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## Waterford Home Health & Home Care receives Medicare certification



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

I am pleased to announce the grand opening of a new program offered under the umbrella of Waterford services. Last month, Waterford Home Health & Home Care completed the initial Medicare certification survey. Congratulations to everyone who helped achieve this accomplishment.

Waterford Home Health & Home Care has been in operation since 2001, primarily serving residents of Waterford or nearby South Hill. With this new Medicare certification, we now offer skilled nursing care with physical, occupational, and speech therapy to those recovering in their homes from illness or injury.

For more information, please contact Waterford Home Health & Home Care at 509-321-8149. Give us a call ... I am certain you will receive outstanding service.

## Leisure—it's more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

**“Leisure is a form of silence, not noiselessness. It is the silence of contemplation such as occurs when we let our minds rest on a rosebud, a child at play, a Divine mystery, or a waterfall.”**

—Bishop Fulton A. Sheen

The list of the current top 10 most-viewed leisure companies on [www.hoovers.com](http://www.hoovers.com) ranges from the McDonald's Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating

(especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Waterford, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Betty Doerschlag about how they define leisure—both individually and collectively.

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## Looking for the perfect home?

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

Waterford is featuring a darling one-of-a-kind, one-bedroom, one-bathroom cottage home this month. This cottage has a den with a bay window, a cedar-lined walk-in closet in the master bedroom, an updated bathroom with a walk-in shower, and an updated kitchen with new cabinets, countertops, and appliances.

Additionally, the living room features a cozy, freestanding gas fireplace and sliding glass doors that have miniblinds built in between the panes of glass, so you never have to worry about them collecting dust.

This cottage would be perfect for a person who enjoys independence and comfort. It is move-in ready, and we'd love to show it to you. Please call me for a tour at 509-536-2929.

## Upcoming events

**Sunday, August 26, 6:30 pm**—Dog-trick show.

**Wednesday, August 29, 1 pm**—The WestCoast River Queen cruise on the Spokane River.

**Thursday, August 30, 7 pm**—West Valley Kiwanis Club Fiddlers. Lobby.

## Destination—Hells Canyon

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

Just imagine—you could be on this trip and learn more about the Pacific Northwest and the ice age.

Four times each year, a three-day overnight trip is organized by the Life Enrichment/Wellness department, and residents have the opportunity to go on an adventure.

In September, Waterford is planning an unforgettable journey to the Snake River into scenic Hells Canyon on a chartered U.S. Coast Guard-approved jet boat. We will be staying at the Quality Inn & Suites on the Snake River in Clarkston, Washington, and spending one day on the white water, learning the history of the area, soaking in the serenity, and enjoying the canyon's natural beauty and wildlife.

Hells Canyon is the deepest gorge in North America. Although it's north of the 45th parallel, the elevation is low enough to provide very mild temperatures, earning the nickname Banana Belt. For centuries, this rugged canyon's mild climate attracted humans, and we will explore the petroglyphs found on rocky outcroppings as well as learn about Chief Joseph and the Nez Perce Indians.

This trip is just one of our many special events planned each month for residents and guests. We invite you to join us on one of these trips and experience the Waterford lifestyle.

For more information and questions, please contact me at 509-321-8200.

## 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 August is a recipe with a story.*

## Grandma's sugar cookies

*by* Carol Doerschlag Brown

—Daughter of resident Bernadine Doerschlag Hegle

We all have fond memories of our mothers, fathers, and grandparents. In my family, recipes were passed down from generation to generation. Thus, when I cook one of these family favorites, I always think of my mother, Bernadine, and her mother, Grandma Keller. Both were exceptional cooks. I feel great when I bake one of their recipes and can tell Mom how much we enjoyed it.

Sour cream cookies are one of our family's favorite recipes. As children, when we visited Grandma Keller's kitchen, she always would have these cookies for us. We even knew where she kept them, down in the cabinet in a roaster pan.

It seemed to me the cookies got better the longer they were in Grandma's roaster pan. I loved them and called them sugar cookies! I had no idea there was sour cream in them until years later when I asked Mom for the recipe. I saw sour cream and thought, "Hey, she has the wrong recipe."

After making them, I knew they were the same cookies from my childhood. Over the years, I have made these



**For resident Bernadine Doerschlag Hegle, baking is a family tradition and favorite pastime.**

cookies for my children and now bake them during the holidays for my grandchildren, with many fond memories of my own childhood.

### Sour Cream Cookies

- 1 cup sour cream
- 1/2 cup butter or lard
- 1 teaspoon soda
- 2 teaspoons baking powder
- 2 eggs
- 1 1/2 cups sugar
- Flour—enough to make the dough stiff

Roll out dough and cut with cookie cutters. Sprinkle with sugar before baking, and they will taste like Grandma Keller's sugar cookies, or frost with powdered-sugar frosting, and they will be just like Mom made. Bake at 350 degrees for 13 minutes on an ungreased cookie sheet.

*For September, please submit a book review of your favorite book. Deadline for this issue is August 27. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.*

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## Outdoor walking tips

*by* Lori McCormick, PT

—Fitness Specialist

Summer is well under way, and residents and staff are accumulating miles as we "walk" across the Lewis and Clark Trail. They're enjoying walking outside, especially in the morning or evening to avoid the heat of the day.

As you walk this summer, remember these tips for outdoor walking.

- Take drinking water with you to help cool your body and to keep well hydrated.
- Wear sunglasses to protect your eyes from ultraviolet radiation.
- Wear a hat to protect your face from the sun.
- Wear sunscreen on exposed skin areas.
- Walk with another person whenever possible.
- Make sure someone knows where you are walking and when you expect to return.

To avoid injury and to achieve a more efficient workout,

notice how you walk:

- Check your posture. Are you standing tall? Is your head out in front of you, leading the way, or is it back with your ears over your shoulders where they belong?
- When you step forward, your heel should hit the ground before the rest of your foot. Do you have a definite heel strike when you walk?
- Pay attention to your breathing. Can you inhale for two steps and exhale for four or eight steps?
- Vary your step length and/or your walking speed.

The Surgeon General's office widely promotes being moderately active for at least 30 minutes per day. Make this your goal, and take advantage of the weather and the classes and fitness opportunities available to you at Waterford on South Hill. Please call me at 509-321-8201 for further information.

