

Living on the Waters Edge

Volume 6, Issue 2

October, 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:

Protect Yourself
from the Flu
(Continued) 2

Your Brain Ages Too 2

Osteoarthritis
(Continued) 3

Estelita's Surprise 3

Community News:

Waters Edge Lodge 4

Waters Edge
Nursing Home 5

Elders Inn 6

Alameda Elder
Services 7

Protect Yourself Against the Flu

By: Kryspin
Turczynski, MA

Flu season is almost upon us, making this a good time to review some basic information about influenza, and what we do to prevent it among our residents and staff.

Influenza, also called 'the flu', is a contagious respiratory infection, which can cause fever, chills, headache, dry cough, runny or stuffy nose, sore throat, and muscle aches. Unlike other common respiratory infections such as the common cold, influenza can cause extreme fatigue lasting several days to more

than a week. Although nausea, vomiting and diarrhea can sometimes accompany influenza infection, these are more likely in children, and gastrointestinal symptoms are rarely prominent.

Typically, influenza is transmitted through the air by coughs or sneezes, creating aerosols containing the virus. Good personal health and hygiene habits are reasonably effective in avoiding and minimizing influenza. After a person has been infected with the virus, symptoms usually

appear within 2 to 4 days and the infection is often considered contagious for another 3 to 4 days. Because of this, people used to think the flu was caused by the influence of the stars and planets. In the 1500's, the Italians called the disease *influenza*, their word for influence. Three influenza pandemics occurred in the 20th century and killed tens of millions of people, with each of these pandemics being caused by the appearance of a new strain of the virus in humans. Each year, an estimated 10 to 20

(Continued on page 2)

Osteoarthritis

By: Rosemarie Caigoy

Arthritis is defined as inflammation in the joint. The most familiar of the many types of arthritis is osteoarthritis, which is the breakdown of the cartilage around the joint. Cartilage, found in your joints, is a flexible connective tissue meant to act as a

cushion to evenly spread pressure. Osteoarthritis is common amongst the geriatric population but factors like gender, genetics, or chronic injury and weak muscles also play a role as to who is more susceptible in developing the disease. If your joints had a best

friend, it would be your muscles because muscles work to protect the joint from damage. When a person is handling a force greater than what their muscles can take, cartilage comes into play to safely spread the pressure until the force is

(Continued on page 3)

No Need to Fear the Flu

(Continued from page 1)

percent of the population contracts influenza.

The flu is especially concerning this year due to the emergence of a new strain of Influenza A subtype H1N1, better known as 'swine flu'. The outbreak of H1N1 in 2009 has caused 4,282 confirmed fatalities worldwide, and has been declared a global pandemic, the first one since the Hong Kong flu pandemic of 1968. Considering that the regular, seasonal flu claims approximately 250,000 - 500,000 lives every year, the panic over H1N1 may have been overstated. The 'swine flu' moniker has also been unfortunate, leading some to unnecessarily avoid

pork (H1N1 cannot be transmitted by eating cooked pork) and prompting the slaughter of thousands of pigs in some countries, even though they posed no public health risk. Scientists around the world are working hard to develop a vaccine for what they expect will be the return of a mutated, more dangerous form of this year's H1N1 strain.

Vaccination against influenza with a flu vaccine is strongly recommended for high-risk groups, such as children and the elderly. The most common human vaccine is the trivalent flu vaccine that contains purified and inactivated material from three viral strains. A vaccine formulated for one year may be ineffective

in the following year, since the influenza virus changes rapidly over time and different strains become dominant. There are also live vaccines, but these are not recommended for nursing homes since they make infection control much more difficult. In fact, the flu shot is considered so important for elders, Medicare will cover it once a year in the fall or winter! We are providing flu shots to our residents and staff this fall season, and hope we all enjoy healthy and happy holidays later on!



