



Welcome spring



Message from
Jeff Bair
—Executive Director

March has arrived and with it anticipation of spring. Temperatures are rising, and snow is less in our thoughts. Many of us begin searching for signs of growth on the trees and bushes. At Waterford, we love spring, because we look forward to the awakening of our campus lawns, flower beds, gardens, and trees, and we are glad that we can leave the work to others but still enjoy the natural beauty.

This also is the time when many new residents join our community. We have several cottage homes available right now that can be toured by dropping by or contacting our Sales department. If you are interested, don't wait too long, however. These homes will go fast.

Now that the weather is warming, we hope to see you around the neighborhood, and I invite you to read further in this newsletter to find out about some great events taking place at Waterford. We would love to have you join us!

Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

“I think we are our memories more than we are the sum total of our experiences.”

—*Martin Seligman, psychologist and writer*

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of

the ancient Greeks to the Psychology departments in today's universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life satisfaction in regard to a life well lived and are a high index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 *Time* magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight

simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life’s joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**
6. **Invest time and energy in friends and family.**
7. **Take care of your body.**
8. **Develop strategies for coping with stress and hardships.**

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging’s *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford Life Enrichment/Wellness Director Betty Doerschlag for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

Enjoy maintenance-free living in a beautiful Waterford cottage or condo-style home

Spring is around the corner and so is all that yard work and yearly spring-cleaning. Shed those tedious tasks and enjoy Waterford’s enriching, active retirement lifestyle. No more worrying about home maintenance, spring-cleaning, or errands.

We are featuring three beautiful cottages this month and will display them at the Waterford Cottage Open House on Saturday, March 24 from 10 am to 4 pm and Sunday, March 25 from noon to 4 pm. Come have a cup of coffee and tour these three different homes.

We also will be having a Spring Open House on the main campus for condo-style homes during our 8th Annual

Walk Through a Garden of Quilts Show on Friday, March 30 and Saturday, March 31 from 10 am to 5 pm. There will be a special hospitality suite and three model condo-style homes decorated with beautiful quilts for you to tour. We look forward to seeing you at this very special annual event.

The beehive is buzzing at Waterford at Grapetree

If you haven’t visited Grapetree lately, you better put it near the top of your list. Every day there is a different sight to see. We currently have seven new homes under construction, and three of those are near completion. Come see these beautiful custom floor plans with amenities to suit the most discerning tastes. There is a perfect Grapetree home waiting for you.

Come see us any day of the week from 9 am to 4 pm at 2920 S Grapetree Drive (two blocks north on Lee Street, off of 29th Avenue).



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 March is a humor and laughter poetry feature.

Celebrating my Irish heritage

by Pauline “Paddy” Fahlgren
—Residents

My great-grandparents sailed to Alaska from Ireland and found work with the Great Northern Railroad. Their



Pauline “Paddy” Fahlgren enjoys celebrating her Irish heritage.

children also worked for the railroad and eventually moved to Spokane, where my father also worked for the railroad. We were all Irish and proud to be. Growing up in an Irish home meant a lot of family, music, and tradition. St. Patrick’s Day was always a favorite. We would all get together and sing Irish songs, drink, and enjoy

each other's company. It was not a celebration unless there was a lot of music being played on the violin and piano and people singing.

Accompanied with the Irish heritage was a strong Catholic belief. I remember my grandmother, who thought everyone should be Catholic, going to visit my sister and her friends for lunch one afternoon. My grandmother came in the room and sprinkled holy water on my sister and then announced to her friends, "You non-Catholic pups need some, too." My sister was so embarrassed. But, that's just how our grandmother was—a tall, strong-willed, white-haired, Irish, Catholic woman.

One of my favorite nights I remember was during New Year's Eve in high school while I was visiting my aunt and uncle. My uncle worked for the Spokane Police Department and received a call from his job shortly after dinner. He insisted that he take me home, and then he would continue on with his job. Therefore, I, Paddy, was taken home in a Paddy Wagon for all the neighbors to see. The irony of the situation still brings a smile to my face.

Having the stories and traditions passed down through the generations is important, and it helps us realize where we have come from. If my sisters or I forget a certain story or piece of family history, one of us is bound to remember. Understanding my Irish past and being proud of the strong traditions has helped to balance my life.

For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 19. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty J. Doerschlag.

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Health & Fitness Center acquires NuStep and invites you to an open house

by Lori McCormick, PT
—Fitness Specialist

I am excited to announce that the Health and Fitness Center has acquired a NuStep TRS 4000 Recumbent Cross Trainer. Developed by exercise physiologists to help people of all fitness levels, it is rapidly becoming one of our most popular pieces of fitness equipment.



“The NuStep is a great addition to my regular exercise program of walking and strength training,” says resident Bob LaPlant. Waterford Health and Fitness Center is hosting an open house Monday, March 19. Learn how to use the new NuStep machine and find out about other exercise classes and activities.

The NuStep features a comfortable seated position. The arms and legs move together in a natural walking motion that reduces stress on the joints. The seat and arms adjust easily to accommodate nearly every size user within a comfortable range of motion. Step length, resistance level, step speed, and exercise duration are independently controlled. Users increase strength in all major muscle groups of the upper and lower body, burn calories, and improve their cardiovascular fitness simultaneously.

Many residents have already begun to use the NuStep and are impressed with its ease of use and benefits. I'd also like to encourage residents who currently do not participate in any regular fitness program to take advantage of this new equipment. While most people know they should exercise regularly, many don't; the NuStep may help those who don't exercise begin a regular fitness program, because it is so comfortable and easy to use.

We're hosting an open house Monday, March 19 in the Health and Fitness Center. Please come! I'd love to meet you and introduce you to the classes and services offered by the Waterford Health and Fitness Center.

A mini vacation to the Coeur d'Alene Resort

by **Betty J. Doerschlag**

—Director of Life Enrichment/Wellness

Just for fun, Waterford residents took an overnight mini vacation to the luxurious Coeur d'Alene Resort. We were treated like royalty with our accommodations on the 16th floor. Each room had a fireplace with a lovely living room overlooking beautiful Coeur d'Alene Lake. The residents were impressed with the remote-control drapes, the gas fireplaces, the spa, a choice of two swimming pools, and the hot tubs. The resort's Web site says it's "a five-star luxury resort on the edge of one of America's most beautiful lakefront communities."

The ladies shopped at many of the unique stores and were so pleased with the end-of-the-year bargains. They ate dinner at Beverly's, a five-star restaurant, and later were in the lobby playing Apples to Apples.

The trip's highlight was a winter snowstorm. Sitting by the huge windows on the 16th floor, overlooking the lake, we watched the large fluffy flakes drop right in front of the window—truly a once-in-a-lifetime experience.

The discussion coming home was our next trip. Plans are under way, and we are looking at a trip to Hell's Canyon or the Columbia River Gorge. Come home to the Waterford and join us on the next trip.

Upcoming events

Saturday, March 17, 7 pm—Haran Irish Dancers. Lobby.

Saturday, March 17, 7:15 pm—Bus leaves for Super Pops concert. *Music of Andrew Lloyd Weber.*

Friday, March 23, 7:15 pm—Bus leaves for symphony performance of *Schuller Returns.*

Friday, March 30 and Saturday, March 31, 10 am to 5 pm—Waterford's 8th Annual Quilt Show.

