

# Living on the Waters Edge

Volume 6, Issue 1

August, 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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## Stay Hydrated

Adapted by: Dave  
Ballerini

In these warm summers, hydration becomes extremely important to maintain your body's physical functions. Being well-hydrated reduces your risk of heart disease and stroke. Dehydration can also lead to urinary tract infection which in turn increase the risk of falls often resulting in fractures or other serious injuries. Here is how water effects certain parts of your body:

**Brain:** Your brain is 75-85% water. Dehydration affects mental Performance and has

been shown to decrease attention span and focus by 13% and short term memory by 7%.

**Heart:** When Dehydrated, the cardiac cells shrink and this can affect the transfer of electrical impulses which cause the heart to contract. Studies show that drinking 5 or more glasses of water a day can reduce the risk of heart disease.

**Blood:** Our blood is 75% water and is vital for the transportation of oxygen and nutrients necessary for maintenance of cell metabolism and structure. With de-

hydration the blood thickens which in turn makes the heart work harder.

**Kidneys:** Your kidneys control the amount of water in your body, filter the blood and excrete waste into the urine, leaving necessary nutrients in the blood to be circulated. Because they regulate fluids in our body they also have a role in regulating blood pressure. Your kidneys need water to perform all these function.

**Lungs:** We loose water with every breath;

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## Safety Check

By: Kathy Hanley, PT

For residents of Waters Edge Lodge and Elders Inn, their rooms should be a personal space that reflects their own individual tastes, needs and purposes. But "my space" should

also be *safe space*.

How safe is your space? The following is a checklist to evaluate the safety of your room.

1. When you walk through your room, is there adequate space to walk with-

out bumping into things? *If not, make a safe path by getting rid of unnecessary things or putting them into closets or other storage.*

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## Safety Check

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2. Are there area rugs or throw rugs on the floor? *If yes, strongly consider removing them; at a minimum fix the rug to the floor with tape.*
3. Is there clutter (papers, books, bags and other objects) on the floor? *If yes, pick up! Any object on the floor is a fall hazard.*
4. Are there phone or electrical cords on the floor? *If yes, move to a different location so you won't trip over them.*
5. Are the things you use or wear often on high or low shelves? *If yes, move commonly used items to the shelves and drawers that are easiest to reach.*
6. Is the light near your bed

hard to reach? *If yes, place it closer to the bed where it's easier to reach.*

7. At night, do you have a lit path from your bed to the bathroom? *If no, consider purchasing a night light.*
8. Do you use the rails and grab bars in the bathroom? *If no, get in the habit of using them; if the bars in your room don't seem adequate, talk to the facility staff about getting other rails put in.*
9. Do you have a scatter rug in the bathroom? *If yes, consider putting it away; it is a fall hazard.*
10. If you use a cane or walker, do you use it inside your room? *If no, get in the habit of using your equipment inside your room, par-*

*ticularly if you find yourself grabbing for walls or furniture when walking in the room without the equipment.*

Our rooms should be safe havens for rest, peace and relaxation. Make sure you have a safe environment in your room. Once a month turn a critical eye on your room to assess for anything that might be a safety or fall hazard. Ask a family member or friend to help you reorganize or clear unnecessary objects from your room. As a general rule, less is better. Remember: many falls are caused by hazards that could have been easily fixed. So think safety; an ounce of prevention is worth a pound of cure!

## The Dog Days of Summer

By: David Ruttan

It may seem odd that the brightest star in the sky and one associated with the cold nights of winter would be the source of the saying "the Dog Days of Summer," but it is. Sirius is the brightest star in the sky (besides the sun). It is up shining brightly in the night sky during long winter nights and is mostly invisible during the summer due to its closeness to the sun and appearance above the horizon during daylight hours.

Sirius is the alpha star in the

constellation Canis Major. Canis Major is called the Big Dog, which gives Sirius its nickname of "the Dog Star". The name Sirius means "scorching," which may relate to its brightness as a star and its relationship to summer. It was because Sirius "disappeared," or joined the sun during the summer, that the saying came about. Ancient Romans believed that Sirius added its warmth to that of the suns as they neared one another and that this was what produced the hottest days of summer.

Many people have incorrectly concluded that the phrase the Dog Days of Summer came about because of an association with actual dogs. Reasons include that these days aren't even fit for a dog or that the heat made dogs go mad.



## Stay Hydrated (Continued from Pg. 1)

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this is increased in hot temperatures or dry air. Every day we lose the equivalent of a can of soda just with breathing.

