

# Living on the Waters Edge

Volume 5, Issue 9

June, 2009

Established in  
January, 1972.

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

### Inside this Issue:

#### **General Interest:**

Get In the Sun to Get  
Your Vitamin D 2  
(Continued)

Birds Eye View 2

World Tour 3  
Three Nurses

Birds Eye View 7  
(Continued)

#### **Community News:**

Waters Edge Lodge 4

Waters Edge 5  
Nursing Home

Elders Inn 6

Alameda Elder 7  
Services

## Get in the Sun to Get Your Vitamin D

By: Kathy Hanley, PT

Most residents in our facilities prefer to stay indoors, saying they don't like the heat or the cold, the wind, the bright light, or the pollen/air pollution, etc. They feel that going outside is a hassle, the chairs aren't as comfortable or the wind will mess up their hair. But there is a good reason why everyone should be getting outside: **Your Health.** Why? Because being outside in the sunlight is the easiest and best way to absorb Vitamin D.

Vitamin D is essential for promoting the calcium absorption that allows for normal mineralization of bone. Recent studies have shown that Vitamin D has additional health benefits including improved neuromuscular and immune function as well as the reduction of inflammation.

### ***Vitamin D Defi-***

**ciency:** Without enough Vitamin D, bone demineralization, muscle and bone weakness, and pain can occur. Osteoporosis and an increased risk of bone fractures are also by-products of Vitamin D deficiency. One study suggests that at least 1/2 the fractures in older adults are associated with decreased Vitamin D.

**Health Benefits:** Among the primary benefits of adequate Vitamin D intake are stronger, more dense bones and improved muscle function; but recent studies have also suggested that Vitamin D may reduce the risk of cardiovascular disease and help prevent certain types of cancer (colon, prostate and breast).

### ***Sources of Vitamin D:***

**Sunlight:** Most people can meet their Vitamin D needs through exposure to

sunlight. Many sources recommend a sun exposure to the face, arms, legs or back (without sunscreen) for 10-15 minutes at least twice a week. This should be done between the hours of 10AM and 3PM. Be aware that complete cloud cover reduces the UV energy, which is the source of Vitamin D, by 50%. UVB radiation does not penetrate glass so exposure to sunlight through a window does not produce Vitamin D. Sunscreens with a factor of 8 or more appear to block Vitamin D-producing rays.

**Dietary Sources:** Fish (salmon, tuna and mackerel) and fish liver oils are among the best sources of naturally occurring Vitamin D. Most milk is Vitamin D fortified, as are some brands of orange juice, cereal, yo-

*(Continued on page 2)*

## Get in the Sun to Get Your Vitamin D (Continued from page 1)

*(Continued from page 1)*

gurt and margarine. Vitamin D supplements are also available.

### **Vitamin D and Older**

**Adults:** Adults aged 50 and older are at increased risk of developing Vitamin D deficiency. As people age, their skin cannot synthesize Vitamin D as efficiently and the kidneys are less able to convert it into its active hormone form. The elderly are also at risk because they tend to spend most of their time indoors and tend to wear clothing that covers most of the body, such as long pants and

long sleeved shirts. Older adults as a group are also taking more medications, some of which may interfere with Vitamin D intake.

### **What Can You Do?**

1. Ask your doctor about taking a Vitamin D supplement.
2. Ask your doctor if any of your medications interfere with Vitamin D absorption.
3. Have a Bone Mineral Density test done periodically to check for bone density.
4. Eat a diet rich in fish, especially salmon and tuna.

5. Get out in the sunshine with face, arms and legs exposed for 10-15 minutes, 2-3 times per week.

Now that the weather is getting warm, make a point of getting outside at least 2 or 3 times a week. Go outside the facility for a walk or just visit with some of your friends or family in one of your facility's patio areas. If you take care of your body, it will take care of you. So be Vitamin D savvy; your body will thank you for it!