Your Brain Ages Too

By: Kathy Hanley

Aging affects the brain like it does every other organ in the body. As we age, the brain produces less of its' necessary neurochemicals and there are changes in the brain's nerve cells; this makes transmission of information less efficient. However, aging **does not** mean that loss of memory and brain function is inevitable. Recent research has proven that the brain is capable of remediation just like other parts of the body. The brain can generate new brain cells and even later in life brains are just as capable of learning.

Our Rehab Department is now offering an exciting new pro-

gram to help residents with their memory problems. A Speech Therapist will do a cognitive evaluation to assess the individual's abilities and to identify problem areas. The therapist will then design a cognitive therapy program that will utilize and enhance current cognitive abilities and compensate for deficit areas. With a doctor's order this therapy may be paid for by Medicare.

It can be very frightening to begin to lose one's memory. We rely on our memory for most functions we do throughout the day, whether socializing with a neighbor, getting to the dining room on time, or

finding one's way back to the facility after a shopping trip. Remember: throughout life, the brain has the capability to learn and improve itself. Sometimes it just needs a little help, just like our bodies occasionally need Physical or Occupational Therapy to keep functioning optimally.

If you would like more information on this new program, please talk to Kathy Hanley, Rehab Director. Our Speech Therapist will be happy to explain the program in more detail. So if you're having any type of memory difficulties, take action; the sooner you take action, the better your results will be.

Osteoarthritis: What Your Joint's Best Friend Can Do (Continued)

(Continued from page 1)

ceased. Therefore, if an individual had weak muscles, they experience wear and tear of their joints easier and more quickly. This in turn creates a downward spiral: weak muscles cause more shock to the cartilage which destroys the joint, causing tremendous pain, which makes you not want to move your joint and decreasing training. This makes muscles weak and causes MORE joint damage. The unfortunate news about this is that your body does not create new cartilage.

So how can you protect your already osteoarthritic joint if you can not rebuild the cartilage? The answer is for your joints best friend to do some training. Strength training is

essential to build muscle that will handle the force that the cartilage in your joint can not. In a recent study, they took people with osteoarthritis, divided them in groups, and each group had their own method in treating their osteoarthritis. One group participated in aerobic exercise (walking, climbing stairs, etc), one group increased their rest time. Another group took medications to curb the pain, and the last group participated in strength training. The results showed there was not much difference for those who took medication or increased their rest time. The group who did aerobic exercise showed some improvement, but the group who engaged in strength training improved the physical ability by

41% as well as improvement in self esteem and confidence.

Luckily for the Alameda Elder community, guided strength training is easy to find! At the Lodge, there are 4 classes three times a week dedicated to strength training and at Elders Inn, there are a morning and afternoon classes everyday for general strength training. I encourage to participate in the exercise offered by Alameda Elder Services. It will not only improve your quality of life, it will slow the downward spiral of osteoarthritis.



Estelita's Surprise

By: Bernard Welz

It is summer now and I have been here at Waters Edge for a year. I have had many nurses, all good ones. One who stands out is Estelita.

Estelita is outrageously serious. I tell her to smile more. She sticks her tongue out at me. I tell her she is pretty when she smiles. Then a big smile lights up her face and both of us are smiling.

During the winter I had one cold after another. I bought three flannel pajama tops to keep warm. I wore one a night. I sweated a lot because

of my cold. Soon all were in the wash, and I had to go back to the classic gown which is OK but not as warm and my cold hung on. I complained to Estelita. She looked at me seriously and said she would see what she could do about the tops.

Suddenly I always had a pajama top---my favorite. I would wear it, put it in the wash in the morning and it would be in the cabinet at night. Magically it appeared, day after day.

I broached the question of the pajama tops to Estelita. "I've been washing one on my own

for you, didn't you know?" she said seriously. "Every morning I take the flannel top out of the wash bag and wash it for you. I thought it would help you get rid of your cold."

And so it was. I slept and my cold went away. I was comfortable and warmed by Estelita's kindness.

Being practical and serious, Estelita did something only a member of my family would do for me. Here is a nurse in whose hands I feel safe.