**Stomach:** Drinking water can aid in digestion by stimulating the production of saliva and digestive juices. It will also help to curb appetite. Good water hydration further aids in weight reduction by increasing the body's metabolic rate. Drinking 16 ounces of water can increase the metabolic rate by 30%.

**Skin:** The skin acts as a water reservoir and helps with fluid

regulation throughout the body. With moderate exercise we can lose 1-2L of water through sweat which will in turn produce fatigue. Good hydration will also make the skin look younger.

A good guideline to use when measuring the amount of water you should drink per day is to take your body weight, divide that in half. Are you hy-



## China Clipper

By: Bernard Welz

With four of the most powerful aircraft engines of the times, the China Clipper flew from Alameda to China in 1935. Weighing 26 tons, it could carry a cargo equal to its weight at 125 miles per hour up to 3200 miles nonstop. It flew a route chartered by Charles Lindbergh, starting from a man-made lagoon in Alameda, to Hawaii, Midway, Wake, Guam, Philippines, Hong Kong and Shanghai. The Clipper put Alameda into the world news in 1935, and has been claimed to have upset Japan's power in the Pacific, which led to World War Two.

After I saw the movie "China Clipper" starring Pat O'Brien and Humphrey Bogart, my uncle drove me to the West Side of Alameda in the rumble seat of

his 1931 Ford to see the Clipper. There were farms beyond Webster Street with sturdy men, plow horses and dirt roads. The farms were soon gone when they built the Naval Air Station at the end of the 1930s.

We saw the Clipper circle the Bay water, which was swept clean of debris near the lagoon by a motor boat. The Clipper's hull had six water-tight compartments, making it safest of all seaplanes on water.

When the Clipper made the air mail inaugural flight in 1935, Postmaster General James Farley addressed a crowd in Alameda, and the U.S. issued three postage stamps picturing the Clipper.

## My Friends

By: Axel Ottens

I consider it an event

To listen to, and know you meant;

That the beauty of your face and smile

Would come again and again for a while,

And not be just a pile of words

But rather the sum of what the Lord

Has given you for a while...

There are but few people in history

That have gone through so many blistering

Moments of joy and pain,

And still take life, not in vain,

But rather travel back and forth,

Enjoying both South and North

Of our worlds and enjoy:

The beauty of the Phillipines

As well as the happiness of Califor-nie-ay!

Stay there; go home...

The choice is yours, and yours alone

My friends!

## August Activities

Beginning in August, we will be taking advantage of a great resource for Alameda Eeders: Mastick Senior Center. Our first trip will be to the Mastick Senior Center's orientation on Friday, August 7th. The van leaves the Lodge at 1:45 pm in order to make it there for the 2:00 pm orientation. After that, we will be taking groups to Mastick Senior Center every Saturday morning at 11:00 am. Come, play bingo at Mastick, and see if it's your lucky day! Other trips to Mastick events may be arranged in the future, depending on resident interest.

Another new offering is trans-

portation to St. Albert's Catholic Church in Alameda for the 9:30 am Mass on Sundays.

Our lunch outings in August feature Italian food around Alameda, consistent with our Mediterranean theme for the World Tour. On Thursday, August 13th, we'll be going to C'era Una Volta, a cute Italian cafe located in pedestrian alley of downtown Alameda that will make you feel just like you're in Italia! The other lunch outings are to Linguini's on Thursday, August 20th, and Pasta Pelican on Tuesday, August 25th.

Finally, we have a new volunteer joining us later this month:

Brian Wong, a talented, young high-schooler gracious enough to offer his time for the residents. Starting August 23rd, Brian will be playing the piano in the Living Room on Sunday mornings at 10:00 am. All are encouraged to attend what is sure to be an exquisite performance!



## Resident of the Month: Ruth Muller

By: Tianti Phillips

Ruth Geraldine was born in January, 1920 in San Francisco, CA. As the middle child of three, Ruth recounted many summers and springs in Noe Valley, where she and her brother and sister would go to pick wild flowers and play various games, one of her most favorite games was hide and seek. "We had so much energy and so many great times together" Ruth believes childhood was the age of innocence and great memories. As a young girl Ruth worked at The Emporium during the Christmas season wrapping gifts. She found this to be a joyous time that was upbeat with the holiday spirit, but also a time for

families to show love and the significance of the holiday.

