



People can affect onset of progressive memory loss

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer's disease was published. In 2006, the spotlight of research

“Older adults have more control over their cognitive vitality than they may realize.”

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—Elizabeth Stine-Morrow,
Professor of Educational Psychology,
University of Illinois

turned to nutrition. In general, the consensus of all the researchers is “if it's good for the heart it is good for the brain.” This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain's region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked to brain cell growth and enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow's research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don't need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Waterford are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Betty Doerschlag.

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When in Rome ...

Residents can “wine and dine” in Roman attire at the upcoming Roman Banquet and Toga Social. Dining Room Manager Steven Mitchell has researched Roman and Greek foods and is planning a special menu. Staff will decorate the Four Seasons Dining Room in plastic vines and grapes, and music will start the evening.

“This will be a fun, festive evening” says Life Enrichment/Wellness Director Betty Doerschlag.

Each resident is requested to bring a flat top sheet to the social hour, where staff can assist with draping the togas.

This Roman-themed dinner and social is Thursday, September 27. The social hour starts at 4:30 pm in the lobby, and the banquet follows at 5:30 pm.

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Walking the Centennial Trail



Throughout the summer, residents and staff have walked portions of the Centennial Trail. Recently, the group walked near the Spokane River.



A group participates in a Friday walk on the Centennial Trail, which starts near Spokane and winds its way to the Idaho border. The Friday walks will continue until the end of October.

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 September is a book review of your favorite book.

Reading for fun!

by Tony Savalli
—Resident



Tony Savalli loves reading books and encourages you to take advantage of the many reading opportunities at Waterford and in Spokane.

Many of us were required to read professional journals, technical reports, and other materials pertaining to our jobs or professions. We have reached a period in our lives when we can read for pleasure, and the opportunities here at Waterford to do just that are many. There is a fine library here, where one can find hardbacks, paperbacks, magazines, and a selection of large-print books.

The Spokane Public Library outreach van comes once a month with a selection of books to lend. Judy and Al will take requests and will do their best to bring what you specify. The South Hill branch of the Spokane Public Library is a few blocks away on Perry Street. It is very easy to get a library card if you don't have one. Reading is fun!

The fall publishing season will get under way in September, and there are many favorite authors who will have new titles. Here are some to consider. David Baldacci has written *STONE COLD*, featuring the Camel Club of previous novels. Richard North Patterson offers a political novel *THE RACE*. Favorite author Anne Patchett tells the story of a Boston family in *Run*. For readers who like mysteries, there is *Dark of the Moon* by John Sandford. Adventure lovers will like Clive Cussler's *The Chase*. There are new works by Iris Johansen, Douglas Preston, Ursula Hegi, Vince Flynn, Harlan Coben, James Patterson, and J.A. Jance.

For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 27. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Betty Doerschlag.

Waterford fitness specialist presents at regional convention



Fitness Specialist Lori McCormick, PT, presents at the recent Oregon Health Care Association Annual Convention 2007 in Portland, Oregon. Vice President of Wellness & Programs Marge Coalman, EdD, also presented at the event.

“NuSteppers” log more than 1 million steps

“Waterford Health and Fitness Center acquired the NuStep® TRS 4000 Recumbent Cross Trainer in February 2007. Since then, it has been the most popular piece of fitness equipment in the Center,” says Waterford Fitness Specialist Lori McCormick, PT.

NuSteppers have logged over 1.2 million steps since February. Chuck Birmingham, a regular NuStepper, logged the 1 millionth step on July 27. To add a little fun, learn a little US history, and build camaraderie among the NuSteppers, Route 66 was plotted from Chicago to Los Angeles on a map posted near the Health and Fitness Center. Since late March, participants have been steadily “Nustepping” along Route 66. Every seven to 10 days, fitness staff have posted historical facts on the map about locations along old Route 66. Recently, residents accumulated enough steps to reach Los Angeles. Staff and residents celebrated this accomplishment with a party, which included '50s music and root-beer floats.

Using the NuStep increases strength in all major muscle groups of the upper and lower body, burns calories, and improves cardiovascular fitness. The center also has two

treadmills, an elliptical machine, and a recumbent exercise bicycle for cardiovascular fitness. Weight machines are available for strengthening the entire body. In addition, fitness classes are held daily, Monday through Friday. If you have any questions about Waterford’s fitness programs, call Fitness Specialist Lori McCormick, PT, at 509-321-8201.

Move into Waterford



Waterford’s most popular condo-style home floor plan is the Manito. Recently remodeled, two Manito homes now include beautiful maple cabinets, new countertops, light fixtures, carpet, and more. The Manito features vaulted ceilings, a master bedroom with walk-in closet, one bathroom, French doors leading into a den with a bay window, a fully equipped kitchen with new appliances, and living room with a view and balcony. Both Manito homes will be ready October 1. Make an appointment today to see these two updated homes.



This attractive 1,856-square-foot home includes 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.

Upcoming events

Wednesday, September 26, 2:15 pm—
Huckleberry Sundae. Coffee Shop hallway.

Thursday, September 27, 4:30 pm—Toga Social
and Roman Banquet. Residents are requested to
bring a flat sheet for their togas, and staff will
assist with draping. Lobby.

Friday, September 28, 11:30 am to 1 pm—
Men's Luncheon. Crystal Dining Room.

Saturday, September 29, 7:15 pm—Bus leaves
for Civic Theater performance of *South Pacific*.

Join us at Waterford for an evening of
fun, food, and family



Vintage
fire truck on
display at
cottage 1702

Fresh-baked
pizzas by
David's
Pizza

Cottage Block Party

Friday • September 21 • 4:30 - 7 pm

Music • Beverages • Door prizes • All are welcome

