



The Lakesider

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Lakeside Park welcomes new Executive Director

Rebecca Cockrill, an 18-year veteran of diversified experience in the assisted living and long term care industries, joined Lakeside Park as Executive Director on October 1.

She brings to us a philosophy of "people-centered care," which recognizes each resident as a unique individual with his or her own life experiences, knowledge, talent and skills, and gives staff the resources to plan a schedule including their routines.

"We adapt routines and programs to the residents, rather than residents adapting to proscribed programs," Rebecca says.

Rebecca joined us after three years as a partner in Senior Community Management Group, which ran Ralston Village, a 100-bed Alzheimer's and dementia community in Belmont.

PEOPLE-CENTERED CARE

"People-centered care draws on each person's strengths and allows each to maintain existing abilities," Rebecca says. "From the lifestyle assessment that families complete for each resident upon admission, our staff comes to know each

person's personal history, interests and preferences.

"When certain life skills are missing, we will take the time to fill in the gaps with appropriate levels of assistance. My goal is to increase each person's sense of well-being by allowing each to maintain their lifelong role.

"For example if a resident was a CPA, his day would include some "business" time. He would join us in the downstairs office and help affix labels or stuff envelopes for a mailing. He might sit with a calculator and a pad of paper, or might join a staff member in an Internet search.

"Many of our lady residents were homemakers. Their program would include baking, folding laundry and sorting socks, washing dishes in a pan, setting the table. All this is done with the intention of helping our residents have the very best day possible.

"People-centered care is my philosophy for the Lakeside Park staff, too. More than any place I've worked, the staff at Lakeside Park feels like a family, and they treat residents as their family. I believe that having fun at work is essential. The way the staff feel influences the residents'

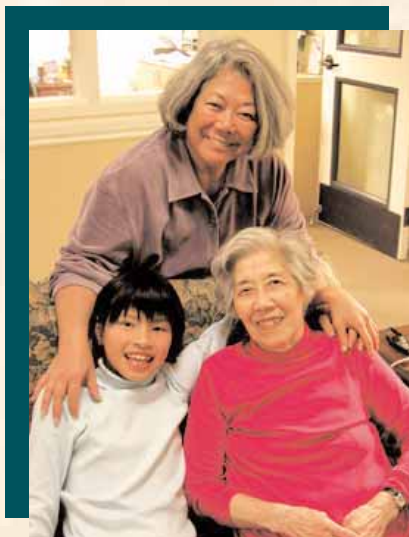


Rebecca Cockrill joined our community on October 1.

demeanor, strengthens relationships with residents' families and creates a bond of interaction and teamwork between staff.

"Care, compassion and empowering staff to be everything they can be is the foundation of a good team. I want to help my staff to learn, move up in the company. Take a suggestion and run with it. Come up with their own ideas for better resident care and people-centered activities.

"I want to provide residents with a life that celebrates the strength of the human spirit. Caring for and about each other promotes the physical, emotional, social, and spiritual well-being of each resident."



Tomita Shimamoto (top), Tae Li and Virginia Tomita.

Virginia Tomita living a loving life at Lakeside Park

My parents are second- and third-generation Japanese-American. They grew up in Seattle. They met and married in Seattle. During World War II they were sent to the Minidoka internment camp in Idaho. They were in the camp for two years.

My father, Chester, had a sponsor and left the camp to find a job; he moved to Chicago. He was an automobile mechanic. I was born in the camp in 1943."

Tomita Shimamoto begins her family history with this story, one that continues to this day at Lakeside Park, where her mother, Virginia Tomita, 87, has resided since April 2005.

"We chose Lakeside Park because it is two blocks from where my mom lived," Tomita says. "When she was diagnosed with Alzheimer's we thought staying in the same neighborhood would be more pleasant for her. She wouldn't be in a strange community. She could recognize certain things."

THE LAKESIDER

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When we take her out for drives she has very pleasant recollections. And having my mom close to her family is very important to all of us. Tae Li and her "nanny" have a very special relationship."

Virginia's father was a businessman in Seattle, where he imported and exported products to and from Japan. She grew up in Seattle and had one sister and three brothers. She is the only surviving sibling.

Virginia and her late husband, Masaru "Chester" Tomita, are second- and third-generation Japanese-Americans. They were married in 1941. Virginia gave birth to Tomita in Minidoka internment camp.

Tomita came to California from Chicago in 1971, and in 1984 she brought father here just before he died from cancer. Virginia soon followed, and the family re-settled in Oakland. Tomita, a bookkeeper/administrator, and her husband, Mark, an architect, have a 10-year-old adopted daughter, Tae Li.