Ruth graduated from Mission High School in San Francisco in 1938. Ruth was married in 1948 and had one daughter, Linda. She is also a very proud Grandmother of two. Ruth loved to travel around the world to China, Japan, and 11 different countries in Europe. Ruth believes seeing the world is important and it broadens a person's horizons on different world view points and seeing the different aspects of other countries.

Some of Ruth's other hobbies include quiz games and crocheting (especially tablecloth's and girl's jackets for the Navy Relief.)

Ruth has been a Resident here at the Lodge for 4 months. She engages in friendly conversations with other residents here at the facility. She enjoys various activities such as gathering for the Circle of Elders to learn and participate in what's going on in the community, Thursday's Happy Hour, and going on outings especially to Fenton's for Ice Cream. Ruth's definition of an elder is "To be treated with love and to offer a helping hand". With such a great heart, spirit, and mind Ruth Muller is the perfect example of a friendly and caring person, so for the month of August join us as we recognize Ruth Mueller as our Resident of the Month.

**Waters Edge Nursing Home**

**World Tour**

This month, the World Tour takes us to Southern Europe and the Mediterranean region. The Mediterranean is an extremely important body of water historically, central to the development of many of the world's innovative cultures: Egypt, Israel, Greece, Rome, and Turkey, to name just a few. This part of the world is a popular destination for tourists from all over the world, who are drawn to its beautiful topography, gorgeous weather, and perhaps the most important achievement of all: healthy food that tastes great! As always, we will be exploring our cultures of the month through all our different senses, leading to a greater appreciation of this region's many cultures.

**H1-N1, The Sequel**

Though you rarely hear about it anymore in our mainstream media, public health officials all over the world are preparing for what will certainly be a significant second outbreak this coming fall. Proper infection control precautions, especially frequent hand-washing, can do much to prevent the spread of this virus. We encourage everyone to seek immunization, and to please refrain from entering the facility if you or anyone in your household is showing signs and symptoms of a flu.



**Free Time?**

Do you have some extra time on your hands? Do you like working with elders? Everybody has some special gifts and talents to share with others, no exceptions! We can match you up with residents according to shared interests and preferences in order to create a truly memorable and meaningful volunteer experience. Please contact the Activity Director for more information.



**Electronic Contacting**

Would you prefer to receive this newsletter by e-mail? Electronic mail is faster, less expensive, and less harmful to the environment than traditional paper mail, aka "snail mail". It is understood that some people do not use e-mail, and that some people prefer to read off of paper rather than a monitor. In these cases, hard copies of the newsletter will continue to be mailed in the same way. If you have access to the Internet, however, and do not mind reading the newsletter on your computer, e-mail delivery is a faster and more eco-friendly option! If you are interested in receiving the newsletter electronically, please inform the Waters Edge Nursing Home receptionist at 510-522-1084.

**Baseball Outing: September 22, 2009**

The baseball outing in July was so much fun, we decided to do another one in September! On Wednesday, September 2nd, we're going back to the Coliseum to watch our

very own Athletics take on the visiting Royals from Kansas City at 12:35 pm. If you have the afternoon off and are interested in joining us, please contact the Activity Director.

**Welcome Nancy Wong!**

We would like to extend a warm welcome to Nancy Wong, who recently joined Alameda Elder Communities as the dietary manager at Waters Edge Nursing Home. Nancy graduated from the San Francisco State University Dietetics Internship Program in June and is preparing to take the Registered Dietitian Exam next month. Nancy has worked in the health and fitness indus-

try for over eight years, helping people achieve their wellness goals. She has experience working in restaurants and finds joy in bringing good tasting and healthy food to others. Nancy says, "I am motivated by my passion and desire to help others reach their health and fitness potential and I am very excited to join this team of healthcare professionals."

## From the Desk of the Administrator: Christina Carter

We are now in the warm summer months. Drink plenty of fluids, dress appropriately for the weather and apply sunscreen if you are going to be outside.

We have beautiful courtyards surrounding the community, please go outside, get some fresh air and get your daily dose of Vitamin D!

You may have noticed some changes in our Activities program. We are combining certain activities so that residents from our Garden Neighborhood and residents from the Assisted Living get

an opportunity to meet each other and interact. Also, you may begin seeing Residents facilitating an activity. We have begun to see some residents interested in leading an activity and will encourage them to do so.

Due to the digital conversion, some of our familiar channels have changed in the channel lineup. A revised channel guide is available at the front desk upon request. Also, we have added an additional sports channel. We now have, ESPN 1 & 2 and Comcast SportsNet.

