



Seasonal festivities under way



Message from
Jeff Bair
—Executive Director

Waterford has already begun holiday celebrations. In November, several hundred people attended Waterford's annual Holiday Bazaar. The event featured more than 24 vendors selling handcrafted items and holiday, specialty gifts. It was a great event.

We're collecting nonperishable foods for our annual food drive, which will help local families in need. If you would like to contribute, please drop off a nonperishable item at Waterford.

The Life Enrichment/Wellness team has organized many December events. Residents will see *Joseph and the Amazing Technicolor Dreamcoat*, attend a Symphony Super Pops' holiday concert, and tour the holiday city lights in Spokane and Coeur d' Alene.

I hope that your holiday is as full and festive as ours at Waterford. Merry Christmas and happy holidays!

In celebration of the spirit

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We're constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

But the moment is only here and available to each of us in the real-time experience of today. Thoreau, Gandhi, Buddha, Jesus, and multiple other teachers and spiritual leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”

—Jon Kabat-Zinn, PhD, *Wherever You Go, There You Are*

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique

and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve

that balance are outlined in all great spiritual texts:

- **Be fully present in the moment.**
- **Invite joy.**
- **Create your future.**
- **Surround yourself with those who love and support your dreams and hopes.**
- **Eliminate the unnecessary and unimportant.**
- **Choose hope.**
- **Breathe!**

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Waterford provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Betty Doerschlag.

Celebrating the holidays at Waterford

by Betty J. Doerschlag
—Life Enrichment/Wellness Director

Waterford officially opened the holiday season with its annual Tree Lighting Ceremony. The event commenced with Executive Director Jeff Bair explaining the history of the Christmas tree and Santa with his reindeers. Jeff led the countdown, and with a flick of the switch, our 20-foot Christmas tree was illuminated. The Canterbury Belles Choir from Ferris High School, dressed in hunter-green long gowns, entertained us with an outstanding program of Christmas and holiday favorites. Everyone enjoyed the carols, cookies, and candy canes.

The holiday spirit is very visible at Waterford. Nineteen Christmas trees glisten throughout our community, and the smell of hot cider and cookies welcomes you when you enter the building. Garland is draped over the railing in the lobby, and this year’s theme, “Christmas Red,” is displayed. We invite you to stop by and enjoy the holiday decorations, sit by the fireplace with a cup of hot cider and cookies, and join us for our many December activities. Happy holidays to each of you.

Give yourself a gift

by Mary Johnson
—Sales Manager

We welcome you “Home for the Holidays” this month at Waterford. For the holiday season, we are offering a very special gift to make your move easy. Exclusive to those who make a reservation before December 31, we will provide a reimbursement up to \$1,000 for moving expenses. You can’t beat that!

We provide personalized tours daily and offer an array of homes and lifestyle options. With a wealth of services and amenities, your toughest decision will be deciding how to spend your day.

Call me today to schedule a tour. I look forward to meeting you and to making your holidays the best yet!

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Planning an exercise holiday? Think again!

by Lori McCormick, PT
—Fitness Specialist

Are you thinking of taking an “exercise holiday” over the holidays? If you are, I hope you think again. Physical inactivity is harmful to your health. Here’s what just a few days away from exercise will do for you.

Skipping even one fitness session means you’ll burn fewer calories. It’s likely you’ll consume more calories this time of year, and the resulting caloric imbalance causes holiday-weight gain. As we get older, losing those extra pounds becomes more of a challenge, and excess weight is associated with many serious diseases, including diabetes, cancer, arthritis, and heart disease.

Within three days of cessation of activity, muscle atrophy sets in. Muscle cells get smaller and weaker. Muscle cells burn calories even at rest, but when they’re smaller, they burn fewer calories. Muscle cell atrophy sets you up for additional weight gain. Not only do the more visible muscles, like your biceps, get smaller and weaker, but so do all the smaller muscles that work together to help you maintain balance, coordination, and stability. Keeping these “less visible” muscles strong and reactive is important for reducing your risk of falling.

Inactivity is hard on your heart. The muscle cells of the heart atrophy, so each heart beat is less efficient. Extra body weight adds to the workload. Extra fat circulating in the blood is deposited on the inner walls of the blood vessels, causing them to thicken and harden. The heart has to work even harder to pump blood through hardened arteries to all the body tissues, including the heart muscle itself.

Inactivity decreases bone density immediately. Bone is an active tissue, responsive to the stress placed upon it. Bone formation and reabsorption are always going on. Physical activity stimulates bone formation. Inactivity dramatically increases the pace of bone loss, which can be substantial in as little as two weeks. Weight-bearing activities like walking, dancing, and climbing stairs as well as strength training decrease bone loss and may reverse it.

Instead of taking an “exercise holiday,” use this season to step up your physical-activity level. Enjoy a brisk walk after dinner with your family, dance at the party, climb the stairs, play with your grandchildren, and have a wonderful holiday!

but I had an aunt who always gave me a book, which fostered my love of reading, and another aunt who would give me a coat or a dress. My mother would make peanut brittle as a special treat. I never felt deprived of anything because I had wonderful parents, aunts, and uncles who loved me unconditionally.



Dorothy Cooper recalls fond memories of Christmas in North Dakota.

For January, please submit a heartfelt, reminiscent story or “new year, new you” resolutions. Deadline for this issue is December 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.

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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 December is a poem and/or photo that “celebrates life.”

Holiday Memories

by Dorothy Cooper
—Resident

When I was a little girl living on a farm in North Dakota during the Depression, I remember putting out cookies and milk for Santa Claus. At about age 8, I realized it was only a myth. I was able to keep it to myself for a couple of years. It was a secret from my little brothers, and I needed to keep the mystery going for them.

At Christmas time, I remember well going to our small rural church and gazing with awe at the beautifully decorated Christmas tree lit with real candles and a pail of sand and one of water nearby in case it caught fire. My special treat was a bag of hard candy and a shiny red apple.

Christmas was special at our house. Our gifts were simple,

Upcoming events

Thursday, December 7, 1:30 pm—Pearl Harbor survivors honored. Lobby.

Thursday, December 14, 7:15 pm—Bus leaves for performance of *Mame* at Civic Theater.

Friday, December 15, 2 pm—Christmas and Holiday Tea with Sissy Star entertaining. Forum.

Saturday, December 16, 7:15 pm—Bus leaves for Symphony Super Pops performance of *Holiday Pops*.

Friday, December 22, 6:15 pm—Bus leaves for holiday city lights tour.

Friday, December 29, 3 pm—Bus leaves for Christmas and holiday lights and dinner at Dockside in Coeur d’ Alene.