Virginia lives in a lovely room whose walls are proudly decorated with photos of her family. Her days are filled with memories and interaction with her fellow residents.

"I try to join in with a group to talk, but I tire easily, so I come in and rest for a while and then I'm able to do more things," Virginia says. "I do exercises and try to keep myself going. Nice days, I walk around on the patio."

"This is a nice place. They are very good to everyone here. They help me with everything I need."

"They are very kind to her at Lakeside Park. That's all I ask, that people treat her with respect and kindness," Tomita says. "They are trained to deal with Alzheimer's clients, so everyone's reality is OK."

"My mom is the last of her generation; all of her younger siblings and most of her friends have died. At Lakeside Park she has her plants, she talks to people, and she has her routine. My mom is happy there."

Family support group beginning

Lakeside Park is pleased to offer a monthly family support group led by Bonnie Bollwinkel, who has facilitated groups for us in the past.

The first meeting will be Thursday, January 5, 2006, from 6:30 - 8 p.m. Light finger food will be provided, and there is no charge. The group will meet monthly on the first Thursday.

Lakeside Park staff will not be included, so family members can be frank and open with their situations, questions, issues, and feelings. The group will meet privately, away from residents, so there are no interruptions.

Bonnie is warm, caring and a great facilitator. She is a Licensed Clinical Social Worker and a consultant with the Alzheimer's Association of Northern California, working as a trainer for the Training for Dignity Program. She is an experienced family support group facilitator in assisted living communities.

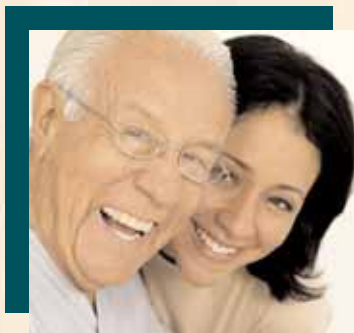
We want to make the group meeting as accessible for as many folks as possible. Please let Janet Thompson know if you're interested but this date/time doesn't work. Call her at (510) 444-4684.

Coping with Alzheimer's during the holidays

For families dealing with Alzheimer's disease, the holidays can be especially challenging. Because of the changes that occur with Alzheimer's, it may be necessary to make some adjustments to holiday activities and traditions.

"Because of the changes he or she has experienced, the person with Alzheimer's may feel a special sense of loss and time passing during the holiday seasons," says William H. Fisher, Executive Director of the Alzheimer's Association of the Greater San Francisco Area.

"Caregivers may feel overwhelmed in their efforts to maintain holiday traditions on top of caring for the person with this disease. In addition, caregivers may feel hesitant to invite other family and friends over to share the holiday, for fear they will react negatively to the changed behavior of the family member."



Here are some tips to ease the burden of care giving and to make holidays happier, more memorable occasions for individuals and families.

- Be aware of too much stimulation.
- If you're taking a family member to your house or a relative's, have a quiet room where they can enjoy music or video of a musical. They can visit with people one or two at a time in this room.
- Resist giving a box of chocolate for a gift. People with dementia tend to crave sugar and cannot stop overindulging.

- Sometimes visiting out of the community doesn't work out; it's not your fault. Our residents thrive on consistency and a gentle routine. They get scared with variety. You might witness increased anxiety, confusion, pacing, or bathroom accidents.

- Create new traditions at Lakeside Park. What about a family dinner served at the house dining table? Bring in a family favorite dish to eat. Decorate your family member's room with memorable ornaments. Let us know if you need other ideas.

Remember that holidays are opportunities to share time with the people you love. Try to make these celebrations easy on yourself and the person with Alzheimer's so that you may concentrate on enjoying your time together.

Thanks for the memories

Lakeside Park collected \$1,100 from staff and resident families for The Alzheimer's Association's 13th Annual Memory Walk held October 8 on Treasure Island.

The Lakeside Park team walked in the association's signature event to raise funds for local services and programs and to help conquer this disease.

Since its inception, Memory Walk has raised more than \$175 million and is the largest national Alzheimer's disease fundraising event. Memory Walk takes place in more than 600 communities nationwide.

Channel 5 Sports Director Dennis O'Donnell, whose father had Alzheimer's disease, was the master of ceremonies.

Join us next year on the Memory Walk.

Rebecca Cockrill, Josie Davis, Janet Thompson, Dylan Davis,
and caregivers Yolanda Tanjuakio and Danny Alienza.



Janet Thompson, Josie Davis and
Rebecca Cockrill.



Alzheimer's & Dementia Care

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