

# Living on the Waters Edge

Volume 5, Issue 9

July, 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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## Food for Thought

By: Kathy Hanley, PT

Twenty-five years ago, the prevailing medical and scientific model said that a person is born with all the brain cells that that individual would ever have so that when any brain cells were damaged or destroyed, there could be no replacement or regeneration. Recent research shows this to be false. We now know that the brain keeps making new cells throughout life and that although memory retrieval slows with aging, the ability to learn is still there. Furthermore, dementia and Alz-

heimers are not a normal or necessary part of aging, although the risk of developing them increases with advanced age.

### ***What can you do to minimize the effects of aging on memory and cognition?***

- **Use your brain:** Do things that stimulate your mind. Turn off the TV and read a book; do word or number puzzles. If you don't use it you lose it.
- **Control your blood pres-**

**sure:** Untreated hypertension can increase the risk of cognitive decline as well as dementia.

- **Prevent or control diabetes:** Diabetes damages blood vessels including those in the brain.
- **Control your weight:** Obesity, especially in the abdomen, has been linked to an increased risk of dementia.
- **Eat a healthy diet:** A diet rich in whole grains,

*(Continued on page 3)*

## An Encounter with Chance

By: Bernard Welz

Peabody, a black and white long-haired cat, loiters in the lobby at Waters Edge Nursing Home, sleeps nights in a resident's room off the lobby. He spends most of his days sleeping alongside a

couch. When awake, detached and resigned to deep concentration, he gazes fixedly through the window of a glass door at the wondrous outside world. His adroit mind has realized the absurd drama of life. He

knows but never tells what he knows.

His tumble into absurdity began on a day when he was younger and lived in an impetuous and expectant world, chasing invisible

*(Continued on page 3)*

## Revolution, Freedom and American Spirit

By: Kryspin Turczynski

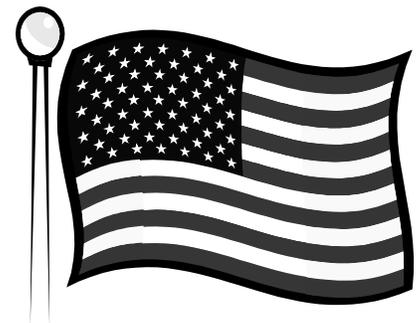
Last month, in June, we had an extraordinary opportunity to watch world history unfold right before our eyes. After a botched election, millions of Iranians took to the streets to protest what they believed was a coup d'état by incumbent President Ahmadi Nejad and his allies in the state apparatus. Despite the very real threat of violence from the regime, a sea of people swept through the capital, Tehran, and other cities, creating a mass movement unseen since the days of the Islamic Revolution, in 1979. Seemingly unthinkable in this tightly controlled police state, this massive display of civil disobedience has inspired millions around the globe with its courageous persistence and commitment to nonviolent methods. Thanks to new social networking tools such as Facebook and Twitter, it has been easier than ever for people all over the world to follow events in real-time without the filter of mainstream media. For the first time in history, we were all privy to a first-hand view of a potential revolution in the making.

The events in Iran remind me of the incredible power of freedom. The word "freedom" is often misappropriated for political purposes, but its power is nevertheless real. It is an essential ingredient of our most human faculties:

love, will, and compassion. In a world filled with suffering and injustice, freedom is a refreshing tide, ebbing and flowing but constantly drawing one's gaze towards the horizon and its promise of a better tomorrow. Freedom is so powerful it can mobilize millions and topple regimes, sometimes without even firing a shot. It can empower people to defeat brutality through nonviolence, resolve, and enduring faith. Most importantly, as a fundamental human yearning, freedom helps us to break cultural barriers and recognize the humanity in others. In this way, true freedom leads to solidarity.