## Birds Eye View

By: Bernard Welz  
Resident of Waters Edge  
Nursing Home

Immediately beyond the glass wall in the Bay Room (activity room) at Waters Edge Nursing Home is a patio with tables and chairs for those who want to venture outside. Beyond these are a line of palm trees and plants and not far is an aesthetically appealing green bridge spanning the water. Two of the palms have bird nests and the nestlings are constantly chirping. Mother birds are continually flying back and forth to the nests. In the nest nearest us, directly left of the glass door, are warblers, with yellow tail spots. Other birds

that visit the plants beyond the patio are red headed finches, black headed juncos, sparrows, humming birds and doves. Pelicans fly under and over the bridge, as do gulls. Pigeons cluster on the top beams of the bridge, and some appear to nest in the metalwork under the bridge, making the bridge a giant birdhouse.

Of the plants beyond the patio, the most by far are agapanthus, from the Greek agape, "love," and Greek anthos, "flower." The "Love Flower."

Brown pelicans and egrets fly past. I saw two brown pelicans hovering near the bridge, one suddenly dove straight down, its ludicrous

yellow bill thrust out before it. Striking the water it left widening ripples and came up about six feet from where it went in with a squirming silver fish in its mouth. Lifting its head, it shook its head vigorously, until the fish went down its throat. I could see the throat expand as the fish went down. Leaping out of the water after this breakfast, the pelican flew clumsily away, leaving behind an expanding ring of waves. Also there are long-legged egrets that fish near the bridge.

The warbler nestling came out of the nest in the morning, and sat beside the mother on a bough. Winds were gusting, and the

*(Continued on page 7)*

## World Tour: South Pacific

*"The Pacific, greatest of all oceans, has an area exceeding that of all dry land on the planet. One theory claims that the moon may have been flung from the Pacific while the world was still young."*

David Stanley, *Moon Handbooks South Pacific*

Warm tropical breezes, delicious island food and sunny beaches. The South Pacific is made up of different islands and regions. One of these regions is Polynesia. Polynesia is Greek for many islands. In 1756, Polynesia referred to all of the islands in the Pacific. In 1831, this was changed to include Micronesia and Melane-

sia. These terms are used today to describe the regions of Polynesia.

Polynesia is described as islands within a triangle. Polynesia includes Hawaii, New Zealand, Easter Island, American Samoa, Samoa, Tonga, Cook Islands. Settlers made their living arrangements based on the size of the island. Hamlets were built on the larger volcanic islands and villages were built on the smaller outer islands. Most Polynesians are expert navigators!

Polynesia is beautiful and has many attractions for people to

visit. In Hawaii, there are many places to visit and view. You can swim with the dolphins, see volcanoes and attend a Pearl Harbor tour. Easter Island is like going back in time. You can see the "Tour of the Ruins" which consists of statues of various sizes acting as guardians of Rapa Nui (the true name of Easter Island). In Tonga, one could go whale watching and in the Cook Islands, you can snorkel and kayak off Muri Beach or attend a traditional dance show.

## Three Nurses

By: Bernard Welz

(A resident of WENH)

My first day at Waters Edge, my nurse, Kili, told me I couldn't say her name without smiling. I've been smiling ever since.

Another nurse, Ruby, gets me up with a song. Among our favorite songs: "I'm Looking Over a Four Leaf Clover"; "Pennies From Heaven"; and "Happy Days Are Here Again." At Christmastime we sing "Jingle Bells" over and over until we are enervated. Ruby is five foot one, with lively brown eyes, and is very intelligent. Often we play word games. "What does NATO mean? SEATO? METO?" When Rosemary

comes to Waters Edge to play word games in the Bay Room, Ruby comes to my room, nudges me in the ribs with her elbow, and like a good friend tells me Rosemary is here. Ruby has a look-alike sister, Irene, who wears glasses. When I see Irene I say, "Take off those glasses. I know you are really Ruby."

I moved to a new room, and now I have a male nurse named Alex who has strong, big arms, legs and back, like a football guard. He could lift me out of bed and stand me on the floor if he wanted. He is married to a nurse at Waters Edge. They have two children. He doesn't sing much but warbles. I sing "Alexander's Ragtime Band"

and he tries to hide a partial smile. I don't know what I would do without Alex and Ruby.

Alex washes me every morning. He does wonders with a basin of warm water and a bar of soap, rinsing with cold water. He takes about five minutes scrubbing like he is washing an old car. I say, "Don't forget the whitewalls." After being rubbed dry with a towel I feel like I've been reborn.

