



Building intentional community

by Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

During my travels as vice president of Wellness & Programs, I visit all of Touchmark's communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

—*Maya Angelou, poet*

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- **Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.**
- **People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.**
- **The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”**

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident's skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Betty Doerschlag. You are invited to be an architect of this intentional community.

Waterford celebrates moms and dads

by **Mary Johnson**
—Sales Manager

Mother's Day and Father's Day are celebrated every spring, and Waterford is honoring all parents by offering a special gift. Give mom or dad a Priority Reservation for years of stress-free living. What better gift than comfortable surroundings, life-enriching activities, and maintenance-free living—every day of the year? Come in and pick up the perfect gift—a fully refundable Priority Reservation Certificate for \$500 off our regular \$1,000 reservation deposit and a special gift. Offer good through June 30, 2007.

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Good ol' summertime in Spokane

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

One of the things you'll notice when you drive around the South Hill area in Spokane, Washington, is the number of people using the beautiful city parks to walk for exercise. Every morning while driving to work, I see people walking High Drive or around Manito Park, either by themselves or with their children and spouses.

Waterford residents have started a competitive three-month walking program to encourage healthy lifestyles. Last year, we tracked our miles on a U.S. map and "walked" from Spokane to New York in four months. This year, our goal is to track our miles weekly and follow the Lewis and Clark Trail from St. Louis to the mouth of the Columbia River. Not only are we increasing exercise and improving our health, but we are getting a lesson in history.

The Waterford Health Services Neighborhood has joined the fun, and they are tracking their miles across the state of Washington from Spokane to Seattle. We are planning to have an awards party and serve Starbucks coffee once we arrive in Seattle. Stop by Waterford and check our walking progress anytime this summer. Tours are available seven days a week. We'd love to show you our beautiful campus and introduce you to the nicest people in Spokane—Waterford residents.

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 June is an "I remember when ..." nostalgic story.

Being a parent



by **Bob Hopp**
—Resident

Our only child, Janice, was born in the military hospital at Fort George Wright on September 10, 1945. At the time of her birth, I was stationed with the 20th Air Force on the island of Guam in the South Pacific. One day, soon

after she was born, I received a telegram from my former warrant officer at Fort George Wright congratulating me on the birth of my fine son.

During wartime, mail service was very slow and sometimes not very dependable. At any rate, it was around two weeks later that I received a letter from my wife informing me of the birth of our daughter! For those two weeks I was excited about having a son, but in the final analysis, a girl was just great, too.

Following the end of World War II, I was sent home and discharged in February 1946. Our daughter was about five months old when I saw her for the first time. The three of us made our home in Davenport, Washington, where I resumed employment with Old National Bank at its branch.

The house

We borrowed \$2,100 to purchase our first home. It consisted of a relatively small living room with an oil stove, a very small dining room, kitchen, bath, and one bedroom. At this time, there was a shortage of available appliances. So for quite sometime, my dear wife had to wash clothes and cloth diapers on a scrubboard in an old, claw-footed bathtub. Later when we could afford a Bendix washer and one was available, we installed it in the bathroom. I recall dismantling the hot and cold supply lines at the bathtub to install tees that would accept the hose connections to the front-loading Bendix washer. It was one of my first do-it-yourself projects. Several leaks occurred in my plumbing connections, and I learned the hard way that when you

replace parts in old plumbing, always install new gaskets and washers. The kitchen and bath in this old house had once been a porch, and the floor sloped from the inside wall to the outside wall. This fact posed another problem, and, of course, water went everywhere.

The blanky

One of the few problems that we had with Janice was when she was cutting teeth. It seemed that for a time she was quite miserable. To relieve the pressure, we would rub her swollen gums with a thimble. Janice was an attractive, loving, and sweet child, who was easy to train and care for.

One Saturday night, my wife and I went to a local dance and left Janice with a young babysitter. At intermission time, my wife's intuition kicked in, and we decided to go home. On arrival, we found the sitter in great distress and our daughter standing up in her crib crying. One of us looked down on the floor, and there was her favorite "fluffy" blanket. As quickly as it was handed to her, she stopped crying, laid down with her blanky, and went to sleep!

The new home

In 1949, we purchased some lots across the street from the new grade school, and with the help of a Federal Housing Administration loan, we built a new two-bedroom home with a full basement. At that time, we were the owners of the Davenport Paint and Electric Store. So in 1952, when television came to the Spokane area, we were very busy installing 10-element Yagi-type antennas on the homes in the surrounding area to allow our television purchasers to receive the signal from Spokane. Janice was in the second grade and soon fell into a pattern of coming home from school and watching the tube until time for supper. Several weeks went by, and I could see this habit was continuing, so I fixed the set so that it wouldn't come on. The first afternoon when she came home from school, and the TV did not work, you would have thought the world had come to an end! Her mom said, "Well, Janice, perhaps we should go down to the library and check out some books." The truth is that the episode made a bookworm out of her, and from that time on, we monitored her television viewing time. She graduated college and to this day is a school teacher who takes her vocation seriously, and her students benefit immensely from her dedication.

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 22.

For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty J. Doerschlag.

Grapetree is "blooming" with possibilities

Grapetree recently hosted a colorful Patio Gardening Event and Open House. Professional horticulture consultant, landscape designer, and KXLY 920 AM Radio garden talk show host Phyllis Stephens broadcasted live from Grapetree, showing visitors how they could turn an ordinary patio into a wave of color by planting a container garden. People learned

to duplicate their current garden in patio containers, toured nine beautiful Waterford homes, and entered prize drawings.

Come discover the growing community and amazing lifestyle at Waterford at Grapetree.



Walk your way to better health

by Lori McCormick, PT
—Fitness Specialist

June is the beginning of the 2007 city-wide Summer Walking Challenge, sponsored by PED, a local nonprofit organization that promotes healthy aging through increased physical activity.

Waterford residents will join other local retirement communities and area senior centers to compete for traveling trophies that recognize the participating organizations with the highest cumulative mileage, highest percentage of participants, and greatest improvement in mileage over the course of the summer.

Every participant in the Summer Walking Challenge is a winner! Improved health and vitality will be their reward for establishing a consistent walking program. Regular walking has been shown to have numerous health benefits including:

- Increased energy levels
- Increased muscle strength
- Increased bone density
- Improved joint health
- Improved management of arthritis
- Improved weight management
- Decreased risk of falls
- Decreased blood pressure
- Decreased risk of cancer, diabetes, and heart disease
- Decreased anxiety and depression
- Enhanced independence and quality of life

Beginning Friday, June 22, Waterford residents will engage in one of their favorite summer activities—walking. Each Friday, they'll board the Waterford bus at 9:30 am for an off-campus walking activity. Favorite locations to visit include the Rose Gardens and Duncan Gardens at Manito Park and the Centennial Trail along the Spokane River.

Please consider joining us on these enjoyable excursions. For information, call me (Lori McCormick) at 509-321-8201. We'd love to have you walking your way to better health along with us!

Upcoming events

Thursday, June 21, 5 pm—Birthday night social and dinner. Lobby and Four Seasons Dining Room.

Tuesday, June 26, 10 am to 3 pm—AAUW Bridge. Hoyles Room.

