



A Touchmark® community



## Enjoy quality living!



*Message from*  
**Jeff Bair**  
—Executive Director

Wonderful opportunities are available at Waterford this summer. We are enjoying picnics, river, and lake cruises, overnight trips, art shows, summer theatre, a walking challenge between the residents and employees (the residents are winning), Art Fest at Arbor Crest Winery, a canine catchers dog show, and many other unique and interesting activities.

We also have new opportunities in apartment homes. Our featured offering this month includes newly remodeled one-bedroom with den apartments on the fourth floor. These include vaulted ceilings, new kitchens and baths, rich stained wood trim, and new floor coverings. Anyone interested should contact our sales department soon ... availability is limited.

Come join us—and enjoy quality living.

## Have fun: It matters

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

Depending on one's definition of "delightful," leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous random studies that correlate things like nature, water, pets, poetry, music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

**“The crucial element is that you do something that is inherently delightful to you.”**

—Dulce Zamora, writer and health researcher

Professor Blair Justice, PhD, at Texas School of Public Health has written extensively about the correlation of stress and illness—*dis*-ease. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts*

*Affect Your Health*, focuses on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the process and progress of disease can be mediated by the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body's ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable,

it can't be done in a state of fatigue. For someone dealing with a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the Institute for Complementary and Alternative Medicine in Vancouver, BC, states, "It's about checking in." She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better? Or am I just doing this because it is a "duty."

At Waterford, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun. If you have ideas for events, activities, spaces, or groups that will add to the possibilities for fun and pleasure, share them with Life Enrichment/Wellness Director Betty Doerschlag.



**Resident Beverly Kilpatrick recalls the hard work of feeding a crew of farm hands and shares a favorite recipe from that busy time.**

menu was pot roast with potatoes and gravy, vegetables, Jell-o salad, and gallons of ice tea served off the pickup truck tailgate. Dessert was either cake or pie. Hot dishes were wrapped in dishtowels and newspaper to hold in the heat. Bill didn't like to eat off of paper plates, so I would take dishes, silverware, and glasses to the field. Each hired hand would receive a wet towel to wash up before I served his meal. They would sit under the shade of the combine and eat their lunch. Once lunch was over, the men started the combines, and it was back to the farm kitchen with all the dirty dishes.

I then would start preparing the midday field snacks, which were delivered about 4 pm. The day was not nearly over yet; I still had to prepare the final meal for the day. The crew would harvest until dark; therefore, the evening meal was served around our kitchen table at 9:30 pm. Again, a full meal was served followed by pie or cake for dessert. Once the men had left the table for the bunkhouse, I was left to wash the dishes and prepare meals for the following day. When making pies, I preferred to make three pies daily and bake them fresh each morning. Beef stew was easy to fix and a favorite.

Everyone worked on the farm. When our daughter, Debbie, was only four, her duty was packing the lunch dishes, silverware, and glasses in a box. I'm not sure what year we purchased a dishwasher but I remembered the wonderful sound of the dishwasher running as I went to bed after a long harvest day.

I also remembered when the lightweight unbreakable

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### 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 August is a recipe with a story.*

## Wheat harvest time in Palouse!

**by Beverly Kilpatrick**  
—Resident

The lazy, crazy days of summer were not so lazy for this farm wife living on a wheat farm in the Inland Empire. This was a time for planting a large garden and harvesting and preserving the fruits of your labor. This was also a time to prepare to feed a large wheat harvest crew of men in August and September.

I'm no stranger to farm life. I married Bill Kilpatrick in 1945, and we owned and operated a dry-land wheat farm in the Oakesdale, Washington, area. We started farming with older equipment, which required more hired hands—and for me, it meant more men to feed. I was up at 5 am to prepare a hardy breakfast for the crew. Once dishes were washed I started preparing lunch and delivered it to the field at noon in my pickup truck. Now this was not just sandwiches—this was a full-meal deal. A common lunch

Melmac dishes were invented—what a blessing at harvest time! If you were lucky enough to own a freezer, cakes, cookies, and pies were baked ahead in preparation of harvest. Farm wives rented freezer space at the local butcher plant if they didn't own a freezer or placed canned fruits and vegetables in the farm's cool, underground cellar. This was their pantry, and these storage areas would be stocked ready to feed a harvest crew of 11 hungry men. I remember the busy times as memorable and just a typical way of life for all wives living in the Palouse.

Farm wives quickly learned to share timesaving ideas and recipes with each other and developed family favorites. I recalled Apple Pudding was a favorite dessert with most wheat harvest crews.

### Beverly Kilpatrick's Apple Pudding

- 1 cup sugar
- ¼ cup shortening
- 1 egg
- ½ tsp nutmeg
- 4 large apples
- 1 cup flour
- ½ tsp cinnamon
- 1 tsp soda

Beat sugar and egg—add ingredients as listed. Bake in 8x8x2 pan for 30 minutes at 350 degrees.

#### Sauce

6 Tbsp butter, 1½ tsp vanilla, 1 cup brown sugar, and ½ cup cream

Mix together and bring to a boil. Serve one teaspoon of sauce over a square of pudding.

*For September, please submit a book review of your favorite book. Deadline for this issue is August 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Life Enrichment/Wellness Director Betty Doerschlag.*

## Upcoming events

**Friday, August 11**—Bus leaves Waterford at 4 pm. Dinner/theater night on the town at Coeur d'Alene Summer Theater. *The King and I*.

**Saturday, August 19**—Bus leaves Waterford at 10 am. Art and Glass Fest at Arbor Crest Winery, which overlooks the Spokane Valley.

