



A Touchmark community  
Est. 1980



## Participate in Waterford's summer festivities



*Message from*  
**Jeff Bair**  
—Executive Director

Summer is officially here. Hoopfest had its time downtown and now is packed away for another year. Many Waterford employees participated directly or cheered for others. Warm weather is setting in with sincerity. Now comes time for the lake, barbecues, swimming, and all the other seasonal activities we associate with summer.

Our annual barbecue and open house was earlier this month and featured a Western Days theme with delicious food, live music, and patio games. It was a great way to



Last year, guests and residents enjoyed a cruise on Coeur d'Alene Lake.

see our community and meet many of the fine people who live here.

Next month, cottage residents will take a sunset cruise Saturday, August 4 from 7 to 9 pm. This annual event is open to individuals interested in living in one of our beautiful cottage homes. If you would like to participate, please RSVP at 509-536-2929. We hope to see you at one of these fun events. If these dates don't fit your schedule, please call for a personal tour of Waterford's cottage or condo-style homes.

.....

## We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the "war to end all wars—World War I" were recognized and interviewed. Those who are still alive are scattered around the world and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War I veteran, Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007), died at 115 and is the oldest authenticated veteran from any conflict. It is amazing that someone could survive through all the health epidemics, storms, disasters and challenges the last 115 years have presented to the human species.

**“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”**

*—Audrey Stubbart, quoted in the 1995 article in U.S. News & World Report’s feature on centenarians still working*

In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter and more abundant

of Lewis and Clark’s great American journey. While these are fun incentives that help everyone work together toward a common goal, participants rate personal benefit as their main reason for walking during the beautiful Spokane summer weather.

One resident recently told me that she can walk farther and faster this summer than she could a year ago. Another resident is now walking in excess of a half mile without a rest, which is a great accomplishment for her. A 92-year-old man is one of our most enthusiastic veteran walkers. He attributes his ability to enjoy playing golf with his lifelong habit of being physically active, including walking almost every day.

These residents and others are noticing that participating in a regular fitness program that includes walking improves their quality of life. Walking options available at Waterford include walking indoors or outdoors, using the treadmills in the Health and Fitness Center, Stepping Out neighborhood walking at 8 am on Wednesdays, and Centennial Trail walking at 9:30 am on Fridays.

Please contact me if you would like to learn more about our walking programs or fitness classes. We’d love to have you join us!

food have increased the average adult’s lifetime to the late seventies. The percentage of people over the age of 100 in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 than ever before. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Waterford is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Betty Doerschlag. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

.....

## **Residents notice quality of life improvements with walking programs**

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

Waterford residents are focused on walking to improve their health this summer. While participating in the citywide Summer Walking Challenge, in which local retirement communities compete for walking trophies, they are plotting their cumulative mileage along the route

### **Upcoming events**

**Tuesday, July 24, 2 pm**—Travel presentation on China. Forum.

**Thursday, July 26, 2 pm**—Root-beer floats. Coffee shop hallway.

**Friday, July 27, noon**—Men’s lunch in Hoyle Room.

**Tuesday, July 31, 9 am**—Bus leaves for tour at WSU Creamery. Group will stop at Ferdinand’s Ice Cream Shoppe for ice cream.

## **What does your ideal retirement look like?**

*by* Mary Johnson  
*—Sales & Marketing Director*

Imagine ... coming home to your beautiful Waterford home knowing that the lawn is mowed and all the house-

keeping is done and you can relax after being away at the lake or visiting your family out of town. Waterford would love to help you make this dream a reality. On Saturday, July 21 and Sunday, July 22 from 10 am until 4 pm, we are hosting an open house for four different Waterford cottages and five unique homes at Waterford at Grapetree. The variety in sizes and styles vary greatly with all these homes, but Waterford services still remain first class. Summer is the perfect time to sell your home and become part of Waterford's active community.

There is a wonderful sunset cruise on Coeur d'Alene Lake planned for Saturday, August 4 for all the cottage and Grapetree residents and their guests. On board there will be a jazz band playing favorites from the '40s and an opportunity to dance and make new memories and friends. Mark your calendar for the July open house and then join us for the August cruise on Coeur d'Alene Lake as a new resident of Waterford on South Hill or Waterford at Grapetree. Contact me at 509-536-2929 for more information on Waterford homes.



**Discover the Waterford lifestyle today. Call about this attractive home.**

## The Waterford experience

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

Waterford on South Hill is truly a wonderful place to live and work. I've had the privilege of helping shape some of the programs that keep our community at the forefront of retirement-style living. Earlier this month, we celebrated the nation's birthday with a Fourth of July barbecue, and later this month, we'll tour the Washington State University Creamery—complete with a stop at the ice-cream shop.

As a community, we continue to grow. The outstanding

staff are dedicated to residents' interests and enjoy building friendships with residents. My mother-in-law has lived at Waterford for over five years. While people may think she lives at Waterford because I work here, I know she is content and happy because staff members treat her with respect and compassion. I appreciate the Waterford staff and their continued focus on enhancing each resident's experiences in a positive way. Their hard work makes a difference in each person's life every day.

Stop by Waterford to join us for a Life Enrichment/Wellness event and experience our warm hospitality and family-like community.

### 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 July is a poem featuring patriotism and community service.*

## What patriotism means to me

**by Annis Oetinger**  
—Resident at a Touchmark community in Bend, Oregon

My feelings about patriotism are well expressed in a lovely hymn, *This Is My Song*. It says that this is my country, my home, where my hopes and dreams are and [speaks] about the beauty of our country. It also tells us that other people in other lands feel the same way about their home countries. We love our own country and respect that love in others for their homes.

*For August, please submit a recipe with a story. Deadline for this issue is July 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.*

