



This Is My Story

Everyone has a story. In this issue of *The Lakesider*, we take a look at four Lakeside Park men and women who helped shape the world around them in a unique way. Take a minute and read their story.

The Writer

Theodora “Theo” Carrell enjoyed writing about others.

Once she wrote, “All my life the people I have known have been many-layered and mysterious... It’s a long process, this knowing of others.”

A wordsmith and lover of literature, Theo wrote for the university magazine while at The College of St. Catherine in St. Paul, Minn. Her first professional writing job was for the Mayo Clinic in the public relations department. In the 1960s, Theo found her niche when she became a features writer for *The Livermore Herald*.

“I think she enjoyed creating pictures of people and of her feelings and things,” says Paula Carrell of her mother. “She was a fairly private person. Her poems were very personal.”



Paula only recently discovered a stash of poems Theo had kept hidden for years. One was about her. It was entitled, “Birthday Gift” – Theo and Paula share the same birthday.

In 1999, Theo took a break from writing about others and wrote a 51-page biography about her friends, childhood, education, including her marriage of 57 years to Robert Carrell.

Paula considers it one of her greatest pieces of literature and for those who know her, it embodies the many layers of Theodora Carrell.

Old Age

*We stare at each other
the doe and I.
The dry skin clings
to her bony back.
My dry skin
wrinkles on my arms.*

*We are aging sisters
she and I.
I feed her apples
Carefully cut as I wonder,
“Who will feed me
when I stand like her
alone and old
on a dry hillside
in the evening shade.”*

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The Civil Rights Attorney

Cultural wunderkind and champion for all are a couple of descriptions Bret Sweet offers to describe his father, Clifford Sweet.

Clifford grew up in rural northern Florida. He was the son of share croppers and learned early on the importance of education. In 1956 Clifford attended San Jose State, where he majored in political science. At the time, the civil rights movement and civic responsibility inspired him to pursue a career in law.

He was accepted into Hastings Law School in 1961, but was soon asked to leave after his involvement in organizing civil rights demonstrations. Clifford did not let anything stand in his way and earned his Juris Doctorate in 1963 from Lincoln Law School.

Clifford is most known by family, friends and members of the community for his work through Legal Aid Society of Alameda County. Five years after accepting a job with the organization, Clifford was named Executive Attorney and remained so until 1998. In this

role, Clifford equipped people with the resources to advocate for themselves and develop themselves. Bret says that his father embodies the old adage, "teach a man how to fish and he feeds the whole village."

Clifford affected the world around him, but perhaps his greatest contribution was what he instilled in his own children, Bret and Julian.

"My father always taught us to think past the trappings of labels such as race, class or gender," says Bret.

The Microbiologist

Carol Shon may not have set out to become a microbiologist when she transferred from a San Francisco junior college to UC Berkeley; but she ended up a successful scientist who contributed to the "fluorescent antibody technique" of testing for viruses.

"Born into the depression, we took science...we wanted to go into a field that you would find a job," says Carol.

Carol's daughter, Lisa Jodwallis, can recall her mother working for the Viral and Rickettsial Disease Laboratory in Berkeley. It was a lab which had a strong reputation for cutting-edge research in microbiology and virology for many years. Carol worked for the lab her entire professional career – 30 years.

"I think she was proud of her work and the fact that it supported the general advance-



-ment of research and knowledge in the field of virology," Lisa says.

A career woman of the 1940s, '50s and '60s, Carol did encounter obstacles.

"I think that Carol bumped up against people in her work environment that may have discounted or belittled her because she was both female and Asian-American," she recalls. "But I also think she worked in a unique situation because the lab's director and assistant director were very, very supportive of their scientists, many of whom were women.

Today, Carol remembers her career as being... "stimulating and interesting."

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Lakeside Park loves a little word play

How flexing the mind is not only fun but healthy

An enlarged black and white grid is a common backdrop for Bill Coleman as he calls out crossword clues to a thoughtful group of seniors at Lakeside Park.