**Wednesday, August 30**—Evening cruise on Lake Coeur d'Alene. Transportation leaves Waterford at 5:30 pm.

## Enjoying leisure requires physical fitness

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

Pastimes like reading, knitting, doing crossword puzzles, and watching television are certainly enjoyable and provide essential “down” time for relaxing; however excessive time spent pursuing sedentary leisure contributes to a decline in physical fitness. In addition to sedentary pastimes, it's important to enjoy leisure activities that enhance physical fitness. That way, you'll be able to enjoy some of the more active pursuits that occur in your life—like making it through the airport in time to catch the plane to your granddaughter's wedding, picking up a new great-grandchild, touring the ancient buildings of Athens, or playing a round of golf with friends.

There are five essential components of physical fitness; all are important for healthy living and for enjoying leisure time with family and friends. At the Waterford, our fitness classes, personal training sessions, and other Life Enrichment/Wellness activities, such as walking along the Centennial Trail, are designed to improve these five components of fitness.

**1. Cardiorespiratory fitness** is the capacity of the heart-lung system to deliver oxygen to the tissues efficiently. It is enhanced by aerobic exercise—any activity that uses the large muscles of the body for a sustained period of time. Walking through the aisles while grocery shopping requires cardiorespiratory fitness.

**2. Muscular strength** is the capacity of a muscle to generate a forceful, maximal contraction against resis-

tance. It is improved by strength training with a progressively greater resistance using a low number of repetitions. Muscle strength is required to get out of the bathtub or open a jar.

**3. Muscular endurance** is the capacity of a muscle to generate repeated contractions against resistance. Strength training with low resistance and a high number of repetitions enhances muscle endurance. Muscle endurance is required to walk up a flight of steps.

**4. Flexibility** is the range of motion about a joint. It depends on the structure of the joint, elasticity of the surrounding tissues, and the relative strength of the muscles around the joint. Stretching enhances flexibility. Flexibility is needed to scratch your back where it itches and to put your socks on.

**5. Body composition** is the makeup of the body in terms of its percentage of body fat compared to its lean mass—muscles, bones, skin, and other tissues. A physically active lifestyle and a healthy diet are essential in achieving and maintaining the optimal body composition for good health.

Please consider joining us at Waterford in activities created specifically to improve your fitness level. Call me at 509-536-2929, ext. 8201 for more information about the programs offered at the Health and Fitness Center.

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## Awash in the artwork and adventure

*by* **P.J. Brenden**  
—Winner of Touchmark’s 25th anniversary cruise

Since I was 17, I have dreamed of touring Europe. To take in the Mona Lisa, to view the brilliant colors of Greece, and to watch people scurry around a European market were things I hoped to do. And earlier this summer, my husband and I packed our bags for a 15-night cruise board the HMS Rotterdam, thanks to Touchmark.

The trip was truly an amazing, fast-paced adventure. We soaked in the ruins in Greece and Turkey (despite the heat), climbed down the stairs of Temple de la Sagrada Familia bell tower in Spain, ate heavenly food at the Dessert Extravaganza on the ship, and laughed constantly about the odd public restrooms throughout Europe.



**P.J. Brenden, Spokane-area resident and Touchmark’s 25th Anniversary Life Enrichment cruise winner, soaks in the beauty of *The Fortress City* (Valletta) in Malta.**

My favorite adventures were visiting Claude Monet’s garden in Giverny (west of Paris) and viewing the Mona Lisa. I love art, and to see the handiwork of such masters was awe-inspiring. I cried in front of the Mona Lisa ... and, well, about every other artwork treasure.

The day I visited the Mona Lisa, I arrived at the Louvre early and made my way to the display. Other than the guards and a few tourists, there weren’t many other people around, and I was able to see her well (ignoring the fact that she was encased in protective glass). People stood there in silence, just absorbing the painting. Finally, an Australian tourist leaned over and asked me, “How long should I stand here?” We both had to laugh. You only dream of seeing the Mona Lisa, and when you finally do, you’re not sure how long you should stand there in reverence of the masterpiece.

I also enjoyed the quality of the artwork on the ship. They had some Dalis, Rembrandt etchings, and other famous pieces. I even attended several art auctions and purchased two pieces—one for my Italian-inspired wine room.

The ship itself was opulent, the food was great, and the people on the ship were fascinating. My husband and I met some people who had been on 14 or 15 cruises!

We just enjoyed the whole experience. Thanks, Touchmark!

*Editor’s note: Spokane-area resident and Touchmark’s 25th*

*Anniversary Life Enrichment cruise winner P.J. Brenden and her husband traveled throughout Europe on Holland American's HMS Rotterdam. P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing.*

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## **Update on Waterford's Relay Across America**

**by Betty Doerschlag**  
— Life Enrichment/Wellness Director

In memory of Helga Estby's tenacious spirit, Waterford residents and staff members are following Helga's epic journey across America by tracking their walking mileage and posting their weekly walking totals on a U.S. map, which is displayed in the Waterford Coffee Shop hallway.

Presently, the residents are ahead, and as of August 3, they are in Lincoln, Nebraska. Waterford staff members are in Cheyenne, Wyoming, and are happy to be out of the Rocky Mountains. Check in next month for a September update.

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## **Waterford evening cruise event**

Waterford is inviting all prospective residents to join people currently living in Waterford's single-family homes for a wonderful summer evening cruise on Lake Coeur d'Alene: Wednesday, August 30 from 7 to 9 pm. There is no charge for transportation and admission.

There will be live music and dessert provided on board as well as a no-host bar with wine, cocktails, and soft drinks. Come enjoy fun and friendship. Buses will be available at 5:30 pm to transport residents and guests from Waterford to the Coeur d'Alene Resort for the 6:30 boarding. (Private vehicles may follow the bus.)

Please RSVP early as there is room for only 80 aboard the Waterford-provided transportation. Call the Waterford concierge desk at 509-536-2929 to make your reservations today.

See you on board!

