



A Touchmark® community
Est. 1980



Join us for February events— you’ll be glad you did



Message from
Jeff Bair
—Executive Director

During the month of February, people across the country will exchange candy, cards, and gifts in the name of Valentine’s Day. It is no different here at Waterford, where residents and families as well as employees and their families actively engage in this tradition.

Just one example of a Waterford opportunity to exchange valentine sentiments and memories will be our February 14 Valentine’s Day Candlelight Dinner and Champagne Social. This evening is expected to be even more romantic than last month’s Little Italy Candlelight Dinner and Wine Social, which was a tremendous success.

Every month we are having great fun doing new things and enjoying favorite activities. Please consider joining us soon. You will be glad you did.

Follow your heart

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

In today’s world there is a good understanding of the workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of human emotions? In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

It is an amazing and complex interaction of all of the lobes of the brain that integrates emotion and fact and allows humans to form opinions and make judgments

**“To understand
the heart and mind
of a person, look
not at what he has
already achieved,
but at what he
aspires to.”**

—Kahlil Gibran

about how to assess an incident or person as to whether there is danger in a given situation. The same automatic analysis can reveal a safe situation and often provides insight into who we can trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important organs to have “good heart and brain health.” In general,

what is good for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to “follow their hearts and create their own future.”

At Waterford, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Life Enrichment/Wellness Director Betty Doerschlag.

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An unusual opportunity awaits you!

Three beautiful cottages are soon to be available. All homes offer a wide range of amenities and pricing to fit many budgets. Enjoy neighborhood living without the concerns of home maintenance. Ride the evening shuttle to the Four Seasons Dining Room for restaurant-style dining and socializing with friends.

Please contact Mary Johnson at 509-536-2929 for your personalized tour.

Upcoming events

Wednesday, February 14, 5:30 pm—Valentine’s Day Candlelight Dinner and Champagne Social.

Friday, February 16, 7:15 pm—Bus leaves Waterford for Best of Broadway performance of *Annie*.

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 February is a Heart-to-heart/love story.

God gave us a whole new life!

by Verna Stueckle
—Resident

Twenty-one combines. Hundreds of gallons of water. A smorgasbord of home-cooked breads and stews. Dozens of helping hands and compassionate hearts. An entire 560-acre farm harvested in a single day!

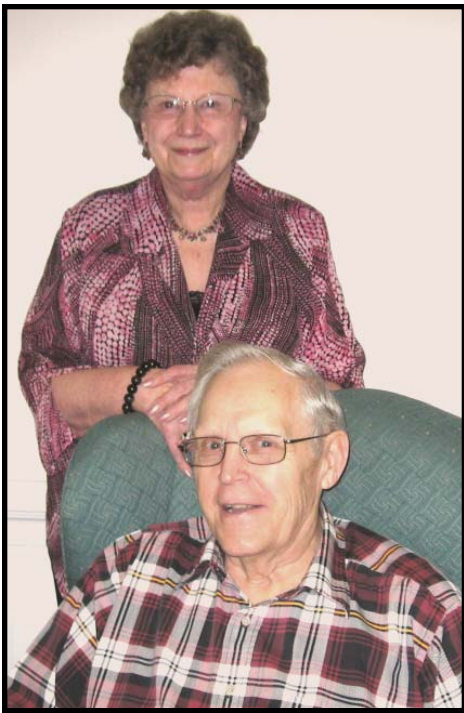
I was in trouble. My husband was stricken with deadly cancer, and his brother and farming partner was ill with Parkinson’s disease. Only through the generosity of our neighbors were we able to keep our farm and feed our families that day—at least for one more season.

I was born and raised on a farm near Colfax, Washington, and married Herb Broweleit, also a farmer, and brought five children into the world of farming. Our life on the farm was a continuous struggle: poverty, weather, World War II, and challenging medical problems. The most serious was my husband’s long, painful battle with cancer, which ended in his death seven years later.

