sphinx, the Egyptian Museum, or the Pyramids Sound and Light Show. In spicy Morocco, one can travel to Casablanca, Agidir or Marrakech.



Resident of the Month: Mary Tully

Mary Tully was born in Fortuna, CA in March of 1926. She is the youngest of two girls. Her father was a dairy farmer and her mother was a housewife. Growing up on a farm, Mary attended grammar school in a one room schoolhouse. "There were six children in my class, 4 boys and 2 girls. I played first base on the boys baseball team because there weren't enough people to fill the team." As a child she lived an active lifestyle, playing sports like basketball, softball and field hockey. Upon graduating from high school she earned her athletic and activities letters as well as being a life member of the California Scholarship Federation. She had perfect attendance in all four years of high school. Once out of high school, Mary was recruited to work for the FBI in San Francisco. This was the middle of war time and she started working six days a week. She worked in the Chief

Clerks Office and eventually ended up being the Secretary to the Supervisors. During her time working for the FBI she met her husband who was a special agent working down the hall. "I remember walking past him in the hallway and hearing him whisper to another agent, 'Who is that tall blond?'" Leo eventually called Mary on the phone to ask her on a date. "On our first date we went to a double header at the Oakland Oaks Ballpark." Mary married in 1950. Shortly after tying the knot, the Tully's moved to San Mateo on New Years Eve in 1951. "My husband and I were married for 56 years." They have two boys Kevin and Greg. Kevin is an attorney with two daughters. Greg works for Bank of the West and has one son and one daughter. On top of working and being a mother, Mary volunteered at Mills Hospital. She has traveled extensively, staying at bed and breakfasts abroad. "I've been to

Europe five times. My husband and I went to Spring Training in Arizona every year." Mary mentioned that London was her favorite place to go in Europe due in part to their rider friendly subway system and the fact that they spoke English. After Leo retired in 1977 they traveled throughout the United States. Sadly Mary became widowed in 2006. Three months after the passing of her husband, she moved to the Waters Edge Lodge. Mary feels she's benefited greatly from regular attendance at exercise classes. She currently participates in a slue of activities such as the circle of elders, our new resident socials, shopping trips, lunch outings and the walking club. She also never misses her favorite performer on the weekends, John Heleen. Mary embraces those around her as she continues to thrive here at the Waters Edge Lodge.

February Activities

In the month of February the Lodge has plenty of excitement and fun for our residents. Our World Tour for this month is Africa, which is the world's second-largest and second most-populous continent, after Asia.

To start things off with plenty of energy we will be having a Super Bowl party on Feb 1st. On Feb 9th we will be going on a Tour of the Scharffen Berger Chocolate Factory. On Feb

12th we will be going out on an outing to Nellie's Soul Food Restaurant to celebrate Black History Month. On Feb 16th we will be going on an outing to the Alameda Theater to watch a movie. We will decide on which movie we'll see at a later date. Also during this month on the 19th we will be exploring the Art and History Exhibition of Early California at Oakland Museum, which is fun and educational to learn

about. On Feb 24th we welcome the new residents in the Cafe with a social. On the 25th we're celebration February birthdays during our resident birthday luncheon. On Feb 27th there's a Bowling Tournament where the Men face off against the Women. Don't forget to grab an Activity Calendar at the Front Desk for specific dates and times. Activities will surely bring great fun and excitement for the month.

Waters Edge Nursing Home

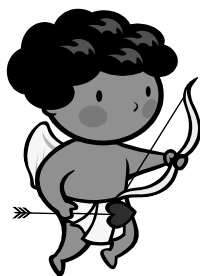
Welcome to our New Dietician: Lisa Marchini

Waters Edge Nursing Home would like to introduce the newest member of its professional care team, Lisa Marchini. Lisa graduated from San Diego State University with a Bachelor of Science degree in Foods and Nutritional Sciences. She completed her dietetic internship through Utah State University and is now a Registered Dietitian.

Here at Waters Edge, Lisa will apply her knowledge and expertise to provide each resident with an individualized diet plan that matches personal likes and dislikes and maximizes health and well-being. Her previous experience in senior care institutions includes working at a skilled nursing facility in San Diego and a Jewish assisted living facility in the East Bay. Lisa also works at the Alameda

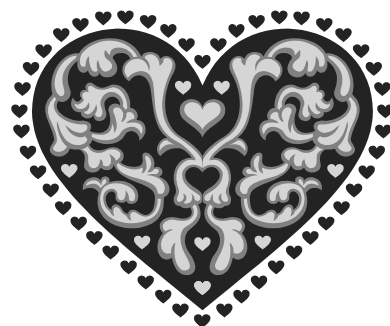
County Medical Center on weekends.

A native of the San Francisco Bay Area, Lisa is the eldest of four children. She has always enjoyed sports, both as a spectator and as a participant. Lisa played many sports in high school, and was on the track and cross-country teams at San Diego State University. She continues her involvement in sports to this day as a track and cross-country coach at Diablo Valley College. Lisa loves animals, especially her adorable and energetic 2-year old Lab, Shelby.



Did you Know?

February is named after the Latin term *februum*, which means "purification". The Romans originally considered winter a monthless season, so January and February were actually the last two months to be added to the Roman calendar. This helps explain the names for September (from the Latin *septem* = "seven"), October (*octo* = "eight"), November (*novem* = "nine"), and December (*decem* = "ten"). Originally, these fall and winter months were indeed the seventh through the tenth months, since January and February were the eleventh and twelfth months. When January and February were moved to the beginning of the calendar around 450 BCE, September - December became the ninth through the twelfth months but retained their original names! The word February in some languages is quite poetic: In Finnish, the word for February is *helmikuu*, which means "month of the pearl". It is thought that as snow melts on tree branches, it forms droplets, and when these droplets freeze again they resemble little pearls of ice.