October Activities

October is here and the Lodge is humming with activity of all kinds. In accordance with our World Tour calendar, which takes us to central Europe this month, we'll be celebrating Oktoberfest on Monday, October 5th. Join us for German beer, appetizers, and live polka music courtesy of the always entertaining Karl Lebherz! The first week of October is also the time when Jews celebrate Sukkot, and we have reserved the *sukkah* at Temple Israel of Alameda on October 7th at lunchtime. These are in addition to

our extensive lineup of regularly scheduled activities.

Some new and exciting outings are coming up as well. On Oct. 1st, we'll be going to Jack London Square for lunch at Kincaid's and some extra time for shopping/sightseeing. For all the thespians out there, we're offering an after-dinner theater outing on Oct. 8th to go see *The Oresteia: Before the Furies*. This adaptation of the play by famous Greek playwright Aeschylus will be performed at the Noodle Factory Performing Arts Center in Oakland. A week

later, there will be another after-dinner outing, this time to the Crucible Gallery of Art in downtown Oakland. Our final two lunch outings for the month will be to Speisekammer (German) in Alameda and Citron Restaurant (French) on College Ave. in Oakland. Due to popular demand, we are once again offering an after-dinner ferry cruise to the city, as well as an outing to the golf course for an afternoon of putting. Please don't forget to sign up as the van can fill up quickly!

Resident of the Month: Masa Yamamoto

Masa was born in Hollister, California, the third of four children. At the age of six, Masa and her family moved to the Petaluma area when her father started working for the Rohnert Seed Company. At the age of 17, Masa lived through an experience that few Americans have. After the attack on Pearl Harbor, President Roosevelt ordered Japanese-Americans to be placed in internment camps. Approximately 110,000 American citizens were sent to "War Relocation Camps", even though they were not guilty of any crimes. Masa still remembers that terrifying day when FBI agents ransacked her family's house and told them they had to pack their belongings and head out to the desert. Life in the camp was not easy. Masa had to deal with rattlesnakes, scorpions, dust storms, cramped barracks, and horrible food (mutton stew with turnips the size of softballs!). The government claimed to be protecting the interned families, but in reality the guards along the pe-

rimeter pointed their rifles *inwards*, and would shoot anybody who tried to escape. Despite the injustice of being imprisoned in their own country simply because of their ethnicity, Japanese-Americans remained fiercely loyal to the United States, and many of the men volunteered to serve in the Armed Forces during the Second World War. One of these soldiers would later become Masa's husband.

After being released from the camp, Masa and her family returned to Petaluma, where she worked as a live-in nanny for a German family. Masa then moved to San Francisco, where she attended dressmaking and tailoring school. After finishing school, she was hired by Saks Fifth Avenue, where she worked for four years until she married. Masa met her husband in 1950, and they were married a year later. They had two daughters, who both live in Alameda. Masa has five grandchildren, ranging in age from 17 to 24. After the passing of her

husband in 2007, Masa moved to Waters Edge Lodge. She is an active member of the community, regularly joining exercise classes, walking excursions, and the Circle of Elders. Masa also attends bi-weekly meetings of Extending Connections, a group of Japanese seniors affiliated with Buena Vista Methodist Church. Masa is fortunate to have her family nearby, and she enjoys going out with them for meals, family events, and excursions.

Masa's story is an inspiring tale of survival. Even though the memory of the internment camp will always remain with her, she is proud to be an American and has never wavered in her loyalty. Masa's success in making peace with the past and living a full life is encapsulated by the Japanese word *gaman*, which means to endure and not give up. Masa's sincere desire is that nobody ever has to go through what she did, and dreams of a world in which cultural understanding leads to peace between nations.

Resident of the Month: Louise Allen

Louise Allen was born in January, 1917 in Salt Lake City, Utah. Louise had two younger siblings, a brother and a sister. As a child growing up Louise's family faithfully practiced the Mormon Religion.

At a young age, Louise found a passion for playing cards. She and her siblings loved "500" which is similar to Bridge and Louise still plays Bridge regularly.