Alex was also my good friend and roommate's nurse. When my roommate died, two of his friends were hugging each other, crying. Alex put his big arms over them with empathy for their loss and the three of them grieved together. Alex

## June Activities

On the Roman calendar, June was considered the fourth month and had only 29 days. Julius Ceasar gave the month 30 days in 46 B.C., when he reformed the Roman calendar. In the Northern Hemisphere summer begins on June 21<sup>st</sup> the time when flowers are blossoming, while in the Southern Hemisphere winter begins with cold and rainy weather, Fortunately for us, this is California and the Sun is here to make that day bright and warm for us to enjoy and be active.

To kick things off for summer, some additional activities have been added to the schedule of reoccurring events. Every Tuesday there will be Story Telling at 4:00pm in Activity Room with Dave. On Friday's

there will be Friday's Play, in which a short play will be "performed" by our residents. We encourage resident's to be a part of this new activity. Every 2<sup>nd</sup> Friday of the month there will be Understanding the Market with Norm, and every 3<sup>rd</sup> Friday of the month there will be Putting at the Golf Course with Patrick.

The World Tour for the month is the South Pacific. The South Pacific contains an estimated 20,000 to 30,000 islands. These islands laying south of the tropic of Cancer but excluding Australia, are grouped into three divisions: Melanesia, Micronesia, and Polynesia. These islands are sometimes collectively called Oceania. A few of these islands include Philip-pines, Indonesia, Australia,

New Zealand, Fiji, New Guinea, Samoa, and Malaysia.

Some of the outings and activities that will be going on during the month of June are: June 3<sup>rd</sup> a breakfast outing to Jim's Coffee Shop; June 4<sup>th</sup> Cindy Lee and Redwood Heights children are coming to perform; June 8<sup>th</sup> A lunch outing to Hawaiian Barbeque; on June 14<sup>th</sup> a Bay-side music performance; June 17<sup>th</sup> a Luau on the patio; June 23<sup>rd</sup> an outing to Pier 29; and on June 29<sup>th</sup> An outing to Tiki Tom's.

June looks to be a very warm and happy time for the residents to start the summer off in tropical and sunny way.

## Resident of the Month: Herb Pearson

Herb Pearson was born on December 14<sup>th</sup>, in San Francisco, CA. He was the second oldest of four children. When Herb was young he developed a passion for building models including airplanes of World War I and the ferryboat Eureka which is side-wheel paddle steamboat that was built in 1890. Herb has continued his model making techniques and his pride in creating historical pieces from American history; he continues to build them today. In 1935, Herb graduated from Balboa High School. This was during the depression and at this time, it was very difficult

to find work.

After graduation Herb, along with his father, worked for his uncle's moving company AJ Person's Moving Company. It was located here in Alameda. Herb also did carpentry work. On a side note, Herb was one of the first people to drive a dolly on the newly built overpasses and freeway. He said this was a wonderful moment to experience in his history. Herb retired from working in 1958 and began to focus on his hobbies.

Herb enjoys fishing, hiking, and watching sports mostly

football and baseball. He also has a host of nieces and nephews that live in the Bay Area.

Herb loves to eat strawberries with whip cream and strongly believes that Barbara, the food service manager here at the Lodge, is very good. Herb enjoys walking around Bay Farm Island Shops and fishing with his brother, Frank.

"Age is number, but what counts is how you feel and what makes you happy"  
Herb Pearson

**Waters Edge Nursing Home**

**Word of Caution**

On a note of caution, please be aware that though the media furor over H1N1 (aka “swine flu”) has died down, the virus is continuing to spread and claim further victims world-wide. Appropriate precautions should be taken, such as frequent handwashing, in order to halt its spread. If you, or anyone in your household, are experiencing flu-like symptoms such as fever and vomiting, please refrain from entering the facility until at least one week after your symptoms have subsided. Older adults often have compromised immune systems, which place them at greater risk than the population at large. With proper precautions and common sense, we can maintain a clean and safe environment for our loved ones here at the nursing home.