February Activities

February brings Valentine's Day, and that means love is in the air. Since we're never too old to celebrate the exhilarating power of *amore*, Waters Edge Nursing Home will celebrate in style with a Valentine's Day Candlelight Supper. Loved ones, both of the romantic and platonic varieties, are welcome to join us for this special night with reservations being taken at the front desk during regular business hours.

In addition to celebrating African-American History Month,

our monthly World Tour takes us to the continent of Africa. From the sands of the Sahara Desert to the snows of Mount Kilimanjaro, the diversity of Africa's geography is exceeded only by the richness of its culture and history. As always, we will be exploring it all in depth through food, music, and film throughout the month of February. For more details, please contact the Activity and Dietary Departments.

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.

We would like to give a special thank you to all the families that contributed to the Employee Christmas fund

with either gifts or money. Your generosity is greatly appreciated.

Elders Inn is prepared for the digital conversion in February. The conversion only affects those who watch television with a rooftop antennae or rabbit ears.

Our website has been updated. Please visit www.alamedaelder.com
I have a new email address: christina@alamedaelder.com.

Happy Valentine's Day! We will be serving a special lunch meal on Saturday



Resident Outing

We are invited to visit and enjoy a home-cooked lunch (\$4.00 donation) at Trinity Center, which is only 5 minutes from Elders Inn via transportation.

Date: Thursday, February 12, 2009.

Time: 10:30 am

The weekly event is sponsored by the Alameda Adult Education. The lunch is preceded by a talk or entertainment and the gathering is very friendly. We get to know our neighbors and build community. Mary Farlin is the wonderful hostess. Sign-up sheets will be posted.



Changes in our Nursing Department

We have made some changes in the Nursing department. We will now have a nurse for 8 hours a day, 7 days a week. Adelwisa Tibayan, LVN, will be the main nurse for Elders Inn. You will also see, Amy Lund, Lynette Johnston and

Shardha Dahal rotating their schedule at Elders Inn. The Resident Care Coordinator's extension is 106. Also for reference, the medication aide's extension is 322.

Resident of the Month: Don Sheldon

Mr. Don Sheldon is a recent addition to the Elders Inn, and is popular with the ladies with whom he plays bridge almost every day.

Don was born in Indianapolis, Indiana where he lived for a few years before moving with his family to Westfort, Indiana. There he went to school and college at Indiana State and Purdue University. He specialized in Engineering and Industrial Psychology. Don married his Westfort girlfriend 5 days before joining the United States Army. He and Billie, his wife, had 4 children, three girls and one

son. Don worked in various levels of management for most of his career.

His favorite sports are basketball and baseball. He loves to read and likes newspapers and "Time" magazine. He is happy to recall 57 years of married life, his wife passed away a year ago. His advice to readers is to remain physically and mentally active. Don does this very well. We are honored to have Don Sheldon as our Resident of the Month for February 2009.

The Power of Positive Thinking

By: Kryspin Turczynski

We have all heard the saying, "You see what you want to see." More than just a lament of near-sightedness and stale thinking, this expression contains a powerful message: we have the power to shape our realities. To a large degree, our expectations truly do determine how and what we perceive, and this is memorialized in popular folk wisdom by other expressions such as "Finding the silver lining in every cloud," and "The glass is half-full, not half-empty." Positive thought is both effective and infectious, and this ability to transform challenges into opportunities is one of the best qualities of the American experience. Positive thought is essential to the transformation of our elders'

communities. People dread the idea of ending up in a typical nursing home, which sustains the body but kills the spirit; and who can blame them? Having lived and loved for many years, seniors deserve much better in their golden years. However, institutions are by their very nature resistant to change, and any mention of it is often met with a shrug of resignation or an authoritative proclamation of tradition: "We've always done it this way!" The situation calls for an honest assessment of the present, and the courage to move towards the future.

Thankfully, we have a strong foundation of compassion upon which to build here at Alameda Elder Communities. I witness it concretely every

day: staff providing heartfelt and sincere care to the residents; residents helping each other in numerous, easily overlooked ways; staff supporting one another in times of crisis. We are blessed to be in the midst of so many warm and compassionate people every day, but we must also recognize that more can be done. We must take further steps to deinstitutionalize our facilities, so that all can thrive and grow as dignified members of a true community, sharing a common mission and vision. Such a transformation will not be quick or easy, but it is one of the most important tasks any of us will face, and it is absolutely achievable with courage, innovation, and a healthy dose of positive thinking!

St. Valentines Day

Every February we celebrate by giving flowers, candy and cards to those we love. We do this in honor of Saint Valentine. Legend has it that Valentine was a priest who served during third century Rome. There was an Emperor at that time by the name of Claudius II. Claudius II decided that single men made better soldiers than those that were married. With this thought in mind he outlawed marriage for young men in hopes of building a stronger military base. Supposedly, Valentine decided this decree just was

not fair and chose to marry young couples secretly. When Claudius II found out about Valentine's actions he was put to death.

Another legend has it that Valentine was an imprisoned man who fell in love with his jailor's daughter. Before he was put to death he sent the first 'valentine' himself when he wrote her a letter and signed it 'Your Valentine', words still used on cards today.

Perhaps we'll never know the

true identity and story behind the man named St. Valentine, but this much is true February has been the month to celebrate love dating back to the Middle Ages. In fact, Valentines Day ranks second only to Christmas in number of greeting cards sent.



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.



Alameda Elder Communities
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