Having been born under authoritarian communism in Eastern Europe, I live with an awareness that democratic freedoms are not inevitable. Many people around the world still live under oppressive political systems in which their voices are not heard. The freedom to believe what you want and say it publicly, the freedom to pray as you wish and to peacefully protest - these freedoms, which many of us take for granted, are freedoms for which others are still struggling, even to the point of death. Watching so many courageous people risk their lives for freedom and justice in Iran has helped me to better appreciate the freedoms we enjoy here in the United States. We may not be

perfect, and American governments may have betrayed the nation's principles on more than one occasion, but freedom nevertheless remains at the core of what it means to be an American. Multitudes of hopeful young people from all over the world continue to flock to the United States for the freedom to be their authentic selves, and to be judged on the quality of their character rather than the color of their skin or the creeds of their religion. Recently, Americans elected Barack Obama to the presidency, which inspired so many people around the world to believe that freedom and democracy were truly alive, and that perhaps it might be a possibility for them as well. So on this Fourth of July, let us reflect on the freedoms with which we are blessed, the freedoms for which we still struggle, and the wisdom to use our freedom in the service of peace and the common good.



## Food for Thought (Continued from Pg. 1)

*(Continued from page 1)*

fruits and vegetables is good for cognition and may protect against dementia

- **Stay hydrated:** Your brain is 75-85% water; dehydration can lead to confusion and decreased mental acuity.
- **Stay socially connected:** A recent study showed that people with at least 5 social ties were less likely to have a cognitive decline; these social ties can be something as simple as regular visits from

family and friends or regular phone calls.

- **Practice positive thinking:** Be open to new ideas and experiences; have a "can do" attitude. See the glass 1/2 full rather than 1/2 empty.
- **Get good sleep:** Sleep is critical for memory retention and the brain's information processing.
- **Exercise:** Research studies have consistently shown a correlation between regular exercise and maintenance of cognitive function. Brain scans have

shown that aerobic exercise increases brain activity and can even result in new brain cells and improved connections between brain cells.

There are lots of things that you can do to promote memory and good brain function. A healthy brain is as important as a healthy body. If you remember to do the things listed above, your brain will have a much easier time remembering all the things you want it to!

## An Encounter with Chance (Cont.)

*(Continued from page 1)*

things on the rug and under the couch in the lobby. A time when people admired his gymnastics and imagination.

People said he was cute. They made fools of themselves, saying, "pretty kitty," "sweet cat." It was enough to turn a cat's stomach. A pleasant time in his life but he was soon propelled to the absurd.

A woman in a wheelchair ran over his tail as it rested on the rug behind him. Peabody screeched in pain and fear, frightening the lady, who went directly back to her room and shut the door as a security measure.

Left alone, Peabody asked his

friend Chance, another cat in the home, what he should do. Chance told him, "You are in a rest home, Peabody, for goodness' sake, act like it! Curl up and relax or you will soon be homeless."

Peabody took his friend's advice and now curls up with his tail safely around him while he dreams about the senseless, inane and laughable world we all live in.



## Watch What You Share

In our facilities, our residents live in community with their fellow residents. They share stories; they share jokes; they share news; they share friendships. But one thing they don't want to share is germs! The best, easiest and most effective way to prevent the spread of germs is with regular and thorough hand-washing. There are also dispensers with hand sanitizing gel throughout all of our facilities. So use that soap and water; use the hand gel; and we'll all be in a healthier environment.

## July Activities

The month of July is time when we reflect on America's freedom and liberty but also a time of fun, sun shinning weather, joy, family, great food, and the pride we have for our country. This month we have many fun activities planned. On Friday, July 3rd we will be having a barbecue outside on the Lagoon Patio. On July 7<sup>th</sup> the dogs will be

coming to visit. On July 10th, Norm Morrison will hold Understanding the Market with Norm, which is a very informative class about the Stock Market. We have a lunch outing to Burger Meister scheduled on July 11<sup>th</sup> and on July 13<sup>th</sup> we will be going out on a Ferry ride to San Francisco for lunch and to enjoy a little shopping. On July 16<sup>th</sup> we will be going on an

## Big Band to Play

evening outing to the Summer Serenade Concert at Alameda Towne Center. On July 23<sup>rd</sup> we will taking a bus trip to The River Rock Casino, and on July 27<sup>th</sup> we will be going on an outing to Fenton's for some delicious ice cream. Sign up at the front desk early as space is limited.

