



Stepping out

At Lakeside Park, the security and comfort the building affords is just as important as getting out in the fresh air. On a regular basis,

cific Institute interns, residents often get personal walks with their assigned intern.

“You learn so much about a resident on a walk,” says intern Pablo Mejia. “They are more relaxed and they get that feeling that someone is just there to be with them, so as a result the resident starts to share a lot.”

Walking can be good for the aging mind as well. According to the Alliance for Aging Research, exercising may help protect brain cells by improving blood flow to the brain therefore staving off the effects of memory loss.

Not only is it important to get the blood flowing, it is important to rejuvenate the spirit.

“It is apparent that our residents seem happier when they return from a walk,” says activities coordinator Eliza Gibson. “I know, I always feel rejuvenated getting outside.”



interns, caregivers and activities staff make it a point to step out and enjoy the beauty right outside the front door.

“Our location near Lake Merritt is absolutely wonderful,” says Marsha Peoples, activities director. “The nature we have just a stone’s throw from our building is really great for our residents.”

Group walks tend to be the most popular daily outings, but with the extra support of Pa-



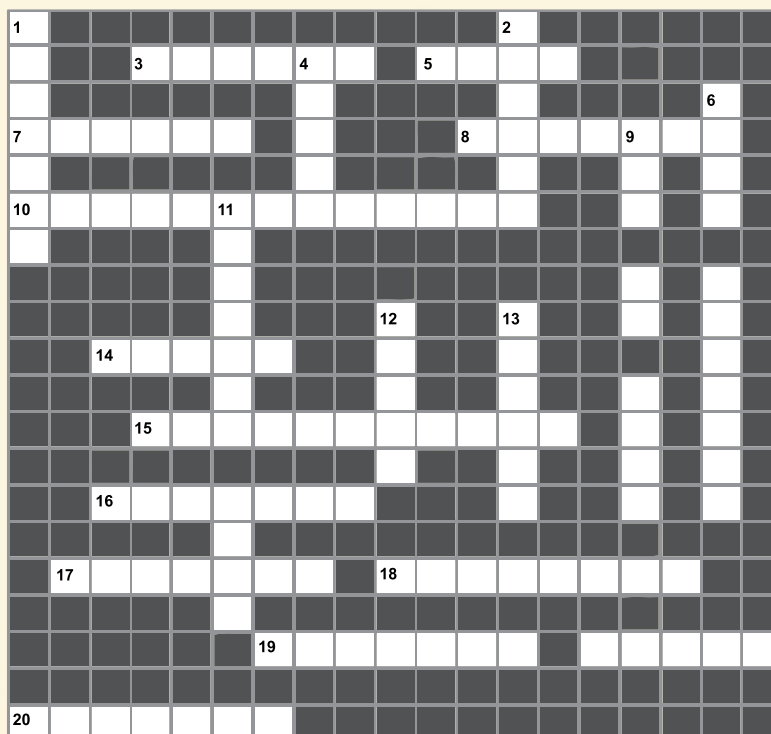
Puzzle Time!

ACROSS

3. As opposed to "treating" a person.
5. Schedule one seven days a week to take a peak.
7. A fishy brain-booster.
8. Art form enjoyed by Lakeside Park residents as an activity.
10. Lakeside Park residential suites are uniquely grouped into these.
14. A wonderful alternate form of expression...with a beat.
15. Creating _____ environments.
16. A great way to take a break or try Lakeside Park out.
17. Enrolled in Pacific Institute and dedicated to Lakeside Park residents.
18. It will make you perspire but it can lengthen your life.
19. Come to one and bond with other families with similar needs.
20. A signature LakesidePark lobby treat.

DOWN

1. Written by Elizabeth Bugental and inspiration for the name of senior residential



- communities based in San Francisco.
2. Colorfully grace the walls of Lakeside Park.
4. One of three brothers who founded AgeSong Senior Communities.
6. Lakeside Park's back-yard playground.
9. Art distribution program that showcases the talent of Lakeside Park residents.

11. Fourth AgeSong property opening in two years
20. 10.
12. A wet first pillar of Kneipp.
13. Known as the "father" of hydrotherapy.



ANSWERS:

- | | |
|-----------------|-------------------|
| 1) Agesong | 10) Neighborhoods |
| 2) Murals | 11) Bayside Park |
| 3) Seeing | 12) Water |
| 4) Nader | 13) Kneipp |
| 5) Tour | 14) Music |
| 6) Lake Merritt | 15) Therapeutic |
| 7) Salmon | 16) Respite |
| 8) Mandala | 17) Interns |
| 9) Art of Ages | 18) Exercise |
| | 19) Support group |
| | 20) Cookies |

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Art of Ages 2008

The local community shares in artistic expression.

Talent abounds at Lakeside Park, and it is only fair to share it with our community. Ten pieces of artwork were on display at the Art of Ages reception on Sept. 25 at Lakeside Park. The pieces were selected to go on display in local waiting rooms and doctor's offices. All of the physicians who received a painting treat Lakeside Park residents and are thrilled to showcase their work!



“Storm” by Margaret



“Sunrise on San Francisco”
by Rex



“Colorful Quilt” by Louise



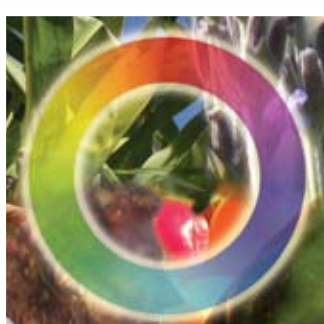
Kneipp-inspired Wellness Program

In an effort to create an environment that thoughtfully supports the physical and emotional parts of who we all are, AgeSong is incorporating a Kneipp-inspired wellness program at Lakeside Park. This will include a Kneipp Wellness Room where residents, staff and family members can indulge in a foot soak or benefit from plant and aroma therapies.

