



Waterford welcomes another Jeff



Message from
Jeff Bair
—Executive Director

Jeff Wolpert has been appointed health services administrator for Waterford on South Hill and will oversee assisted living, memory care, and nursing and rehabilitation services.

Jeff has been with Waterford’s parent company, Touchmark, for more than 13 years. As a director of Touchmark, Jeff works with other leaders to guide the company’s development and overall management. In his role as health services administrator, Jeff oversees the assisted living, memory care, and nursing and rehabilitation services at Waterford on South Hill.

Prior to moving to Spokane, he served eight years as the administrator for Riverpark Nursing & Rehabilitation Center in Eugene, Oregon. Before that, he was the administrator and assistant administrator for McKenzie Nursing and Rehabilitation Center in Springfield, Oregon. He completed his administrator-in-training program in Portland, Oregon, at Crestview Nursing & Rehabilitation Center after working there in physical therapy.

Jeff holds a Bachelor of Science degree in Business Administration, with an emphasis in General Management, and an Associate of Science degree in Physical Therapy.

He has more than 12 years of experience in the field of physical therapy.

Jeff and his wife, JoAnn, have three children. He enjoys spending time with his children, capturing and editing video on his home computer, and listening to all types of music. He is also a big University of Oregon Duck football fan.

Please introduce yourself to Jeff when you see him.

.....

The lasting effect of gratitude

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

We’ve all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are larger benefits, and historians as well as researchers have proven the value to both the giver and the recipient.

“To affect the quality of the day, that is the highest of arts.”

.....
—*Thoreau, Walden*

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad

during the Civil War, the nationalist efforts of compas-

sionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals with personalities that are largely defined as unselfish, caring, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare better and live “well” longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Waterford’s Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Director Betty Doerschlag for information on how to participate.

.....

Waterford walkers win two trophies

by Lori McCormick, PT
—Fitness Specialist

Waterford residents participated in the Spokane community-wide Walking Challenge during the summer months and were recognized in October for their commitment to good health with the *Highest Percentage of Walkers* trophy. The summer Walking Challenge is a competitive program sponsored by PED, a local nonprofit organization dedicated to healthy aging. Seven local retirement communities, four senior centers, and one senior organization participated in the challenge. Altogether, Spokane seniors walked more than 31,000 miles from June through August!

We are very pleased that residents won the *Highest Percentage of Walkers* trophy. Everyone who walked and turned in mileage is truly a winner, and their personal dedication to fitness was acknowledged with this award. Residents realize that walking is great exercise and a wonderful way

to enjoy the outdoors during the summer months.

During the Walking Challenge, Waterford had another competition going on between residents and staff member—the Relay Across America. Residents’ collective miles were plotted along a U.S. map, following Helga Esby’s trail across Victorian America*. Staff members also plotted their weekly miles. On September 16, residents reached New York City! Staff members reached Fort Wayne, Indiana, on that date. A New York, New York party celebrating the residents’ victory was held in late October. A Statue of Liberty trophy commemorates their successful summer of walking.

*In 1895, Helga Estby and her 18-year-old daughter walked from Spokane, Washington, to New York City in an effort to win a \$10,000 wager to save their family farm. Helga’s story is chronicled in *Bold Spirit* by Linda Hunt.



Waterford residents show off their Relay Across America trophy. The group competed with staff members in Waterford’s Relay Across America walking challenge while simultaneously participating in the Spokane community-wide Walking Challenge.

.....

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 November is a story and photo focusing on Thanksgiving and/or sharing.

Memories of Oma

by Hannalore Fassnacht

—Resident

My maternal grandmother played a large role in my childhood, and I have many fond memories of her. My parents were divorced when I was two years old, and my mother and I moved into my grandparent's house. Germany's economy was at a low ebb. The great inflation was just coming to an end, and unemployment was at 35 percent. My mother found a job, and my grandmother took care of me.

Things didn't improve economically, and my mother's older sister, who had immigrated to New York, encouraged her to join her and make a new life for herself. After much discussion, my grandparents offered to keep me with them until my mother made a life for herself. I know this sounds like a sad story, but I have only good memories of the years that I lived with my grandparents.

My mother moved to New York in 1928, and I received a letter from her once a week. I started school in April 1932 and liked it fine. I had two unmarried aunts who had an apartment nearby, and an aunt and uncle, who also lived in town and with whom I often spent Saturdays or Sundays.

My grandmother suffered from arthritis, and by the time I was 10 or 12, I did many errands for her. Our town was small—12,000 inhabitants—with little car traffic at that time. Most people walked or rode bikes to get around.

My grandmother, like most housewives, baked cakes or Danish pastry every Friday, and there was much visiting by the ladies in the afternoons during the week, when cake and coffee would be served. There were also four couples, who had been friends for years, who spent Sunday evenings together at each other's houses. The men played cards, and the ladies knitted or embroidered and chatted about the latest happenings in town.

Thanksgiving is not a special holiday in Germany. Although, in rural areas there are celebrations immediately after the harvest. It was always on a Sunday with church service in the morning, and the church was decorated with sheaves of grain, harvested vegetables, and fruits.

The weeks before Christmas were always a special time. Everyone had an Advent wreath with four red candles on it. The first candle would be lit on the first Advent Sunday,



Resident Hannalore Fassnacht holds her grandmother's sugar bowl. Hannalore grew up in Germany with her grandparents and treasures this piece of china.

and the others in sequence on the second, third, and fourth Sundays. And then, of course, came Christmas! Nobody decorated his/her Christmas trees before Christmas Eve. Ours was nowhere in sight when we left for church at six o'clock in the evening. Yet, when we came home, there was the tree and all the gifts in all their glory. To this day I do not know how this was accomplished.

When my mother came from the United States for my confirmation on Palm Sunday 1939, and to take me to America with her, there was no time or opportunity to take keepsakes. And after all, my grandmother would still be using her "good dishes."

The war in Europe started two weeks after I arrived in the United States, and mail took a long time to get back and forth across the Atlantic; after December 7, 1942, it stopped altogether.

My grandparents both died of natural causes during the war, and my mother received notification through the international Red Cross in Geneva.

In the summer of 1945, after the war in Europe had ended, we were able to begin corresponding with my Aunt Helene, in what had become East Germany! In one letter, I mentioned that I would love to have one of Oma's [grandma's] small pieces of china someday. My aunt managed to know someone who had a permit to travel to the West once in awhile on business, and she gave him the sugar bowl to mail to me. I was delighted to receive it, and I treasure it still. I use it and think of my Oma and how thankful I

am that she was there for me!

For December, please submit a poem and/or photo that “celebrates life.” Deadline for this issue is November 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.

Upcoming events

Tuesdays, November 7, 14, and 21, 2 pm— Creative Writing class directed by Bill Bell and resident Bob Hopp. Craft Room.

Thursday, November 9, 10 am to 4 pm— Waterford’s Holiday Bazaar. Lobby and coffee shop hallway.

Saturday, November 11, 7:15 pm— Bus leaves Waterford for Super Pops performance of *Wild Gypsy Fiddlers*.

Friday, November 17, 7:15 pm— Bus leaves Waterford for Spokane Symphony performance of *The Slavonic Soul*.

Saturday, November 18, 3:30 pm— Watch the Washington State University Cougars and University of Washington Huskies game on the big screen. Enjoy fun, food, games, and prizes. Pregame party starts at 3:30 pm.