## Resident of the Month: Beth Harris

Elizabeth Harris was born "out in the country" in Fresno County. "My parents had a ranch that bordered the Kings River." Growing up during the depression, Elizabeth's family was forced to conserve, relying on their livestock and the land for most of their food. Beth is the second oldest of four children. Her younger siblings have passed on but her older sister is still alive and lives in Oregon. As a child she "loved going to school. It was my escape from the harsh reality of the times." After graduating, Beth attended Fresno State College where she studied to become an Elementary School teacher, teaching for many years in Selma and Stockton, CA. In 1946 Beth met her husband Bob at a guest house which his mother owned and operated in San Francisco. "When I arrived at the door he was the one who answered. I remember him carrying my heavy suitcases up three

flights of stairs." On their first date Bob and Elizabeth went to the first ever San Francisco 49ers game at Kezar Stadium. They were inseparable after that and eventually got married having two daughters and a son. Beth and her husband enjoyed sailing and were members of the Berkeley Yacht Club. "We loved sailing in the bay, the conditions are ideal." Beth remembers a time when they were in the Parade of the Decorated Boats during the holiday season. "I had made some angels that we nailed on the three halyards for decorations. Bob wanted to use a generator and have a spotlight shine on them but I didn't want to listen the sound of a generator running. I gave everyone on board a flashlight and we shined it on the angels as we passed by the judges. Ironically enough on the boom box Hark the Herald Angels was playing at the same time. It was really funny and we won

not only the prize for our category but the Grand Prize as well." As time went on Bob's health started to decline. Before she knew it, Beth was allocating all of her time helping him instead of taking care of herself. She moved here to the Waters Edge Lodge six months ago, following the passing of her husband. "This place gave me a chance to heal." Beth is active in the community participating in activities inside and outside our facility. Her proactive attitude is contagious in the community. Instead of dwelling on the negative aspects of life, she focuses on the good. Elizabeth personifies the definition of an elder through her unrelenting pursuit of happiness, joy and purpose in the community. From the words of Mahatma Gandhi, "The future depends on what we do in the present." So, join us as we recognize Elizabeth Harris as our resident of the month.

## Resident of the Month: Lilia Walthew

Lilia Walthew was born in Granada, Nicaragua in December, 1918. Her parents were immigrants from Spain and Honduras. As a child, Lilia attended Catholic schools. She was a precocious child who was well educated and played basketball. When she was about 15 years old, her parents moved to Managua, Nicaragua's capital, where she met Franz Puschen-dorf, a young German man who was to eventually become her husband. They had three sons: Günther, Dieter, and Heinz. During World War II, Germans, Italians, and Japanese immigrants to many Latin American nations were returned to their country of origin. That was the fate of Franz, his two brothers and their families, who spent the last few years of the War in Hamburg, Germany, before returning to Central America.

In the mid-1950s, Lilia mi-

grated to California with her two younger sons, following her elder son Günther, who had moved to the U.S. a year earlier to join the U.S. Air Force. He was stationed at Parks Air Force Base, Surgical Department.

In the early 1960s, Lilia married a second time. Her new husband, Richard Walthew, was a kind and generous man. When he passed away a few years later, Lilia continued living in their home in San Francisco where she remained until this year when she became a resident at Waters Edge Nursing Home. She seems to really enjoy living here and appreciates the kindness of all the staff members and others who come in daily contact with her. In addition, she has always taken pleasure in creating oil paintings, as well as writing poetry.

## Baseball

On Wednesday, July 22nd, some of the Residents of the Waters Edge Nursing Home will be going on the first of our two trips to see the 2009 Oakland Athletics.