“A.” “F.” “E.”

by Axel Ottens, Resident

It should be known;  
That “all alone,”  
Life is not much fun!

To be with “two”;  
Is “much ado”;  
But really worth the time!

To love a “true friend,”  
Is as, a “heaven-send”!  
Moment of: “NOT TO WORRY!”

So be there for me,  
When I come!  
And we'll go along;  
To Heaven;  
Together!!!

Always Forever Eternally

**Baseball**

We are planning two trips to see the Oakland Athletics play at the Coliseum this summer, and the first outing is coming up on July 22. Family and friends who are interested in joining the residents while we engage in America's favorite pastime should contact the Activity Director for more information.

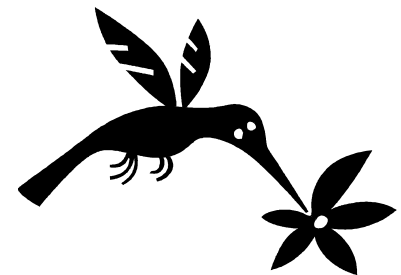
**Hummingbird Facts**

Hummingbirds can hover in mid-air by rapidly flapping their wings 12–90 times per second. They can also fly backwards, and are the only group of birds able to do so.

Their English name derives from the characteristic hum made by their rapid wing beats and they can fly at speeds exceeding 34 mph.

Hummingbirds do not spend all day flying, as the energy costs of this would be prohibitive; the majority of their activity consists simply of sitting or perching.

Hummingbirds feed in many small meals, consuming up to five times their own body weight in nectar each day. They spend an average of 10-15% of their time feeding and 75-80% sitting and digesting.



**Fathers' Day**

Father's Day is June 21<sup>st</sup>, and as always we will celebrate all our beloved fathers here at Waters Edge with a special luncheon, followed by live music. If you would like to attend the Father's Day Luncheon, please let the receptionist know, either in person or via phone, so we can make sure to have enough food and seating.

**Change in Schedule**

Due to scheduling conflicts, SpiritCare Ministry will not be offering its worship service at the regular day/time (1<sup>st</sup> Tuesdays at 10:30 am). In June, SpiritCare will be at Waters Edge on June 10<sup>th</sup> at 3:15 pm in the Bay Room. SpiritCare Ministry is a non-profit organization dedicated to serving the spiritual needs of Bay Area seniors; family and friends are welcome and encouraged to join us for this wonderful hour of prayer, praise, and reflection in our beautiful Bay Room

## The Latest Buzz at the Inn? (Actually it's more of a Hum)

In May, we looked out at a rhododendron in one of our beautiful courtyards and noticed a surprise. As we looked closely, we saw a small nest with two tiny eggs in it! We soon were put on notice by the mad flapping of wings as the mother hummingbird telling us in no uncertain terms to keep our distance from her

family!

We became diligent about making sure our two very curious cats, Piper and Napoleon, stayed well out of the way, as Residents and Staff kept a close eye on the progress. Each day we left Mom alone as she sat on her nest, but we peeked a look into the

nest whenever she would leave to check on the status of the eggs. Around the first of May the blessed event finally occurred when 2 tiny hummingbird chicks finally hatched.

We're happy to report that Mother and chicks are doing fine and watching the family is a great joy to all.

## From the Desk of the Administrator

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. You can reach Adelwisa Tibayan, LVN via email: [adelwisa@alamedaelder.com](mailto:adelwisa@alamedaelder.com) or Amy Lund, RN via email: [amy@alamedaelder.com](mailto:amy@alamedaelder.com).

New menus are here! For the past several weeks, we have been implementing our new five week cycle. Please pass your comments on to Christina Carter.

You may have noticed some changes in our Activities program. We are now offering exercise classes on Saturdays. Important extensions to remember:

Administrator, Ext. 102  
Resident Care Coordinator,  
Ext. 106

Admissions/Marketing, Ext. 123

Dietary Services, Ext. 311  
Front desk, Ext. 100 or 0  
Our website has been updated. Please visit [www.alamedaelder.com](http://www.alamedaelder.com)

I have a new email address: [christina@alamedaelder.com](mailto:christina@alamedaelder.com).

