



AgeSong Is Cookin'

Today we are making a graham cracker cake," Enrichment Coordinator Myeisha Jones calls out to the group of women who are sifting through the various packages of ingredients and bowls of fresh berries that she has spread onto the table.

The women at Lakeside Park are no longer burdened with the daily responsibilities of cooking and cleaning, but every Friday they like to get the hands messy and make something.

The Lakeside Park cooking class is one way that residents can enjoy rituals like cooking in a supportive and encourag-

ing environment. With the help of someone like Myeisha, eggs get cracked, flour gets mixed and in no time at all, a cake is baking in the oven. Those who have had an integral part in making the cake indulge in the warm, delicious treat as well as share with their neighbors and staff.

"It gives residents a sense of being at home," says Myeisha. "This is something they have done for the

majority of their lives and it is not being taken away from them."



Specialized activities like the group cooking class are wonderful opportunities for residents to maintain a sense of independence or express their creative gifts. Staff members facilitating the class notice incredible interactions like a normally withdrawn resident engaging themselves completely in the activity. Perhaps it is because there is something wonderful and familiar about a group of women sitting around a table baking together.

Graham Cracker Cake

1 pkg. white cake mix
1 ¼ c. graham cracker crumbs
2 tbs. sugar
1 ½ c. water
2 egg whites
¾ c. chopped pecans or walnuts

Add graham cracker crumbs, sugar, water and egg whites to cake mix in a large mixing bowl. Blend on medium speed for 4 minutes. Scrape sides of bottom of bowl. Mix in nuts. Pour batter into 2 greased and lightly floured 9 inch round cake pans. Bake at 350 degrees for 45 minutes.



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Word Jumble!

t	d	a	r	t	a	g	s	c	r	s	r	g	m	o
f	t	s	a	i	f	n	d	a	m	i	d	g	o	s
i	e	g	a	r	f	i	a	r	i	a	a	r	u	r
h	a	x	t	i	o	g	n	e	l	o	s	g	r	i
s	e	e	p	u	r	a	x	i	l	a	e	r	t	r
l	t	g	g	r	g	f	f	s	s	a	x	a	o	e
a	e	e	t	a	e	o	e	m	l	t	t	r	i	a
n	v	s	e	a	t	s	i	a	i	o	s	i	g	u
i	r	o	p	u	f	t	s	g	f	e	t	t	o	l
d	e	d	l	a	u	i	o	i	e	e	f	m	n	s
u	i	s	o	u	l	a	f	c	v	r	e	s	s	e
t	s	f	s	h	n	r	v	a	e	e	c	e	e	e
i	r	c	r	e	e	t	p	l	g	g	a	t	i	a
t	s	c	d	a	s	r	e	d	l	e	a	r	r	e
t	a	d	s	s	s	o	i	e	g	i	i	s	t	v
a	t	s	t	d	g	p	i	x	r	e	e	e	c	s

Find these words: portraits of aging, elders, attitudinal shift, forgetfulness, sage cottage, volunteer, care is magical, expressive arts, soul

Mark Your Calendar

February 20, 21, 22 – First Annual International Film Festival on Aging. For show times and tickets call 415.861.3455. or visit filmfestonaging.org

March 19 – Lunch N' Learn. Noon at Lakeside Park. The topic is Dementia: Finding a Voice. To RSVP call 510.444.4684.

April 12 – Easter Egg Hunt at Lakeside Park. For more information call 510.444.4684.

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Getting to know you

Always an artist, Rex sees the beauty in life

It is almost silent in an enclosed activities room at Lakeside Park. The only sounds are the pencils scratching against fresh paper and the faint, breathing of Rex. He is deep in thought as he studies Maria, a clinical intern at Lakeside Park. The two are actually drawing each other. It has become a sort of ritual for the resident and intern – one that Rex will often devote a complete hour to. At intervals Rex enjoys showing Maria his sketch of her.

When he has just about completed this particular sketch, laugh lines appear at the corner of each eye and his mouth curls up into a satisfied smile.

“I look a little sinister, Rex,” Maria says jokingly.

After a thoughtful pause, Rex matches her playful jab, “You are a little sinister.”