"Twelve down, the clue is 'High Cards,'" he projects to his engaged audience. "We know it starts with an 'A' and ends with an 'S.'"

The collective minds let a couple seconds pass before the first participant calls out "Aces!" and many more repeat it with approval.

It is group crossword time at Lakeside Park and the seniors who live in the elder care community complete 75-word puzzles almost daily. And though some may consider crossword puzzles a thing of the past for those dealing with forgetfulness, the residents of Lakeside Park are one example of how resilient the mind truly is.

"I have many former crossword puzzle people who used to do it religiously over the years," said Bill Coleman. "And there are some people who partake by osmosis."

In fact, what Coleman observes on a regular basis is the ability for almost every

resident to participate in the activity in some way.

"What is interesting is some will come up with the words very quickly, and some will spell it," he said. "It allows different people to use different skill sets."

residents, but with teamwork it becomes word play!

The group crossword puzzle is one example of the daily activities offered to Lakeside Park residents. With a full schedule of activities



Activities Director Marsha Peoples engages residents in a little word play.

Putting these skill sets to work is what scientists and physicians are promoting more rigorously for those with memory impairment. In fact, the Alzheimer's Association has stated, "...research has found that keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections. You could even generate new brain cells." Completing a crossword puzzle on one's own may be passé for many Lakeside Park

our residents benefit cognitively, socially and physically in a uniquely, personal way. To see a complete activities calendar, visit www.lakesideparkalz.com



Care to Share?

This issue we put the spotlight on med tech supervisor, Marilou Mesiona

Marilou has been at Lakeside Park for six years. She was apart of the original staff that helped open the building and has continued to prove herself as an exemplary employee.

Marilou was a caregiver for one year and was promoted to medicine technician in 2003. As med tech, she helps manage medicine for our residents. It is no easy task, but Marilou goes above and beyond. Often times Marilou is asked to supervise caregivers by Josie Davis, director of wellness.

"Marilou steps up to the plate and helps to run the department during my absence," says Josie Davis. "She is able to coordinate



the schedule with staffing needs, avoiding conflicts and overtime. She also makes rapid and accurate decisions during emergencies."

Some of Marilou's fondest memories at Lakeside Park were her first years here, when the building was slowly filling up.

"We were few but we were really happy and like a small family," said Marilou.

And although Lakeside Park has grown through the years, she still considers all the residents and fellow employees as family members. In fact, the advice she passes along to others who work in this industry is this: "You have to be alert, patient, love and have compassion," she said. "And I always treat our residents like I would my own parents."

Although Marilou has a rather large family at Lakeside Park, her husband, Maximo, and two sons Brian and Brendan keep her busy at home. When Marilou is not at work, she is probably at home working in her garden with her husband.

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The Librarian

Don Keopp always had a love for literature, so it was only natural for the Wisconsin native to end up working in a library. In fact, Don earned a degree in English Literature in 1956 from the University of Wisconsin, which only whet the book worm's appetite.

That same year, Don moved to California for his first professional job – head librarian at Chico State University. Don did not only gain experience at Chico State, but his lovely wife, Dale, who was assistant manager of the campus book store. In 1964,

Don began teaching library school at UC Berkeley and a year later became the university's assistant librarian.

In 1968, Don became a lumberjack – as head librarian at Humboldt State, that is.

Don and Dale sought out warmer weather in 1973 and moved to Tempe, Arizona, where Don became the head librarian at Arizona State University. His time there prepped him for his most memorable role as head librarian at Princeton University in New Jersey, where his wife also accepted a job as assistant university counsel. Don remained Princeton's



head librarian for 18 years.

"Both of us our readers," says Dale. "Books overfill our home."

And they fill Don's suite at Lakeside Park.

"I am very content reading," says Don. "I have always liked to learn through reading, since I was just 10 years old."

Meet Diana Chambers

At the request of curious Lakeside Park staffers, new Executive Director Diana Chambers takes a minute to get personal for this issue of The Lakesider. Learn about how Diana fell in love with her work in the senior care industry and what hobbies keep her busy when she is not at Lakeside Park.

