



A Touchmark® community



Surprisingly affordable



Message from
Jeff Bair
—Executive Director

When Waterford first opened we described ourselves as “surprisingly affordable.” A recent experience in our community shows this phrase still rings true.

In June, family members of a new Waterford resident told the story of how their mother almost missed out on coming to our community. Initial impressions created by the beautiful architecture and “grandness” of the lobby led them to believe Waterford would be too expensive for their budget. Fortunately, they ran into a person they knew who suggested they come and check out our community. When they did, they were impressed with what they saw and were surprised by the affordability of all that was offered. They made a reservation almost immediately, and their mother is now a member of our community.

During the month of July at Waterford we will be celebrating our nation’s independence in many ways. Please join us for the fun, and find out for yourself that our community is truly “surprisingly affordable.”

Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

“The wisdom of the elders has built a life worth living for us all.”

—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an

opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we

will also remember all of the patriots who have served in days gone by.

To participate in the Waterford celebrations and observances, contact Life Enrichment/Wellness Director Betty Doerschlag—and support and honor the birthday of our country.

Happy birthday, America!

by Betty Doerschlag
—Life Enrichment Director

Waterford residents, many of whom are members of the “Greatest Generation,” understand the importance of paying tribute to and remembering the sacrifices of many Americans. As World War II veterans, they have followed their grandparents and great-grandparents in defending this country and the freedoms we sometimes take for granted. They remember a time when they were united not only by a common purpose but also by common values, honor, courage, and love of family and country. They know how important it is to celebrate the present and take time to appreciate their families, honor the America we have today, and wish America a happy birthday.

The Fourth of July is traditionally celebrated with parades, patriotic speeches, barbecues, and fireworks. Today, the most popular way to celebrate Independence Day is to get together with family and friends and enjoy a picnic/barbecue and fireworks display. At Waterford, we are planning a special barbecue for July 4 and a week of patriotic entertainment. Please call 509-536-2929 for more information. Flags will be displayed throughout Waterford for the holiday, and families are invited to attend our Fourth of July birthday party celebration.

Striding for good health

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

During the summer, Waterford residents participate in a citywide Walking Challenge sponsored by PED, a nonprofit organization that promotes programs for healthy aging. The Walking Challenge kickoff party, held in May at Waterford, featured local author Linda Hunt. She spoke about her

book *Bold Spirit*, the true story of Helga Estby’s walk across Victorian America in the late 1800s. Helga and her grown daughter walked from Spokane, Washington, to New York City in an attempt to win a \$10,000 wager to save the family farm from foreclosure. In honor of Helga Estby, Waterford residents are linking their walking mileage, relay fashion, to “walk” along Helga’s trail.

We have beautiful summers in Spokane, so the Relay Across America Walking Challenge is an ideal activity for people to improve their fitness levels. There are two levels of walking that apply to the majority of older adults: health walking and fitness walking.

Health walking is walking with a normal stride at a comfortable pace, arms swinging comfortably along the sides. The left arm swings forward with the right leg and vice versa. Posture is upright with the shoulders relaxed down and back over the hips and the head held erect with the gaze directed forward. The heel strikes the ground first and the foot rolls forward to the toe. The toe pushes off the ground, propelling the body forward.

Thirty minutes of health walking done consistently most days of the week is beneficial. It has been shown to help lower cholesterol levels; it fights the negative effects of a sedentary lifestyle and supports continued independence with daily activities. It prepares the body for an occasional emergency requiring a burst of activity.

Fitness walking is faster than health walking and will do more to improve cardiovascular fitness. You’ll burn more calories and tone the muscles in your legs, buttocks, abdomen, and back. Walk with your elbows bent to 90 degrees, hands in a loose fist, and keep your elbows swinging close to your sides. Push off with your toes more vigorously and lift them immediately after you push off. Your speed will increase with these techniques. Additional techniques to walk even faster include increasing the speed of your bent-elbow swing and placing one foot almost directly in front of the other as you walk.

Before progressing to fitness walking, check with your doctor to make sure you’re healthy enough. Warm up for 10 minutes at your usual pace. Then pick up your speed using the fitness walking techniques for 15 to 30 seconds. Return to your usual pace for 30 to 60 seconds, then speed up again for 15 to 30 seconds. Alternate your levels of intensity during the middle of your workout, ending with 10 minutes of slower walking to cool down.

Alternating levels of intensity is called interval training. Interval training improves your fitness level, but it's easier than maintaining a higher intensity. By interspersing fitness walking with health walking, you'll gradually be able to increase the time you spend using the fitness walking techniques, and you'll reap the benefits of improved fitness. To help you design the right walking program for your individual fitness, call Lori at 503-536-2929 to schedule a consultation appointment.

Please RSVP by July 12 by calling 509-536-2929. Come join us for a fun summer evening at Waterford.

