



A Touchmark® community



Always year-round happenings at Waterford



Message from
Jeff Bair
—Executive Director

What a great summer we have enjoyed this year in the Spokane area. With so many things to do and outstanding weather, the choices have seemed endless. Around Waterford, we sense the days shortening, which seems to create urgency to fit in as many warm-weather activities as possible.

On August 30, 50 of us traveled by charter bus to Lake Coeur d'Alene for an evening cruise. Desserts, beverages, and great live music framed a wonderful time spent with neighbors and friends. We will be thinking of this as a summer highlight long after the weather turns cold.

Please give us a call and find out what great things are happening in our community. No matter what season we are in, we always have new things to experience and enjoy. We look forward to the opportunity to meet you.

Longevity and learning

Marge Coalman, EdD
—Vice President of Wellness & Programs, Touchmark

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood's and Madison Avenue's stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling

“Brain research has dispelled the presumption that humans undergo a steady decline.”

—*Laura Carstensen, PhD,*
director of the Stanford University Center on Longevity Life-Span Development Laboratory

evidence about the abilities and gains associated with the aging process. Dr. Carstensen notes, “Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve.”

A number of experts are redefining aging by focusing on lifespan development not decline. Brain research shows that although some areas do diminish, others—notably general knowledge, vocabulary, and emotional-psychological regulation—improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem, that calls for people

who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Waterford, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Betty Doerschlag.

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Newly remodeled apartment home available

by **Mary Johnson**
—Director of Sales and Marketing

We have just released a newly remodeled one-bedroom, one-bath plus den apartment home. This home features new rich maple cabinetry and woodwork with a beautiful warm stain and newly updated appliances in a full-size kitchen. It also has a large walk-in closet in the bedroom and a living-room balcony with a fabulous sunset view.

We only have two two-bedroom, two-bath apartments left, both of which have unique floor plans. One features a full kitchen with a formal dining room, a living room with a gas fireplace, and a separate bathtub and shower. The other apartment features a large open plan for entertaining, two bedrooms, each with their own bathroom, and two outside balconies.

Visitors are always welcome to come for lunch and a tour. Call Mary Johnson or Terry Lalone for an appointment: 509-536-2929.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for September is “my favorite book.”

Open a book. Open your mind.

by Julia Trummel
—Resident



Resident Julia Trummel is an avid book reader and enjoys digging into a good biography.

Growing up in Portland, Oregon, my mother instilled in me a true appreciation for reading. She would read from a variety of resources, ranging from newspapers to full-text books. My family was always reading, and we would take trips to the local library to gather books for our next reading adventure. My mother loved all genres of books, while I fell in love with autobiographies and biographies.

As a result of growing up with books, in my adult life I joined various book clubs. On average, as a club we would read 10 books a year and discuss each book. Through the years, several people would give book reviews, and I enjoyed these very much. As the years progressed, I began to give book reviews myself and have given book reviews at Waterford. I enjoy presenting on books. I find it to be as fascinating and worthwhile as reading them.

Biographies are my favorite genre of books, because “it’s real.” I feel that the individuals in these books must have made worthwhile accomplishments in their life to have an entire book devoted to them. In a biography, you read more

about the personal side of stories and not just the facts, as written in history books. Recently I read about the life of John Adams, the second president of the United States, and I have found a new admiration for his accomplishments. Seeing the viewpoints of how people felt during certain decisions, and not just the political results, is one reason I enjoy biographies.

Once, I learned that the first woman member of British Parliament was also an American. I had to learn more. I read *Nancy: The Life of Lady Astor* by Christopher Skyes and found the information in this book both interesting and insightful. Lady Astor's history, with her reign in Parliament and various relationships throughout her life, was amazing. In my travels, I have been to her home "The Cliveden House," in London. Seeing the location I was reading about enhanced my experience with this book. I would encourage everyone to read books they love, be open to new adventures, and share the stories with others.

For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.

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New payment options available

To meet the varying financial and lifestyle needs of future residents desiring to live in a Touchmark community, the company now offers the choice of two payment plans for certain homes. The first will give you peace of mind by providing a deposit refund that could equal 100 percent of your initial deposit, subject to certain limitations. The second plan will allow you to participate in the potential increase in value of the home and community. The deposit refund under this plan could exceed your initial deposit, assuming a strong economy, favorable market conditions, etc.

For details about these new plans and their availability, please contact a sales associate.

What kind of class is this?

by Lori McCormick, PT
—Director of Health and Fitness Center

“Eins. Zwei. Drei. Vier. Fünf. Sechs. Sieben. Acht. Neun. Zehn. Elf. Zwölf.”

Walk past the strengthening exercise class on Thursday mornings at Waterford, and you might think you're passing a German language class—or Spanish, Italian, Norwegian, or Danish class. But when you look into the room, you'll notice residents pumping iron while counting in a variety of languages.

It all started in fall 2005. Participants were counting repetitions out loud to help ensure proper breathing during resistance training. One day, a resident suggested, “How about if we count in Spanish?” Everyone was in favor. Many of the residents already knew how to count in ‘Espanol’, and the rest quickly learned.

An informal poll revealed that at least one class participant could speak each of the above languages, so we've all learned to count to 12 in those languages. New residents have recently taught us to count in French, and just this week we tried Turkish. Other residents are waiting to teach us Japanese and Hebrew. We look forward to learning to count in other languages as our community grows.

The best part about learning to count in multiple languages has been discovering more about one another as we work our bodies and brains together!

To learn more about this class, stop by the Health and Fitness Center or contact Betty or Lori through the Life Enrichment/Wellness department.

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Waterford's Relay Across America—Summer walking program update

by Betty Doerschlag
—Life Enrichment/Wellness Director

In memory of Helga Estby's tenacious spirit, Waterford residents and staff are following Helga's epic journey across America from Spokane to New York by tracking their walking mileage and posting weekly totals on a U.S. map

displayed in the Waterford Coffee Shop hallway.

Presently, residents are ahead. As of August 30, they have walked through the state of Ohio and are crossing the boarder into Pennsylvania.

Waterford staff are walking across Iowa in corn country. Check in next month for an October update on this epic journey.



Residents walk “across America” in honor of Helga Estby.



Residents take advantage of a beautiful summer day.

Upcoming events

Monday, September 11 to Wednesday, 13— Bus leaves Waterford at 9 am for Growing Together & Lifelong Learning at Glacier National Park & “Highway To The Sun,” a three-day overnight trip with staff.

Friday, September 15— Bus leaves Waterford at 7:15 pm for Spokane Symphony performance of *From Russia With Love*.

Saturday, September 30— Bus leaves Waterford at 7:15 pm for Super Pops of *Doe Plays the Duke*.

