



A Touchmark® community



Welcome Hayley McQuade to Waterford



Message from
Jeff Bair
—Executive Director

Hayley joins the Waterford family as a new sales associate. Her sales experience includes The Woodmark Hotel in Kirkland, Washington, The Edgewater, and preopening sales for The Grand Hyatt in Seattle, Washington. She has also been a meeting planner for Helms Briscoe and Ambassador Programs International.

Hayley has been active in the hospitality industry. She is past president of the Washington state chapter of Meeting Professionals International. She earned her certified meeting professional designation in 1999. For work and pleasure, Hayley is also a wedding coordinator.

Hayley is excited to join Waterford’s team. She shared that “this is a wonderful opportunity to represent another luxury property with long-term residents instead of overnight guests. I am fortunate to be able to draw upon my hotel background and work with the older adult population.”

Hayley grew up in Spokane Valley and graduated from Gonzaga Preparatory. She moved to Seattle and earned her degree in political science from Seattle University.

Please introduce yourself to Hayley.

Nutrition—important for brain and body

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

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let’s focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

1. Shop the perimeter of the grocery store and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.

2. Start the day with as many fresh fruits and grains as possible:

juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.

3. Drink at least seven glasses of water every day to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise— aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Waterford, we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Betty Doerschlag.

Waterford to celebrate Relay Across America walking program

by Betty Doerschlag
—Life Enrichment/Wellness Director

In memory of Helga Estby's tenacious spirit, Waterford residents have been following her epic journey across America from Spokane, Washington, to New York City by tracking their mileage and posting their weekly walking totals on a U.S. map displayed in the Waterford Coffee Shop hallway.

On September 16, Waterford residents walked into New York City. Placing the flag on our map was an exciting day

for residents and the Life Enrichment/Wellness staff. We immediately started planning a New York, New York party, which is scheduled for Monday, October 30.

All participants will receive an official invitation to the event and have their names posted on a display. Everyone deserves recognition for walking thousands of miles this summer.

Cruising into another adventure



Waterford on South Hill residents Bette Westover (left) and Marie McGough have been friends since they were 5 years old. The two are among a group of Touchmark residents joining Touchmark's Fall Foliage Cruise on the Star Princess, which sets sail from New York October 21.

Join us for the annual Harvest Festival

by Mary Johnson
—Sales Manager

Waterford will host its annual Harvest Festival Thursday, October 26 from 6:30 to 8 pm. Six nearby elementary schools will be invited to attend along with the children of staff and the grandchildren or great-grandchildren of Waterford residents.

Everyone looks forward to this event, as children dressed in costumes and their parents are greeted at the front door and walk the hallways lined by candy-bearing Waterford

residents to the first-floor Spooky Hallway. Once the trick-or-treating children reach the Spooky Elevator, they will be whisked to the second floor, where they will be greeted by a fabulous Harvest Carnival, complete with popcorn, a cakewalk, games with live goldfish prizes, bingo, and more. When they have exhausted the carnival games, they can again venture into the Spooky Elevator, which will transport them to the third floor, where more Waterford residents will be anxiously waiting to reward the children with candy treats as they go door to door.

This event is full of fun for all generations. We encourage you to attend and see what life at Waterford is all about. We welcome your family and guarantee that no child will walk away empty-handed.

We only request that you bring one can of food per child to donate to the resident-staff food drive for the holidays. Last year, we extended our help to over 150 Spokane families. Thank you ahead of time for your donation, and come join us for a great evening of fun at the Harvest Festival.

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 October is a poem highlighting the fall harvest or life wisdom.

The warmth of the season

by Bettie Kinyon
—Resident

Side by side we sat on the steps,
absorbing the warmth of the season.
It was gathering time.

Old dog, Bingo, curled round
on the cool ground,
opened his lazy eyes
lifted his head and sniffed.
He, too, relished the aroma
of plump, purple grapes
hanging heavy on their vines.

A large mound of shiny, orange pumpkins
lay next to a bed of chrysanthemums,
complementing their bronzed glory.

This was not a happenstance.
She had always smiled when we piled them there.

The wheel barrow rested nearby
after a day of hauling potatoes.
It had gone
up the path
with a load of potatoes.
Down the path
with a load of giggling Tommy.
Tommy in his straw hat like grandpa's,
and his muddy potato-gathering hands.

Lined up next to Bingo
sat the gathering baskets.
Hers was the hamper-shaped,
mine like a bushel,
Tommy's had a handle.

There side by side on the steps we sat,
gathering thoughts of yesteryear;
thoughts and realizations.
As we sow, we reap.

Bingo scratched.
Tommy tossed a pebble.
We picked up the baskets
and started toward the grapevines.
Grandma,
Tommy, and me

Bingo followed. His tail wagging.
It was gratitude time.