After Louise finished high school she attended business school for one year. She married in 1937 and worked as a secretary for her husband's clothing business. "We were inseparable. During my break, we would grab a cup of coffee. During my lunch hour, we would have lunch together and

when day's work was done we were a family."

Louise acknowledged that she admired her husband's integrity, honesty, and love during their marriage. Louise later took a course in writing and speech that helped her shape a unique voice and leadership quality. Louise wrote a paper on "Parenting of Opposite Sex." Louise believes that before you can expect something from someone you have to accept someone for who they are; never judge a book by it's cover because sometimes what appears may actually be different on the inside. Through writing and taking the Dale Carnegie Course, in self improvement, public speaking,

and interpersonal skills, she became more confident and ready to become influential to others. Louise later became president of Soroptimists, which is a business club for women.

Louise also has enjoyed traveling all over the world. Her two favorite places to travel are Turkey and Paris. Louise is thankful for her daughter Pat, grandson Danny, and brother George for always being supportive of her. Louise brings a happy spirit, joy, and goodwill to the Waters Edge Nursing Home which is why she is our resident of the month for October.

October Activities

The month of October is a busy month full of fun activities for the Residents of Waters Edge Nursing Home. We will be kicking the month with an Oktoberfest celebration on October 1st.

On October 1st and October 25th, the dogs will be coming to visit the residents for Pet Therapy.

Bingo Bonanza will take place on October 13th and October 27th. This is one of our most popular activities, bringing many residents out to play bingo together. Residents play four to five games, end-

ing with a Blackout round.

On October 20th, the Garden Club will be coming to help residents create beautiful flower arrangements to decorate their rooms.

On October 30th we will be celebrating Halloween with a party and costume contest. Families and friends are invited to participate.

Our scheduled musical performances for the month are: Popular Guitar player John Heleen entertains on October 1st, 8th, 10th, 15th, 22nd, 24th and 29th.

Miles will be playing piano on October 14th and 28th.

Charles Earlye will also be entertaining on October 7th and 21st.

Ann will be playing live Jazz on October 26th.

Jimmy James will be playing Guitar for our residents on October 5th, 12th and 19th.

Roberto and Maria will also be coming to perform classical Opera for our residents. Please see the calendar for Details.

From the Desk of the Administrator: Christina Carter

When you next use the van transportation to go to a medical appointment, you will notice the van has been repainted with the facilities' colors and main phone number. Doesn't it look great?

When you want to know what is happening at Elders Inn, please attend the Circle of Elder meetings. Daily topics include: upcoming menus, the house policies of Elders Inn and much more. This is also where we introduce new residents and your new neighbors!

This month for the World Tour we are going to Central Europe. We will be celebrating Oktoberfest on October 21, 2009 during Happy Hour.

Please join us as we pass out Halloween candy to the children on October 30, 2009. You will see many cute and scary costumes! The candy is distributed at 1:00 pm in the mail lobby.

We will also be having a special lunch menu for Halloween on Saturday, October 31,

2009. Happy Halloween everyone!!

Just a 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 Tabayan, LVN via email: adelwisa@alamedaelder.com or Amy Lund, RN via email: amy@alamedaelder.com.

October Activities

There is just something special about October in the Bay Area! The heat of summer has tailed off but the chill of fall hasn't arrived yet. As far as I'm concerned, the month of October is the most beautiful month of the year.

Let's all get out and enjoy it! Our patios are ablaze with red, gold and green and are just right for socializing or just sitting and enjoying the fresh air.

If the weather is cooperative, we will be celebrating Oktoberfest on the patio with our favorite accordionist, Karl Lieberz. Karl will "oompa-oompa" and get everyone in a polka frenzy! We will be serving German beer and pretzels to celebrate this stop on our world tour.