## Flu Reminder

Just another friendly reminder to all our friends and family members: please refrain from entering Waters Edge Nursing Home if you, or somebody in your household, is showing any symptoms of a flu. These symptoms include: fever of 100° or above, headache, fatigue or weakness, sore throat or cough, and aches or pain in the muscles or joints. Though the media seem to have lost interest in the H1N1 virus (also known as "swine flu"), the World Health Organization (WHO) has recently declared it to be a global pandemic. We are undertaking extraordinary efforts here at the nursing home to keep our residents and staff safe from infection, and we ask all visitors to please help us in this effort by practicing good infection control and staying away when the aforementioned symptoms are present. If you are experiencing any of these symptoms yet cannot avoid entering the building, please let the receptionist know so that she may help you through a specific infection control protocol that has been created for such situations.

## July Fun Facts

July is the month in which the United States celebrates its Independence. But what else is special about this month? Here are a couple of tid-bits about the month of July:

- 1) The birthstone for the month of July is Ruby .
- 2) July was previously called Quintillis in Latin, since it was the fifth month in the ancient Roman Calendar year before January became the first

month of the calendar year during the time of the decemvirs about 450 BC.

3) July was renamed for Julius Caesar who was born in this month .

4) July is the month we celebrate America's birthday on the July 4th.

5) Major League Baseball All Star Game takes place this month.

## From the Desk of the Administrator

By: 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. You can reach Adelwisa Tabayan, LVN via email:

[adelwisa@alamedaelder.com](mailto:adelwisa@alamedaelder.com)  
or Amy Lund, RN via email:  
[amy@alamedaelder.com](mailto:amy@alamedaelder.com).

We are now approaching the summer months, time to get outside and enjoy the sun. Please apply sun screen and

make sure to drink plenty of fluids!

We are introducing different activities, so review the calendar and try out a new activity. You just might enjoy it! We have new activities being introduced on Sundays, Mondays, Tuesdays and Saturdays.

At Elders Inn, four of our employees worked in various positions while attending college. Now, these employees have graduated with degrees:

Marianne Cruz, College of Alameda, AA degree Social Science and Liberal Arts (double major)

Rhonda Mitchell, College of Alameda, AA degree Sociology

Katleen Ping, Heald College, AA degree Medical Assisting

Sweccha Shrestha, College of Alameda, AA degree Social Science and Liberal Arts (double major)

We are very proud of our graduates and wish them best wishes in their future endeavors!

Happy Independence Day!  
We will be serving a special lunch meal on Friday  
07/03/09.

## New Activities at the Elders Inn

Elders Inn is proud to announce a couple of new activities that are being led by our creative Staff:

Myra Lander is leading an Arts and Crafts program every Tuesday afternoon at 4:00pm in the Webster Street Dining Room. Come and enjoy some artistic fun with Myra.

David Ruttan has begun a Music Appreciation program that meets the second and third Thursday of the month at 4:00 pm. David will speak about the lives of famous composers as we relax and let the classics work their magic.

Adelwisa Tibayan and Amy Lund lead a Trivia class every Sunday at 1:30 pm in the

Buena Vista Dining Room. Come & test your knowledge!

Have you noticed the beautiful flowers throughout the facility? Christina Carter is co-

ordinating a Floral Arranging class that meets every Monday at 9:00 am in the Buena Vista Dining Room and 9:30 am in the Webster Street Dining Room. Come and join us!

### Resident of the Month: Robert Moody

Robert "Bob" Moody was born in Mount Carmel, Illinois and spent all of his youth in Illinois. He attended the University of Illinois and is a proud "Fighting Illini". He followed in his father's footsteps, working for the New York Central railroad as a telegraph operator. After the railroad, he moved to Indiana to work for the Stokely Van Camp company and while in Indiana, met and married his wife.

