



A Touchmark® community
Est. 1980



The perfect time of year



Message from
Jeff Bair
—Executive Director

May is a great time of year around Spokane. The weather is beginning to stabilize. The sun warms our skin, and the blue sky, with puffy clouds, cheers our spirits. Another Bloomsday has come and gone, which serves as an official sign that we are headed toward another great summer with promise of wonderful outdoor activity.

Around Waterford, we are gearing up for spring and summer fun, as well. The smell of cut grass is once again in the air, and flowers are being planted. We completed our annual “Late Bloomers” walk in the Assisted Living neighborhood to commemorate Bloomsday this last week. Still to come in May is kite flying at Manito Park, a Big Band celebration, National Senior Health & Fitness Day and PED Walking Challenge Kickoff Party, and much, much more.

This is a great time to join the fun at Waterford. We have several cottages available in addition to a number of one-bedroom with den condo-style homes. If you are interested, you should contact us soon, because they won’t last long. I also encourage you to come tour Waterford at Grapetree, where we are selling beautiful custom homes in a gated neighborhood.

From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

—Marilynn Larkin, MA, fitness professional and medical writer and editor

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in

place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Waterford is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Betty Doerschlag.

You can live here!

by **Mary Johnson**
—Sales Manager

We have an attractive 1,856-square-foot home for sale. This **Avondale** home features three bedrooms, two bathrooms, a living room with a custom gas fireplace, a kitchen with an eating nook, and a formal dining area.



Call about this home today.

Customize your lifestyle by selecting one of two plans—each with an array of wonderful services. Both plans provide 24-hour concierge service, an emergency call system, access to a dynamic Life Enrichment/Wellness program, weekly housekeeping, scheduled transportation to appointments, entertainment, access to a grocery store, and more. One plan also includes 30 meals in Waterford’s Four Seasons Dining Room with door-to-door “Shuttle-To-Dine” service while the other plan allows you to arrange your own meals.

Call today for a tour and to learn more about Waterford’s maintenance-free lifestyle!

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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 May is an article about active living—sports/fitness theme.

Active Living

by **Carl Anderson**
—Resident at a Touchmark community in Helena, Montana

In response to the question “How do you stay in shape?” I offer the following ... I try to ...

- Eat three meals a day.
- Avoid junk foods.
- Leave the table slightly hungry.
- Go easy on the salt.
- Read the government-mandated label when buying a new product. Labels are in teeny-tiny print. Act accordingly.
- Augment the diet with a light regimen of food supplements.
- Exercise regularly, taking care not to overdo it.
- Take a nap after lunch.
- Retire at 9 pm; rise early.
- Drink a glass of red wine before dinner. (Not for everyone.)
- Drink green tea often.

- Drink six to 10 glasses of water each day.
- Relax and have a little fun each day.
- And finally ... don't be foolhardy and try to guess a lady's age, weight, or shoe size!

For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 18. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.

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Helping troops from Fairchild Air Force Base call home

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

"All the people living at Waterford have experienced war in one way or another, and we're anxious to do something to help our men and women in Iraq," said resident Martha Lu Butler, as she presented a \$1,000 check to the commander at Fairchild Air Force Base.

A group of residents, representing more than 200 people who live at Waterford, presented the check and enjoyed a



Waterford residents recently presented a \$1,000 check to Fairchild Air Force Base to help servicemen and servicewomen call home. Pictured are (from left): Residents Ann Waldron and Bev Kilpatrick; Life Enrichment/Wellness Director Betty Doerschlag; Col. Roger Watkins, 92nd Air Refueling Wing vice commander; resident Martha Lou Butler; and Director of Sales & Marketing Mary Johnson.

tour of the Air Force Base. Residents set a goal of raising \$1,000 to help servicemen and servicewomen call home on Mother's Day and spent three months collecting donations. "Anything we can do to boost the morale of families [who are] missing one another is a good thing," says Martha, who spearheaded the effort.