This month for the World Tour we will be going to the Mediterranean. Mark your calendars for Gelato Day and we will be offering Greek snacks during Happy Hour.

Just a friendly reminder that Nursing Clinic hours are seven days a week, 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).

### World Tour: Mediterranean

The month of August brings our World Tour to the sunny Mediterranean where we will stop and sample some of the delightful cuisines of this rich land. On August 12<sup>th</sup> at our weekly Happy Hour, we will be serving French bread, French wine and French cheeses. I wonder what country we are thinking of? The following Friday August 21<sup>st</sup>, we will be enjoying Italian gelato on the patio and we will be serenaded by Helen Plakorakis twice during August as she plays music from Greece dressed in traditional Greek clothing.

Welcome aboard the Mediterranean Express!

### Resident of the Month: Ruth Mahoney

Ruth Mahoney was born on a farm in Topeka, Kansas and is one of eight children. She is the "in-between" of 6 girls and 2 boys. The family raised grains on the farm--- primarily corn and wheat.

Ruth attended school just outside of Topeka and became a typist for a real estate firm. She met her husband at a dance and they only knew each other for one month before they married---true love at first sight!

The Mahoney Family was living in Scranton, PA when one day, her husband came home and announced that they were moving to California and she has been here ever since.

Ruth has four children of her own, two boys and two girls who live in Alameda, Arizona and Texas. Ruth is a recent welcome addition to Elders Inn, joining us from the Waters Edge Lodge.



## Iron Man of the Month: Richard Delagrang

By: Rosemarie Caigoy

At the Lodge, sometimes you will hear one of those hearty, loud, gut laughs echoing in the distance or overhear a good old fashion joke that makes you chuckle under your breath. These instances will most likely be coming from August's Iron Resident of the Month, Richard Delagrang. Day after day, when Richard is on his way to the cafe or patio, I see him socializing with other residents, keeping his conversations light and positive. Even when the topic can easily turn into a negative one, such as experiencing pain throughout the night, he'll end it with a joke to lighten the mood, maintaining the hope in his voice and the light in his eye. Many times, residents will say to me, "oh that Richard, he's a good guy.." and trail off thinking about whatever it was Richard did for them. The most admirable trait Richard possesses is perseverance.

Currently, he is discomforted by a previous injury, but he comes to exercise daily, working through the pain. He also has personal training sessions twice a week and despite saying it's torture, he'll say when it's through: "Maybe I should come three times a week."

Richard was born in Atkin, Ohio in 1919. As a child, he was spontaneous and brave playing baseball in cemeteries, sometimes having to jump the fence to get

out. After high school he became a mechanic, a profession that followed him to the army when he was drafted at 21. Surprisingly, he really enjoyed being a soldier during World War II because he stayed with the same company for his 5 years of duty, creating strong bonds. His job was to fix the tanks and other military vehicles while chasing Hitler across Germany, "and he was a good runner!"

After Richard completed his army duties, he utilized the GI bill to attend school. He sought out an apprenticeship to be a Tool and Die Maker, one of the most skilled professions in manufacturing. Traditionally, they take workings from a plan drawn by an engineer, mark out the design in raw material, and then cut them out to size using machines and for more intricate details, hand tools. During this time, he met his wife Margurite through mutual high school friends and eventually ended up having 3 girls. He finished his apprenticeship and became a Tool and Die Maker for Ford Automotive, making car tops and fenders. Unfortunately, one of his daughters developed asthma, which was exacerbated by the Ohio climate, so he and his family moved to Glendale, AZ, where the dry heat offered a much better climate. There he found work as a Tool and Die Maker for the US Navy. He claims to

have saved the government millions of dollars by making fixtures and maintaining various vessels. He and his wife also had two sons. After 15 years, the Navy base in Arizona closed down, and the Delagrang family relocated to Alameda where he continued his work until he retired. After retirement, Richard and his wife moved back to Arizona, taking many road trips around the US in their RV. He drove as far north as Canada where his eldest daughter lived, and then back down through Ohio, along the east coast, south through Texas and throughout the Southwest.

When Richard's wife became ill, his children insisted that they moved back to Alameda so they could help take care of her. Richard's wife passed away, and Richard moved into Water Edge Lodge, contributing his bright and positive energy to this place. You can catch him in the cafe or the activities room participating in art. His determination to get better every day and to challenge himself mentally and physically is a true inspiration, especially to me. Look out for a Poker circle once a week that Richard plans to organize once his physical health is not too distracting.

**For placement and care questions:**

**Alameda Elder Communities**

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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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