Oktoberfest

Drinking beer, eating bratwurst and listening to a polka band is what most Americans think of as celebrating Oktoberfest. This festive celebration was established in October of 1810 by Prince Ludwig of Bavaria (crowned as King Ludwig I) in celebration of his marriage to Princess Therese of Saxony-Hildburghausen. The unusual thing was that the general public was invited to share in his celebration. At the time, such a thing was unheard of - nobles rarely associated themselves with the general public - however, some 40,000 Bavarians attended the celebration in Munich on what is now called Theresienwiese. Almost 200 years later, year after year, the celebration is held at the same location.

Resident of the Month

Paul Kelly was born in 1923 in Fort Worth, Texas. His father was an office supervisor for Texas Oil Company. Paul's family moved a lot as the company searched for and discovered oil. Paul earned his Bachelors' Degree in Mechanical Engineering at Texas A & M and worked for Westinghouse while he earned his Masters' Degree from the University of Idaho. He met his wife when his parents were transferred to Wichita Falls, Texas. Paul moved across the street from the girl who was to become his wife! Together, they had a son and a daughter and one granddaughter. Paul is a consistent "exerciser" in David's exercise classes and is a delightful addition to the Elders Inn!

Iron Man of the Month: Helga Schwab

By: Rosemarie Caigoy

When I ask people what stereotypes they have of elders, the most common answers I get are that senior citizens didn't like change, they develop a bitter attitude, and that they are close minded. Now, these come from people who hardly associate with the senior population and little do they know, the common stereotypes are not true for the majority of seniors. An example of someone who breaks these stereotypes is our Iron Resident of the Month: Helga Schwab.

Helga was born in San Diego in 1918. She was the oldest of 5 children, born to a Finnish sailor father and a San Franciscan mother. As a child, she liked to race miniature model yacht sail boats that her father put together as a hobby. Helga started taking dance classes at the young age of 6 and became

extremely flexible which is still amazingly maintained to this day. For college, she traveled north to Cal, majoring in education. She was living with her aunt who owned the Peppertree Tea Room in Berkeley, working as a waitress and living in the attic. One of her favorite hobbies at the time was figure skating at the local ice ring and it was there she met her husband who she married a year later. Helga and her husband moved north to Seattle where she was a 3rd grade teacher. Shortly after the birth of their first child, Helga's husband got called off to war. She moved back in with her family until her husband came back, and they started their new life with a new house in Alameda. Helga went on to dedicate 30 more years to education while her husband worked as an electrician for the City of Alameda. Helga also went on to have four additional children.

When asked what her healthy habits were growing up that has led her to remain a strong and flexible elder, she said it was eating a lot of fruits and vegetables and maintaining a positive attitude.

Helga is extremely open minded and often goes out of her way to tell me that she enjoys the variety of exercises in class. No matter what I throw out there, whether it be weights, Therabands, or yoga balls, she tackles the challenge head on, and accomplishes them with a smile. Sometimes I even see her walking around singing, with a little dance in her step and it makes me think that I am blessed to work in a place where I can meet people like Helga: someone who cheers people up just with her contagious joy.

Cyclone Cora

By: Bernard Welz

My current morning nurse is Cora. She's an experienced nurse who recently came to Waters Edge from nursing at Alameda Hospital. She works two jobs.

In the afternoon she helps me walk with my walker. We walk up a corridor and down another corridor. With a strap around my waist, she holds me so I don't fall, pulling my wheelchair behind her in case I tire and want to sit down.

Whenever free during the day Cora comes into my room and asks if I need anything or if she can be of any help.

One winter morning she did an exceptional thing for me. I have two large spreads on my bed. Both have down fillings. I wondered if I could get them washed and dried in the morning and back on the bed at night. Cora washed and dried them herself so I could stay warm that night.

Cora's day starts at 6:00 AM.

She assists my roommate to get up then pushes him in to the dining room for breakfast. She comes back to our room and gets me up, working fast, she washes me from head to feet. The soap flies. I call her Cyclone Cora.

"Why do you call me 'Cyclone' she asks.

"Because I feel like I've been through a cyclone," I say.

For placement and care questions:

Alameda Elder Communities

Phone: 510-748-9700

E-mail: sabrina@alamedaelder.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
801 Island Drive
Alameda, CA 94502