For as long as Rex’s daugh-



ter Robyn can remember, her father has always been a creative person

“For every holiday or birthday party, he would basically transform the living room,” she fondly recalls. “There was a spaceship birthday party for one of us and the windows were turned into portholes with alien faces looking in. He had also made helmets for all of the kids.”

Before Rex’s creative eye became his livelihood, he spent time going back and forth between California and



British Columbia, Canada. Born in B.C., Rex’s parents moved to Long Beach, Calif., when he was a child. At the dawn of World War II, a young and spirited Rex tried to join the U.S. military and was turned down due to his citizenship. With determination, Rex returned to his roots, and joined the Canadian Air Force, charting courses as a navigator. He was stationed in England and Ireland during the war.



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Upon Rex's return to Canada after the war, he was able to attend a University of his choice, paid for by the Canadian Air Force.

"He was a founding class member for architecture school at the University of British Columbia," says Robyn about his early years in the field.

In college, Rex met Liz and

they married. They moved back to California, where Rex ended up working for an architecture firm, Sidney-Eisenshtat and Associates. With the firm he was the main designer and designed many well-known buildings in the Los Angeles area. Rex is responsible for the Sinai Temple on Wilshire Boulevard and The House of the Book, at Brandeis Camp in Simi Valley. After many

years with Sidney-Eisenshtat, Rex went to work for another firm, Martin Stern and Associates, where he designed many hotels in Las Vegas. Rex and Liz raise their three girls in Southern California and in the latter part of his career, Rex taught environmental design at UCLA.

"Teaching was a real passion for him," Robyn says. She feels that teaching suited his interests and personality well. "He's always enjoyed giving. He is an extremely generous person."

In addition to being generous, Rex has always been a very pensive person. Perhaps that has made him such a wonderful artist. Recently he described the artistic process as, "groping into the unknown."

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Others who partake in the cooking class simply enjoy cooking, and always have. For at least one resident, the best part of cooking class is no clean up!

"We make it and someone takes care of the mess," says Carol, who rarely misses a cooking class.



Care to Share?

This issue we put the spotlight on Caregiver, Vanessa Nelson

The best advice Vanessa Nelson can remember receiving was from her father, who was a minister of 50 years. He told her to always have a kind word and smile. That is what Vanessa practices daily with the many residents at Lakeside Park.

Vanessa started working at Lakeside Park 1 ½ years ago and has already been named night shift supervisor. Her work here is something that she holds very close to her heart. It has given her the opportunity to learn about elders and the aging process.

When Vanessa started caregiving at Lakeside Park, she was astounded with the amazing life stories each person had. Standing in the activities room on the first floor, she can look at the various men and women that she feels privileged to serve and point out a teacher, an artist, a dentist or a writer – each

important in their own way.

“My father also taught me to treat others as I would like to be treated,” she recalls. “We all are important.”

Although Vanessa considers Lakeside Park her home away from home, she does enjoy time spent with her own family of two daughters and one grandson.



“We enjoy going to church and playing the Wii with my grandson,” She laughs.

Lakeside Park is also glad to have Vanessa as part of the team.

“Vanessa is someone I can always depend on,” says Josie Davis, Wellness Director. “She cares so much about the residents as well as the families, and she is such a team player.”

*Let the beauty of what you love
be what you do.
- Rumi*





Lessons from Elders

Nina "Anin" Utigaard, MFT, REAT Clinical Director Pacific Institute

Since I've been working with the elders, it has become clear who the teachers are. I began putting together a long list of my lessons as a way to acknowledge the great gifts that elders have shared with me. I have put them into a top ten list to share with others. However, I encourage all of you to create your own list of lessons and homage to the elders who have influenced your life.

1. Don't sweat the small stuff.
2. Relationships are the most valuable gift we're given in life.
3. Time is relative.
4. Finish and repair "old unfinished business."
5. If you have a goal or dream that you want to complete in your lifetime, do it now.
6. There are multiple ways to communicate.
7. Life is a grand theatrical production and we're all characters in each other's play.
8. We continue to learn "new tricks" until we die.
9. Creativity is a powerful resource available to each of us to help us grow, learn, express and feel alive!!!
10. Be here now.



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.