Happy Father's Day! We will be serving a special lunch meal on 06/21/2009.

We will be having our annual BIG BAND CONCERT on June 24, 2009 @ 7:15 pm in the main courtyard. It is going to be a fun and exciting evening!

## Resident of the Month: Ed Brady

Ed Brady is an actual native son of Alameda! He was born in 1916 in the old Alameda Sanitarium which became what is today Alameda Hospital and has lived his entire life in Alameda. He attended St Joseph's for his elementary education and Alameda High for his secondary education.

After graduating from high school, Ed sold paint for the Fuller Paint Company during the Great Depression, starting at a whopping \$85 dollars a month until he was drafted in

1941. He served his country proudly in the Army and after the war, returned to Fuller Paint where he met his future wife.

Ed and his wife had 4 daughters. Ed now also has 4 Grandchildren and 4 Great-grandchildren! 4 must be his lucky number!

He is a huge sports fan, especially baseball and roots for our Oakland A's every chance he gets.

## Rosemarie Caigoy: An Introduction

I was born in the year of the dog in a border city in west Texas to a scientist mother and a border patrol communications father, a year after my sister who is a graphic designer. Growing up I developed an interest for the arts, particularly music, as well as sports. I played basketball and ran track, but during my later scholastic career I made the decision to be involved in sports another way, through athletic training. It was during my years as an athletic trainer that rehabilitation became my passion, and thus paving my colligate route toward exercise science. I graduated from the University of Texas at El Paso with a degree in Kinesiology and a minor in biology and public health promotions. My last five years in Texas were spent

working for a physical therapy clinic as a rehabilitation technician. I was one of two employees chosen to help start an offspring clinic, and despite a lacking budget, we were able to launch it to success with our quality customer service and one-on-one exercise training. Upon graduating, I decided to relocate to the Bay Area. I have been somewhat familiar with Oakland due to summer vacations to my grandmother's house. Here I continued my hobbies of capoeira (Afro-Brazilian martial arts) and dancing to stay active. The Bay Area is the West Coast Mecca for live music, (another one of my passions) and I have been blessed to experience many of the bands I love in just the short amount of time I have been here.

During my free time I am a music reviewer for a Southwest magazine called Southwest Phunk, started by several of my close friends. Other hobbies I enjoy are stimulating my vision at art galleries, watching thought provoking independent films, and culinary experimentation with my nutritionist roommate. With my past work experience and education, I wanted to find a career in the wellness field and I was fortunate enough to be chosen as part of the Alameda Elders Family as the Water Edge Lodge's fitness trainer. I look forward to developing my fitness and communication skills with this company and am grateful for the warm welcoming I have received from both the staff and residents.

## Birds Eye View (Continued)

*(Continued from page 2)*

mother was hunched up against the cold. In a moment of audacity the small bird leaped up and flew a ragged circle over the water. Not a perfect circle, but a passable solo. The mother, in a quick spurt of energy, flew to a tree near me, ate a petal of a white flower of the tree. The baby bird spurted over beside its mother, plucked a white petal from a flower and ate it. The result of its first hunt. In a gush of activity, both birds

flew to the nest. The nestling entered and the mother snuggled beside it.

Seagulls, driven from Alameda beaches by strong winds and surf, winged in over Waters Edge, circling, soaring, hovering, diving, a noisy flapping of wings, descending into the relative calm of water near the bridge. Spiraling down, screaming, white underbellies flashing in the sun, black wing tips stark against white wings. An imposing and joyful sight. Soon water around the bridge was

filled with bobbing seagulls.

Like beautiful music you don't understand, the green bridge, palm trees, flowers, birds, tree with white blooms, and birds eating blossoms supplies a tranquil moment, a desirable quiet in the soul.



**For placement and care questions:**

**Alameda Elder Communities**

Phone: 510-748-9700

E-mail: [lodgeadmin@gmail.com](mailto:lodgeadmin@gmail.com)

Website: [www.alamedaelder.com](http://www.alamedaelder.com)

For free copies of Alameda Elder Communities monthly newsletters, please visit our website at: [www.alamedaelder.com](http://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  
801 Island Drive  
Alameda, CA 94502