



A Touchmark® community
Est. 1980



Waterford continues to excel



Message from
Jeff Bair
—Executive Director

The months of March and April are when we complete annual employee performance reviews. It is time for us to sit down with staff members and discuss how things are going. With over 200 staff members, this is certainly a considerable undertaking. However, it is very satisfying, because it causes us to reflect on the quality of people working in this community. For example, last year's annual Resident Satisfaction survey results showed that approximately 99 percent of residents highly appreciated the staff and would recommend Waterford to friends. I believe this feeling is mutual. In fact, one of the key aspects of life at Waterford is that this community helps cultivate and support friendships and growth.

At Waterford, we strive to offer the highest level of service, and these annual reviews help us meet and exceed that goal. I encourage you to join us for an event, tour some homes, talk with the staff, and experience the warmth of Waterford.

The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother's house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based,

real-time personal encounters within the community.

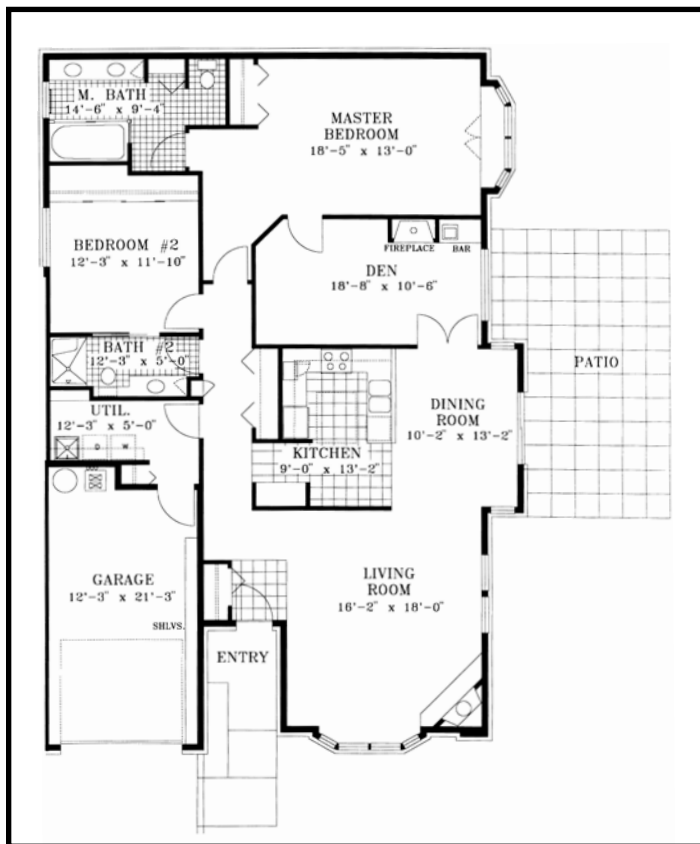
The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Waterford and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Waterford Life Enrichment/Wellness Director Betty Doerschlag.

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Attend the spring fling open house

by Mary Johnson
—Sales Manager

With the weather warming and summer coming, this is a perfect time of year to move. Ten people have already



The Lincoln floor plan is currently available. Call today to learn more.

made priority reservations, including one person moving from the East Coast. Join them in discovering the dynamic lifestyle and superb homes at Waterford.

Attend a Waterford at Grapetree or Waterford Cottage Open House

Tour seven Grapetree homes on Saturday, April 21 (10 am to 4 pm) and Sunday, April 22 (noon to 4 pm). Five homes are completed or near completion and available. Four additional homes are currently under construction, and there is still time to select custom finishes, cabinets, and appliances for these homes.

The following weekend, we'll showcase three lovely Waterford cottages: on Saturday, April 28 from 10 am to 4 pm and Sunday, April 29 from noon to 4 pm.

We have two cottages currently available on 32nd Court. One features a newly remodeled kitchen and bath, one bedroom, a den, and a single-car garage. The other cottage features two bedrooms, two bathrooms, a gas fireplace, a beautiful rose garden, and a covered patio with a two-car garage. We also have one beautiful Waterford campus cottage available, which features two bedrooms, two bathrooms, a den, a gas fireplace, a large sun deck off the dining room, and a single-car garage.

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Take advantage of the Spring Fling Special

Currently, we're offering an exceptional price on a one-bedroom, one-bathroom condo-style home and a one-bedroom home with a den. Contact me (Mary) or Terry LaLone at 509-536-2929 for more information on any of these homes.

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Do you know your fitness level?

by Lori McCormick, PT
—Fitness Specialist

The Waterford Health and Fitness Center will offer Functional Fitness tests on Friday, April 20 at 1:30 and 3:30 pm in the Waterford Lobby. Physical Therapist assistant students from Spokane Falls Community College will help Waterford staff.

The Senior Fitness Test (SFT) is a battery of six standardized tests that measure upper- and lower-body strength and flexibility, cardiovascular endurance, agility, and balance. The tests are valid for men and women ages

60-plus. Testing allows individuals to compare their fitness levels with age-matched peers across the country. Each participant receives a computer-generated analysis of personal test results.

We offer the SFT each April and October. Once your individual baseline SFT has been completed, subsequent testing semiannually or annually is valuable to monitor changes in your fitness level and can help you answer questions, such as:

- **Am I as fit as the average person my age?**
- **Am I more fit or less fit than last year (or six months ago)?**
- **What kind of exercises do I need to do to improve or maintain my fitness level?**
- **Am I at risk for losing my quality of life or my functional independence?**

Residents and people from the Spokane area are invited to participate in the Senior Fitness Testing. Preregistration is required as some participants may require a physician's approval to participate in the testing. For guests, there is a \$20 fee, which covers the testing, the computer-generated analysis test results that will be mailed to your home, and healthy refreshments. If you are guest, please call me at 509-321-8201 to preregister. If you live at Waterford, please sign up in the Activity Book.

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Waterford celebrates eighth annual quilt show

More than 400 people attended the annual quilt show at Waterford. People viewed more than 150 quilts, voted

on their favorite quilts, enjoyed refreshments, and won prize drawings. Keynote speaker Michele Crawford from Flower Box Quilts gave two informative presentations at the event—*The Value of Color* and *Just Cut the Scrap*.



With more than 150 quilts, displays were arranged throughout the building.



The theme for the annual, popular show was *A Walk Through a Garden of Quilts*.



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 April is an intergenerational story.

Teetertotter

by Frances Wagner

—Resident at a Touchmark community in Sioux Falls, South Dakota

*A much used teetertotter there,
Outside our kitchen window,
Where Mother could look out and see
What tricks we kids were into.*

*My little sister always was
More ladylike than I
She didn't want to stay too long
Perched way up in the sky.*

*I never really bounced her hard
When "Mama" might be spying.
I loved her way too much
To want to see her crying.*

*Some eighty years have passed
Since teetertotter days
But sometimes aren't there ups 'n downs
In lots of different ways?*

*No Mother now to watch our play—
The teetertotter gone.
So I must know how high to bounce,
And when I should let down.*

For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.

Upcoming events

Friday, April 20, 1:30 and 3:30 pm—Senior Fitness Testing. Lobby.

Saturday, April 21, 7:15 pm—Bus leaves for Super Pops' performance of *Bugs Bunny*.

Tuesday, April 24, 2 pm—Creative Writing Class. Fourth-floor craft room.

Wednesday, April 25, 6:45 pm—Bus leaves for performance of *Best of Broadway: CATS*.

Saturday, April 28, 3 pm—Children's Chamber Music. Lobby.



Save the date!
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**National Senior
Health & Fitness Day
Wednesday, May 30**