This is another example of Waterford residents building relationships within the Spokane community, sharing their generous spirit, and thanking the men and women who are serving our country today.

Stop in for a tour anytime, and pick up the calendar of events. We would love to have you join our family and get involved in the community events, volunteer activities, cultural events, and enjoy the quality of life you deserve.

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New swimsuit, new you

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

If you enjoy being in the water, but haven't been in a swimsuit for awhile, or if you just need a new stylish suit before summer is upon us, Cindy Green, owner of Audrey's Boutique, will display ladies' suits and cover-ups at Waterford on Monday, May 21, from 2 to 3 pm in the Forum. A Waterford bus trip to Audrey's Boutique for swimsuit fittings and purchases will be scheduled later.

The Therapeutic Benefits of Water for Exercise and Relaxation will be presented at the event. Perhaps a new swimsuit is just what you need to take advantage of Waterford's two opportunities for using water for relaxation and exercise.

Our beautiful hot tub pool is in a spacious, relaxing sunlit room, with an abundance of indoor greenery surrounding the area. Comfortable warm water with bubbles and jets soothe achy joints and muscles, relieve pain, and warm the body in preparation for a relaxing massage or for exercise. Massages are available just a few steps away with one of our licensed massage practitioners by scheduling an appointment. The hot tub itself is large enough and deep enough to perform seated full-body exercises or standing lower-body exercises, which increase flexibility, strength, and balance by using the unique buoyancy and resistance properties of water. The hot tub easily accommodates six people at a time for relaxing fun and socializing.

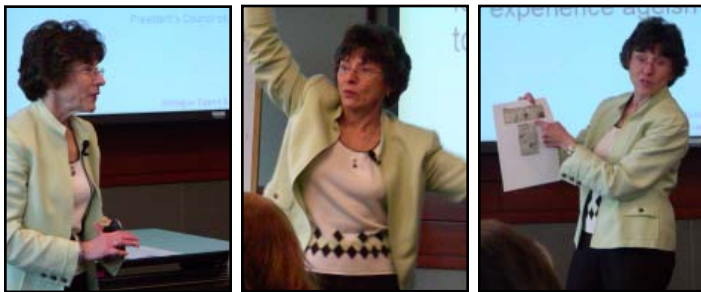
On Wednesdays at 12:30 pm, residents and guests travel

to the Spokane Athletic Club in Spokane Valley to use the beautiful indoor lap pool. Participants may swim laps, join me for a water exercise class, or use the hot tub. We have a regular core group of participants who have enjoyed exercising together in the water for over a year. They have experienced decreased pain; increased muscle endurance, strength, and flexibility; and improved balance. Because of the buoyancy of water, weight-bearing impact on painful joints is reduced, enabling participants to exercise in ways they may not be able to do outside of the water. The resistance of the water enables them to strengthen opposing muscle groups more efficiently. Those with reduced balance can execute more difficult balance challenges without the fear of falling; these balance improvements translate to improved balance on land.

If the lack of a swimsuit has kept you out of the water, join us on May 21 for the Audrey's Boutique display. If you'd like to join us for water exercise, please call me at 509-536-2929, ext. 8201.

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International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system;**
- **Maximize individual capacity—do as much as you can;**
- **Make sure your “whole person” shows up every day;**
- **Take on self-responsibility;**
- **Recognize that life happens and make a decision to be positive.**

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

Upcoming events

Sunday, May 13, 10:30 am and 12:30 pm— Mother’s Day Brunch.

Friday, May 18, 2 pm—*Love and Marriage* skit, presented by resident Chuck Buringham. Forum.

Monday, May 28, noon— Memorial Day Barbecue and Patriotic Musical. Four Seasons Patio.

Wednesday, May 30, 2 pm— National Senior Health & Fitness Day and PED Walking Challenge Kickoff Party with keynote speaker Kevin Hennessey. Lobby.