He was transferred to California and managed the West Coast Employee Relations department for Stokely Van Camp where he was in charge of 36 plants.

Bob has two daughters and a son who live locally and is proud Grandfather of four grandchildren.

He is a major sports fan and well known for always having a twinkle in his eye!

## Iron Woman of the Month: Lillian Nakano

By: Rosemarie Caigoy

While reviewing attendance for last month's fitness classes, one resident had exceeded in attendance. She is a practitioner of humility, always calm and in positive spirit. She knows her physical limit and is extremely adaptable to all the challenges I throw at her, all while maintaining discipline. She is a fine example of perseverance and maintaining wellness in exchange for a peaceful life and a strong body, not to mention a great sense of humor. July's Iron Woman of the month is Lillian Nakano.

Lillian Nakano was born to farmers in 1916 along the Sacramento river in a town called Walnut Grove. Growing up as an American born Japanese, Lillian was well acquainted with segregation. Her first experience was being forced to go to an elementary school specifically for minorities. During these years, Lillian played basketball and softball, but did not continue in high school because she claims to have been clumsy. After high school, she worked on her parents farm bunching asparagus in the winter and gathering pears and peaches in the summer, (she is modest at knowing plant life, but often during our walks around the lagoon, she can name a majority of the plants). At 23, she met her future hus-

band through family friends, got married and moved to San Francisco. She started attending temple where she met some of her life time friends. She also picked up sewing as a hobby and she made her own clothes. During this time, she gave birth to her first child, a girl.

In 1942, while America was in the wake of the attack of Pearl Harbor, 110,000 Japanese-Americans were forced to move into housing facilities called Relocation Camps away from the west coast. Lillian and her family were amongst those relocated to Gila River, Arizona, about 50 miles southeast of Phoenix at an Indian Reservation. This was one of the least oppressive camps, with only one watchtower and a fence which was not aligned with barbwire. Evacuees seemed to be cared for by the administrators, who allowed them access to various recreations such as theater and sports. Lillian says life on the camp "wasn't too bad, the worst part was the sand storms." Her husband was even granted the job of managing a canteen. They stayed in the Gila River Camp for 2 years, then were relocated to Heart Mountain, another camp located in Wyoming. This camp held the most integrity amongst the 10 camps, already having buildings, (a hospital, administration, and support facilities among them) and canals.

Their buildings were also electrified, which was a rarity in the state of Wyoming at the time.

When the camp closed, the Nakanos moved to Chicago because they were still restricted to settle west of the Rockies. In Chicago, Lillian gave birth to her second child, a boy. They lived here for more than ten years, owning and maintaining a 12 unit apartment building. When the United States Government decided Americans with Japanese ancestry could move back to the west coast, the Nakanos waited a few years, and relocated for the last time to Oakland. Lillian and her husband bought a motel on Macarthur Blvd and managed it for the remainder of their pre-retirement life. Her husband retired at the age of 65 and brought Lillian to his hometown of Alameda, where they enjoyed outings with their temple group and weekly rounds of golf. Time and golden age claimed Lillian's husband in the mid-90's.

Lillian has been a resident at the lodge for close to a year. I witness her kindness and compassion helping out new residents on a daily basis. She can be seen at almost all the activities the Lodge has to offer, staying very active. She also credits having a healthy diet (lots of fish and miso soup) and minimal alcohol consumption for her good health and long life.

## Alameda Elder Communities Staff Training

Each month, the staff at all three of our facilities receives training in the form of in services, seminars and off site courses. During the months of May and June, the Staff at WENH completed a total

of 264 hours of training in the following subjects: Understand Abuse & Neglect; Knowing Residents' Rights; Basic First Aid; Modified Diets; Preventing the Spread of Infection; & HIPAA.

Elders Inn Subjects: Residents Rights; Food Storage; Dementia Care : Tips for ADL's. WE Lodge Subjects: Fire Safety; Elder Abuse; Staff and Resident Safety.

**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)

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.



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