Resident Bettie Kinyon writes of fond memories of harvest and fall.

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this

issue is October 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.



Residents enjoy the spectacular scenery on the “Going-to-the-Sun-Road” in an open-top tour bus.

Residents explore Montana’s Glacier National Park

by Betty J. Doerschlag
—Director of Life Enrichment/Wellness

Recently, the Waterford bus, with 15 on board, traveled through three states into Montana’s Glacier National Park. We visited and toured the historical 1890 St. Ignatius Mission, the Lake McDonald Lodge, and the National Bison Range. We also drove the spectacularly scenic “Going-to-the-Sun-Road” in an open-top tour bus to the Continental Divide.

The 19-mile road to Logan Pass enables one to appreciate the power of wind, water, and glaciers. We learned that as the climate continues to warm, the glaciers will continue shrinking. In fact, they predict within 30 years the glaciers will have disappeared.

The 1.4 million acres of wilderness have some of the most beautiful mountain scenery in the western United States, and the view is amazing beyond one’s imagination.

Everyone came home to Waterford a little tired, but appreciative of the opportunity to visit one of America’s jewels and thankful for President Taft establishing it as our county’s tenth national park, preserving it for all generations to enjoy.



Residents and staff stop at the National Bison Range on their way to Glacier Park.

The power of determination

by Lori McCormick, PT
—Fitness Specialist

Karene lived an active lifestyle on a farm near Reardan, Washington. Two years ago, she and her female cat, Casper, moved to Waterford. Because of arthritis and osteoporosis, Karene uses a walker. She cares for Casper and enjoys visits with family and friends. Her favorite Life Enrichment/Wellness activity is going to the casino, where she looks forward to the possibility of winning big each month.

Early this summer, Karene worried she might not be able to continue living independently. Her doctor prescribed home physical therapy, and Karene did her prescribed exercises faithfully, gradually becoming stronger. The therapist recommended she rearrange her furniture and elevate her couch and patio chair. Karene’s son made those modifications for her. Thanks to her determination and her physical therapy, Karene and Casper are still living independently.

Since she was feeling so much better, Karene signed up for the July casino trip. Much to her surprise, however, she had great difficulty getting on the bus. She didn’t want to give up this activity.

Once again, Karene’s determination took over. She talked to me, and we developed a personal-training program. We worked two days a week for almost three weeks, and Karene continued her home exercises every day. It was time to practice getting on the bus. Karene marched right

up the bus steps. The driver said, "It's like night and day!" Karene said, "It was easy! I can't believe it!"

Karene has accomplished two major goals—maintaining her independence and going on outings to the casino, which greatly contribute to the quality of her life. It took hard work and determination on her part and professional development of an effective exercise program to help her achieve her goals.

If you're interested in finding out what a personal-training program can do for you, please contact me at 509-536-2929.

What is a Manito?

by **Mary Johnson**
—Sales Manager

Waterford is pleased to announce the availability of the Manito floor plan. While we have many floor plans, this is one of our favorites. There are four different versions of this floor plan, and currently, we are featuring a corner apartment. This particular floor plan offers an open kitchen complete with oven, countertop microwave, full-size refrigerator, and a dishwasher, in addition to space for a breakfast table.

The apartment also features French doors, which open into a beautiful den with a large bay window. The master bedroom includes a bay window and a large walk-in closet,



Call about this floor plan today.

and the bathroom features a walk-in shower and utility closet for a washer and dryer. All maintenance and utilities are included along with the dinner meal, continental breakfast, and much more.

Come by for a tour and pricing on this beautiful apartment home. Contact Mary Johnson, Terry LaLone, or Hayley McQuade at 509-356-2929.

It's time for flu shots

by **Winona Phelps, RN**
—Medicare Manager, Touchmark

Waterford promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

**Stay healthy this year—
get your flu shot!**

The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccina-

tion each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.
2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu

Upcoming events

Monday, October 9, 1 to 3 pm—Senior Fitness Testing by Lori McCormick, PT. Lobby.

Friday, October 13, 7:15 pm—Bus leaves Waterford for *Singin' in the Rain* at the Civic Theatre.

Wednesday, October 18, 2 pm—PED Walking Challenge Awards Party. Southside Senior Center.

Friday, October 20, 2 pm—Fall Foliage Tour and Rockwood Bakery.

Friday, October 20, 7:15 pm—Bus leaves for Symphony Classic performance of *Thoughts on Other Worlds*.

Wednesday, October 25, noon—Minister's Luncheon in Four Seasons Dining Room.

Thursday, October 26, 6:30 to 8 pm—Waterford annual Harvest Festival. All-campus event.

Tuesdays, 2 pm—Writing Discovery classes by Bill Bell and Bob Hopp. Craft Room.