Another broken heart

The farm experience was an integral part of Harvey’s life, too. He married and raised a family in the Colfax area, but his life was quickly interrupted by a succession of devastating tragedies. Two brothers died of heart attacks within six months of each other. One month after the second loss, Harvey underwent open heart surgery and barely survived. Shortly after he returned to work, his wife was diagnosed with terminal cancer; 13 months later, she died. Finally, Harvey’s business partner absconded with the company funds, leaving him destitute. His world and his health were rapidly being destroyed by terrible stress and overwhelming grief.

One day, Harvey found himself brooding about his situation. “God help me,” he thought. At that moment he was struck by the stark realization that he desperately needed help. “Who do I know who would understand how I feel—someone who has actually walked in my shoes?”



Verna and Harvey share their story of loss and love.

I thought he wanted to sell me something. Standing at the door, broken and vulnerable, Harvey replied, "I just want to talk with you."

I opened the door to Harvey that afternoon, and for the next three hours, I listened as he poured out his heart. I immediately understood the torment he was experiencing and was able to share my own deep feelings of loss and loneliness. Together we opened up the dark times and found comfort in our common experiences. Most importantly, we discovered a common faith; a faith upon which we would build our future lives together.

Seventeen years later as we remember our subsequent courtship and marriage, both of us agree that it was life after death—God gave us a whole new life!

For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty J. Doerschlag.

Harvey had known and highly respected my late husband. He was aware of his long illness and my many years of ministering to him. Though we had never met, he was suddenly overcome by a need to talk with me, and he immediately drove to my home.

His welcome was lukewarm at best. I opened the door with a noncommittal, "What do you want?" I

Be heart healthy and physically active

by **Lori McCormick, PT**
—Fitness Specialist

Heart disease is the number one cause of death of men and women throughout the United States, resulting in approximately 36 percent of all deaths. The major risk factors for developing heart disease are high cholesterol, high blood pressure, smoking, and physical inactivity.

As we age, our activity levels generally decrease. As a child, perhaps you walked to school, did daily chores, played baseball with friends, and jumped rope at recess—lots of motion every day without even thinking about it. But now, almost 40 percent of adults over age 55 report that they get no leisure-time physical activity at all.

How much physical activity is required to improve health? Experts report that a total of 30 minutes a day of low- to moderate-intensity level activities are beneficial, such as walking at a leisurely pace, climbing stairs, gardening, and moderate to heavy housework. Two 15-minute or three 10-minute sessions of activity are nearly as beneficial as one 30-minute session.

The more brisk an activity is, the more beneficial it is to heart health. Brisk walking, swimming, fitness and aquatic classes (exercise that uses large muscles of the body for a sustained period of time), circuit training (a combination of aerobic and strengthening exercise), and bicycling are excellent examples of heart-smart exercise.

Waterford Health and Fitness Center provides a range of fitness classes and programs designed to improve physical fitness levels and enhance the quality of life for residents and other older adults in the community. For additional information on available classes, contact me at 509-536-2929, ext. 8201.

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Behind the scenes at Waterford

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

Our goal at Waterford is to provide residents with events and programs that are balanced and meet the Touchmark Life Enrichment/Wellness program standards, which are

exercise, mind/body/spirit offerings, community partners, intergenerational activities, friendship ambassadors, growing together/social, celebrations, and lifelong learning.

Many hours are spent organizing events and looking for the perfect detail to make an event outstanding. Staff members take great pride in their work and organize their departments and programs with quality offerings and personal commitment.

Each person at Waterford is welcome to participate in our vibrant Life Enrichment/Wellness program as we strive to offer activities that fit *your* varied lifestyles.

The British Medical Journal states that older adults who stay active and socialize with other people live an average of two-and-a-half years longer and improve their quality of life. Waterford residents are encouraged to sign up and participate in events.

Come enjoy your neighbors' company and learn new skills at a presentation. Take part in overnight educational trips, which are planned throughout the year, or attend themed parties at Waterford—a wonderful way to meet friends. Waterford is all about “choices.” Come; be active with us.

