



A Touchmark® community
Est. 1980



Looking back and looking forward



Message from
Jeff Bair
—Executive Director

Last January, I recalled the great adventures of the previous year, and again I find this time fitting to share some of the outstanding events that took place in 2006. Here are some highlights:

- More than 450 people attended Waterford's *A Walk Through a Garden of Quilts* in April. The seventh annual quilt show featured more than 179 quilts—including one made in 1870.
- The Touchmark 25th Anniversary Life Enrichment/Wellness cruise winner P.J. Brenden and her husband traveled throughout Europe on Holland American's HMS Rotterdam Europe. The Washington state couple enjoyed the sites, cultures, and art of Greece, Turkey, and several other major cities during the 15-night cruise.
- Residents and staff explored Montana's Glacier National Park during a three-day trip. They drove the scenic "Going-to-the-Sun-Road" to the Continental Divide and enjoyed the 1.4-million-acre national park.
- During the summer, staff and residents took part in the community-wide competitive Walking Challenge.

There also was a competition between staff and residents, and residents put in enough miles to "walk" to New York City.

This year was full of fun, meaningful events, and I hope you'll stop by and join us in the new year. Come experience and enjoy life at Waterford!

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New year ... new you

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

**"If we all
ran at the
same pace,
we'd always
be in each
other's way."**

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—Gary Stanley,
author

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths, weaknesses, and preferences. The message of the media that there is a universal solution for achieving

improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized "prescription" is essential.

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us

over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.
- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

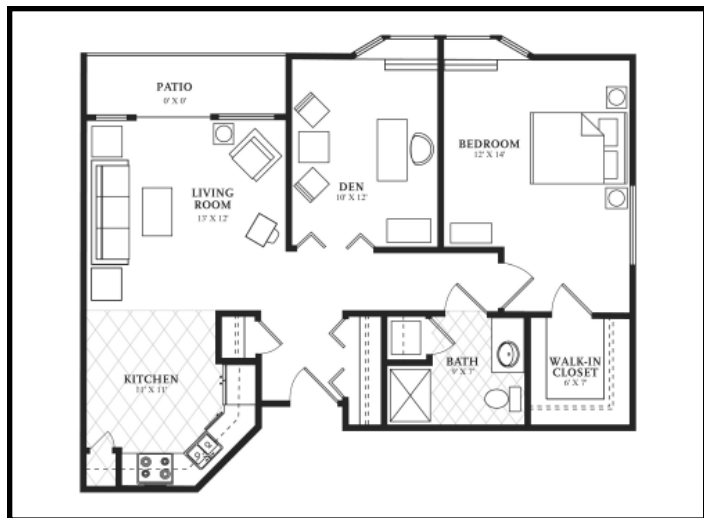
At Waterford, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Health and Fitness Center Fitness Specialist Lori McCormick, PT, or Director of Life Enrichment/Wellness Betty Doerschlag. Make the new year your best year.

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Interested in living in 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 people’s favorites. There are four different versions of this floor plan, and currently, we are offering a corner apartment. This particular floor plan features an open kitchen, complete with oven, countertop microwave, full-size refrigerator, and a dishwasher. There’s also room for a breakfast table.

The apartment includes French doors, which open into



a beautiful den with a large bay window. The master bedroom also has a bay window and a large walk-in closet; 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 condo-style home. Contact Mary Johnson, Terry LaLone, or Hayley McQuade at 509-356-2929.

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Discover a new you this year

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

It’s a brand new year and that means a brand new shot at making some healthy changes in our lives. Easier said than done? You’d better believe it is. But that doesn’t mean we can’t do it.

The Life Enrichment/Wellness team has set goals and continues to plan healthy lifestyle events for 2007. This year, we are taking an honest look at what creates a lasting change in our attitudes, behaviors, and lives. We will be working on nurturing “can-do” attitudes, which can help lead to success and happiness.

Check the Life Enrichment/Wellness calendar for daily events of interest. This year is a new opportunity for a “new you.” Come participate in scheduled events and fitness classes; take advantage of all the benefits—and continue to grow. Happy new year and happy “new you!”

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 January is a heartfelt, reminiscent story or “new year, new you” resolutions.

New Year—New Me

by Marianne Leek

—Resident

I am looking forward to the new year and hope it's good for everyone. I have lived at the Waterford on South Hill for slightly over a year and love living in Spokane and especially at the Waterford. When I think back on the past year and life at Waterford, I realize you never have to be bored living here—there is always something to do.

In the year to come, I hope to improve various aspects of my life. Even though I recently bought myself a Christmas gift of a new TV, I hope to watch less TV, read more books, and listen to more classical music. One of my main goals is to become physically stronger by walking more and attending exercise class with Lori (Fitness Specialist). With the new strength I plan to gain, I hope to be able to take the city transportation and explore the city of Spokane.

In addition, I plan to learn more about the state of Washington. I grew up in Sweden and lived in New York for years and have only been in Washington a short time. I plan to learn more about Washington on my own but also expand my knowledge by attending all the trips Betty

(director of Life Enrichment/Wellness) plans for 2007.

With this new year-new me approach, the planning of trips that I hope to take begins. In April, I want to go to New York and visit my friends. In August, I plan to travel to Sweden to celebrate my cousins' birthdays and attend my 55th high school reunion. I am excited about 2007 and the possibility of change that it holds.

For February, please submit a heart-to-heart/love story.

Deadline for this issue is January 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty J Doerschlag.

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Circuit Training Class starts

by Lori McCormick, PT

—Fitness Specialist

January is a great time of the year to reevaluate your health and fitness and make small changes to improve over the coming year. Almost all of us need to include more exercise in our daily lives; it's the simplest way to improve overall health and quality of life. But just because it's simple, doesn't mean it's easy—we still have to do it!

To help you learn an effective way to “do it,” which you can use all year, we are offering a Circuit Training Class beginning Monday, January 22 at Waterford. Circuit training is an exercise method designed to improve muscle strength and endurance while also enhancing cardiovascular fitness.

Circuit training involves working around a “circuit” of several exercise stations. Strength-training stations will alternate with aerobic exercise stations. You'll work at each station for approximately one minute and then switch to another station. Each station allows you to work all your major muscle groups while keeping your heart rate elevated. These two forms of exercise combined are effective for weight management. Regular circuit training workouts will help you manage your weight, stay strong, and keep your heart healthy throughout the coming year.

Please consider making the Circuit Training Class a priority. The class will be held at 2 pm on four successive Mondays (January 22 and 29 and February 5 and 12). Each class will last approximately 40 minutes. It's a great opportunity to receive training in an effective fitness program, use the equipment in the Health and Fitness Center, and get to



Marianne wears festive garb and welcomes the new year.

know other active people. I'm looking forward to seeing you there!

For more information, please contact me at 536-2929, ext 8201.

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Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is "creating intentional community," and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit TouchmarkFoundation.org or call Executive Director Janet Plummer at 800-796-8744.

Upcoming events

Tuesday, January 16 and 30, 2 pm—Creative writing class. Craft Room.

Friday, January 19, 7:15 pm—Bus leaves for *Barefoot In The Park* performance at Civic Theater.

Tuesday, January 23, 4:30 to 6:30 pm—*Little Italy Night*. Candlelight dinner with music.

Friday, January 26, 7:15 pm—Bus leaves for symphony's *Flights of Fantasy* performance.

Thursdays throughout January and February, 10 am—Calling all Waterford gentlemen to build a mini Victorian house in the Hoyles Room.