Before entering the senior care industry, Diana was planning to become a teacher. After earning an education degree in Oregon, Diana wondered if teaching in a classroom was her true calling. Diana raised her son Ben and went into a career of marketing. When her family moved back to California, Diana applied for a marketing job at an assisted living in Ojai.

"They hired me and I fell in love with it," said Diana, who went on to work there for a year. "I realized that when I started in this industry I just felt at home in it immediately. I always felt comfortable and have been an advocate for seniors since."

After noticing a new ElderCare Alliance building going up in Camarillo, Diana started learning about the non-profit organization and liked their approach to elder care. She also thought it would be a fun challenge to market for an assisted living that was "still dirt and mortar." It was then that Diana really started immersing herself in the matters of elder care and joined the education programming committee of the Alzheimer's Association.

"I am passionate about working with people with forgetfulness and elder care," she recalls. "Demen-

tia shows up differently in each individual and you have to look beyond the diagnosis of Dementia and discover the person and not the disease."

Soon after Diana became an administrator at Alma Via



of Camarillo. In 2006, Diana joined the AgeSong team. The transition from ElderCare Alliance to AgeSong Senior Communities was easy for her.

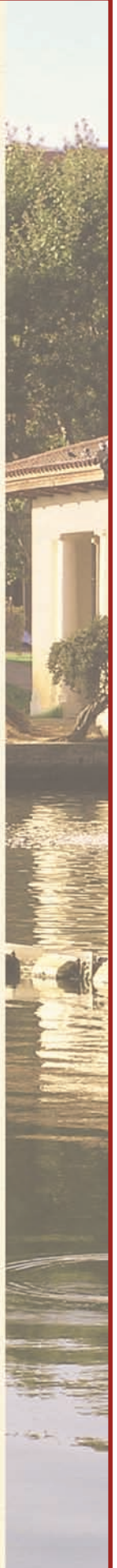
"I think that my experience with ElderCare Alliance benefited me because they were a non-profit and a more spiritual organization. It helped the transition to AgeSong, which was growing and expanding, and our philosophies just matched."

Now that Diana is at Lakeside Park, she is excited for what is to come in this new

chapter. She would like to see the small community of Lakeside Park not only serve the greater community but become a center for learning for all generations.

"I really believe Lakeside Park is an amazing place with amazing residents, and I would love to see us really contributing to our community," She said. "Maybe through a partnership with Oakland community -- we can contribute to the community and they can contribute to us."

When Diana is not at work, she loves to be outdoors hiking or exploring new places -- near and far. She loves the Point Reyes area and is planning on getting out on some East Bay trails soon. Diana has driven throughout the United States and down to Baja, Mexico. Her favorite vacation was a two-week trip to Switzerland, which included a somewhat perilous car ride through the Alps. Diana is most eager to visit her son Ben, and his wife, Sima, in Amsterdam this May.





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.

Question: During a visit, your family member tells you, "I want to go home!" What do you say?

Answer: These are heart wrenching words, because you might feel responsible for your loved one's distress. You've moved her to a senior community. It's a relief because she is well cared for, but you might also feel guilt ridden for taking your family member away from home.

You know you've made the

right decision for your family member's safety and well-being. Still, the feelings remain, and they flare up when your loved one tells you she wants to go home. Take a moment to acknowledge the feeling that's being expressed. What your loved one is saying is exactly what you might be feeling too: Wouldn't it be great if things could be as they were before. When your loved one says they want to go home, see if you can acknowledge her statement: "I know. I would also like that very much." It's also OK to say, "I'm sorry" or even, "I'm

sorry this is hard for you. It's hard for me too." This gives the message that you hear her. If she is persist, then you can add "I'm sorry, this is the way it has to be right now."

What's important is to separate your loved one's feeling (frustration with not being home), your own reactionary feeling (frustration or guilt), and the reality of the situation (this is safer and healthier for everyone). When you take a moment to acknowledge the feelings, you might be able to find a little more acceptance for the reality of the situation.



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.