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Old Glory has seen it all

by Alan "Ace" Edmunds
— Brigadier General, USAF (Ret) and Waterford resident

As I sit at my desk writing this article, the view that I see when I look out into the world around me is one of those picture-perfect Northwest days, a cloudless, almost blinding, bright blue sky, and trees and multicolored flowers exploding in their finery as far as I can see in every direction. To top it all off, across the way in my neighbor's yard, also showing its crisp red, white, and blue coloring, mounted high on a pole, and waving gently in the warm spring breeze, is Old Glory, our nation's majestic flag. This heartwarming sight immediately reminds me that we are approaching another memorable holiday.

All of which leads me from the present back to a time in my life some 80 years ago on Decoration Day 1925 in a small town in New York state. I was about five years old at the time, and I was riding with my grandfather, a Civil War veteran, in a large open touring car with two other Grand Army of the Republic veterans at the head of the town's annual Decoration Day parade. The three Civil War veterans were the only ones in our town who were still alive some 60 years after the end of that war. My grandfather Graham had been a drummer boy in the Union Army during that war and had been right in the middle of the fiercest fighting during the battle of Gettysburg, where he had been badly wounded. This particular Decoration Day, he had decided to take me with him—to give me a real taste of how Americans honor those who had fought and died for their country and for its flag. He loved that flag. He used to tell us boys as we assembled at his feet to listen to his war stories that he was never really scared during the fighting as long as he could see Old Glory flying somewhere on the battlefield.

My trip up Main Street on that day long ago was one that I have never forgotten. It seemed as if every soul in town had turned out to line the streets, from small babies in their mother's arms to white-haired and bent old men and women, each with a small flag in hand, all waving and shouting, with a constant roar of support and admiration emanating from the whole five- or six-mile parade route.

Upcoming events

Tuesday, July 4, noon—Traditional barbecue and '40's and '50's music by Sissy Star. Call 509-536-2929 to purchase your meal ticket.

Friday, July 7, 2 pm—Mabel Mercer soft jazz video, presented by Leone Peterson.

Friday, July 14, 5 to 7 pm—Open house and country western barbecue at Waterford. No admission fee.

Friday, July 28—Bus leaves at 4 pm for Coeur d'Alene Summer Theater and Dinner featuring Pippin.

Saturday, July 29—Bus leaves at 10 am for glass art on the grass at Arbor Crest Winery.

Join us for an open house and country western barbecue

by Mary Johnson
— Director of Sales and Marketing

Waterford is having a celebration! Come join residents and friends of Waterford for a summer evening of fun and good food. Wear your red, white, and blue, and enjoy live music and a western barbecue. See Waterford's newly remodeled apartments and single-level home and tour four beautifully decorated model apartments.

Try your luck at many of the carnival games or throw your name in the hat for a drawing for one of two \$50 gift certificates for dinner at one of our new local restaurants on South Hill.

The fun begins on **Friday, July 14 from 5 to 7 pm**. Leave your pocketbook at home. This event is open to all friends of Waterford, and we would love to have you as our guest.

The car carrying these honored veterans was directly behind the color guard and as the flag moved along the parade route, a complete silence would fall over the crowd. To a person, all stood as the colors passed, saluting or holding their hands over their hearts in uniform gestures of honor and reverence, which was awe-inspiring to this young boy. The motion of the crowd as they rose and then returned to their seats after the colors had passed was very much like the “wave” at today’s baseball and football games. It was a sight and a lesson that I have never forgotten. That experience set a standard by which I have measured every observance involving the flag over the many years of my life, a standard that I’m ashamed to say is being met less and less as each day passes.

Our flag has seen it all! It has been present at every major event in the history of the United States and literally countless others. It has always been there when our men and women fought and died for this country over the several hundreds of years of its existence through too many wars and in too many faraway places. From the time this country was founded, thousands of men and women have fought under the stars and stripes, and thousands have died in the process. Several dozen cemeteries are scattered all over the world holding the bodies of our fallen heroes, all of these silently watched over by Old Glory.

Our flag has been there during the high points: when it led the Doughboys down Fifth Avenue in New York City after the Big Parade after their victorious return from Europe in 1918, and again in its position at the front of the column as



Ace Edmunds, Waterford resident and Brigadier General, USAF (Ret), remembers and honors the rich history of the U.S. flag.

our GIs paraded down the Champs Elysee after the liberation of Paris in 1944 and at the crest of Iwo Jima’s Mount Suribachi in 1945. In my own personal experience, it is hard to describe the exhilaration and pride that I felt one morning as I looked up at Old Glory, tattered and torn, but standing defiantly over the remains of a tiny Special Forces camp in the highlands of Vietnam after it had barely survived a brutal

NVA attack the previous night. Recently, who can forget the remarkable picture of the New York fire fighters raising the flag over the rubble of the twin towers immediately after 9/11? There have been many other proud moments, too many to mention here.