Sebastian Kneipp is the “father” of modern hydrotherapy and revolutionized natural medicine in the late 1880s. He dedicated his long life to harnessing the healing power of water and other natural elements. Kneipp’s hydrotherapy and wellness programs are widely practiced throughout the world, especially in Germany, Austria and the United States. Kneipp was a strong believer in physical exercise, simple food and a lifestyle that supports body, mind and soul.

In August, Lakeside Park was fortunate to have Dr. Reinhard Bergel, a recognized expert in Kneipp and Spa-Kur therapies, hold a workshop on the European-originated wellness philosophy.

The five pillars of Kneipp act in harmony with one another to create the core of the Kneipp philosophy.



The Five Pillars of Kneipp

1- Water: The hydrotherapy arm and foot soaks and other water exercises help improve circulation and stimulate the body’s natural ability to stay well.

2- Plants: The use of aromatherapies, local gardens and eating seasonal fruits and vegetables increase the natural healing elements of plants.

3- Nutrition: Having healthy yet pleasing food choices, integrating local fresh foods, and offering low-fat and special diet options improves the body’s ability to build its own defenses and create its own energy.

4- Exercise: Exercise strengthens the body’s natural immune defenses and assists in supporting physical and mental functioning.

5- Balance: Our goal is to create an environment that thoughtfully supports the physical and emotional parts of who we are. We pay attention to individual reactions towards environmental factors such as light, smell, sound and color.

Care to Share?

This issue we put the spotlight on Caregiver, Glenda Johnson

Glenda Johnson has been working as a caregiver at Lakeside Park for three years, but she has already made a lifetime of memories with the residents she has cared for.

Some of the memories include caring for the first female architect who helped design the Golden Gate Bridge as well as a career military pilot who led a search for Amelia Earhart.

In fact, the life accomplishments of her residents can be the most surprising part of her job.

“A lot of people don’t realize just who lives here and who I work with,” says Glenda. “I have met many of important people – involved in politics, entertainment and involved in many of historical events. It is very interesting.”

But when it comes down to important people, Glenda’s mother Ada Johnson, left the biggest impression on her. She is Glenda’s life mentor.

“My mom, she was a strong woman from the south and I remember when we were kids, she always talked about loving your neighbor, no matter who you are or what color you are,” Glenda recalls. “She used to say always respect the elderly and the children.”



Glenda learned her caregiving skills from her mother, who actually cared for an older gentleman throughout Glenda’s childhood.

Glenda has a son and daughter who live in the Bay Area. When she is not at Lakeside Park, she is either reading or

taking a longwalk outside.

“What I really enjoy the most about Lakeside Park are my coworkers, we really are all very close and work as a team,” says Glenda.



A Prayer for the Caregiver

*Unknown and often unnoticed, you are a hero nonetheless.
For your love, sacrificial, is God at his best.*

*You walk by faith in the darkness of the great unknown.
And your courage, even in weakness, gives life to your beloved.*

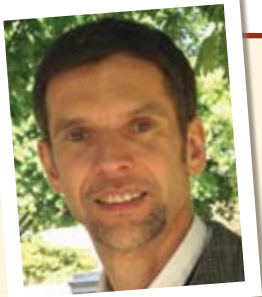
*You hold shaking hands and provide the ultimate care:
Your presence, the knowing, that you are simply there.*

*You rise to face the giant of disease and despair.
It is your finest hour, though you may be unaware.*

*You are resilient, amazing, and beauty unexcelled,
You are the caregiver and you have done well!*

By Bruce McIntyre





The Doctor Is In

Guy Albert, Ph.D. is Clinical Director of Pacific Institute, which provides psychological support services at AgeSong Senior Communities in the Bay Area.

Maintaining a sense of autonomy in a residential care setting.

Autonomy is an important issue for all of us. We like to be able to do things when we want and the way we want them. Being placed in a residential care setting can put a damper on one's independence. There are good reasons for being mindful of people's capacity for autonomy: When someone's decision-

making ability is hampered, it's important to provide an environment where one can be safe and cared for. So how does one maintain a sense of independence when living in a residential care setting?

It's important to remember that when forgetfulness sets in, independence becomes more of a psychological issue and affect people on a day to day basis: Why can't I go out for a walk? Where's my husband or wife? Why is this stranger trying to wash me? At Lakeside Park, we take

care to continually assess our residents so we can assure that they stay safe and comfortable while providing them with as much autonomy as possible. We like to provide as many opportunities for residents to feel validated and supported, which gives them a greater sense of emotional autonomy. When physical autonomy is limited, we know that having some sense of emotional independence can be a godsend. It's a challenging situation for all involved, but it's also for everyone's safety and best interest



Specialty Elder Care Programs

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The AgeSong Way

AgeSong at Lakeside Park is a unique community dedicated to supporting residents with forgetfulness (dementia) and other high acuity needs. AgeSong Senior Communities has over a decade of providing elder care services and education in the Bay Area.

We are dedicated to providing environments that lovingly support people in being who they are.

We understand that we are working in partnership with residents and families to provide the care and services to meet the individual needs and requests.

We believe it is our responsibility as caregivers to learn our residents' ever changing and evolving language as well as a way of relating and being.