



A Touchmark® community
Est. 1980



Ideal dining experience a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a

celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Waterford supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Betty Doerschlag.

Good food, good health, good company, and good conversation are the goals of the Waterford dining experience.

.....

They walked 27,000 miles ...

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

More than 100 people who participated in the Summer Walking Challenge gathered at Riverview Retirement Community and celebrated their commitment to good health with an ice-cream social in October. Waterford residents, five area retirement communities, and one senior center participated in the community-wide 2007 Summer Walking Challenge. PED, a local nonprofit organization dedicated to healthy aging, sponsors this competitive

program. All together, Spokane older adults walked more than 27,000 miles from June through August.

At the social, people with the most mileage logged from each community were recognized with a gift certificate from a local restaurant. The winner from Waterford was Ace Edmunds with 173.42 miles. Way to go, Ace!

Everyone who participated in this year's challenge is truly a winner, and their personal dedication to fitness was acknowledged and celebrated.

Stay healthy—avoid the flu

by Nona Phelps, RN
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live,

weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.” To read Marge’s article, visit Touchmark.com/community-involvement.htm.

Take advantage of amenities and services

A recent study by the U.S. Bureau of Labor Statistics found that older adults spend anywhere from 1.9 to 4.5 hours a day on household work, depending on age and employment. At the minimum of two hours per day, a person could spend approximately 14 hours per week on housework. Are you spending time on housework instead of enjoying activities and people?

Take advantage of amenities and services at Waterford and discover more time for the people and activities you love. Let Waterford staff care for your home. Spend time savoring your meal instead of cooking and cleaning. Take advantage of a dynamic Life Enrichment/Wellness program, scheduled transportation, and 24-hour concierge customer service.

This month, Waterford is showcasing two lovely homes:

The Manito



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 a walk-in closet, one bathroom, French doors leading into a den with a bay window, a fully equipped kitchen with new appliances, and a living room with a view and balcony. Waterford has already received a reservation for one of these new Manitos. Make your appointment today to reserve your newly remodeled Manito—there's only one left.

The Amherst



Looking for a cozy home with maintenance-free living? Come tour this darling Amherst cottage with 1,252 square feet of living space, two bedrooms, two bathrooms, a living room with a gas fireplace, and a formal dining room. Call about this home today!

Celebrating at the Roman-themed party

“The recent Roman Banquet and Toga Party was a fun evening, with lots of laughter and smiles,” shares Life Enrichment/Wellness Director Betty Doerschlag.

Residents brought flat-top sheets to the Toga Party Social, and once everyone had draped and pinned their “togas,”



People wear their togas at the recent Roman Banquet and Toga Party.

they joined the Roman Banquet in the Four Seasons Dining Room.

The Life Enrichment/Wellness staff and Executive Director Jeff Bair, also wearing togas, served wine. Dining Services Manager Steven Mitchell and his staff joined the fun by dressing in togas while serving people.

Plastic grapevines hung from the pillars and twinkled with little white lights. As people walked into the dining room, the overhead lights were dimmed to add to the ambiance.



Residents ready to party Roman style.

Staff member receives US citizenship

For Dietary Aide Marilyn Gifford, 2007 is her lucky year. She received her US citizenship and was married. “This is my year,” says Marilyn.

Just seven years ago, Marilyn’s husband suddenly died, and Marilyn relocated to Spokane to live near her sister and her sister’s husband. Later that year, she started working at Tidymans supermarkets, and in August, Marilyn added a second job and joined the Waterford team.

“I love my job,” says Marilyn. “I love the residents and my coworkers.”

This feeling of respect is mutual. “I’ve always been impressed by Marilyn’s dedication and hard work,” says Director of Food & Nutritional Services Sue Nott, who oversees the dietary aides. “While she was working toward her citizenship, I was quite humbled by her perseverance and delighted to share the experience with her.”

After seven months of studying and mounds of paperwork, Marilyn, who is from the Philippines, was sworn in as a US citizen. “During the ceremony, I could hardly remember everything, because I was so excited,” says Marilyn. “I just couldn’t wait to get my citizenship.”

To celebrate the occasion, the Waterford team planned a surprise party for Marilyn, and they even convinced her that she needed to wear red, white, and blue that day, claiming there was a patriotic event planned. “It was a special moment,” says Marilyn, recalling the party.

Marilyn now is considering returning to school to become a nurse. “I love working with older adults, and I hope to expand that into nursing.”



“America is my home, and I want to represent it,” says Marilyn, explaining why she wanted to undertake the task of acquiring her citizenship.



Marilyn, a Waterford dietary aide, celebrates her US citizenship.

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 October is a poem about harvest/life wisdom.

And So It Is

by **Bettie Kinyon**
—Resident

She watched as the wind blew the leaves to the ground,
Creating a blanket of red, yellow, and brown.

There could be no doubt autumn was here,
Her very favorite time of the year.

Deciding to sit on the bench made of wood,
She unbuttoned her jacket then removed its warm hood.

Leaning back she looked at the sky
Just as a formation of geese flew by.

Perfectly aligned as a unit of one
They flew toward the south for a winter of sun.

Peacefully settled, she yawned and relaxed
Closing her eyes to it all.

Out of the blue she heard a voice call,
“You’ll have to hurry to race to the wall.”

With a quick jump, they ran as fast as they could
Side by side with shoulders touching.

They hit the wall at the very same time
Then fell to the ground laughing.

Breathless they lay for five minutes or more
Savoring the aromas of autumn.

Fresh apple cider, warm pumpkin pie,
plump purple grapes, and peaches.

Arriving as twins had been nature’s call
But the beauty of living had been sharing it all.

He jumped to his feet and went on his way
Calling to her, “I’ll see you some day.”

With a quick start she opened her eyes and soon realized
Like the geese she, too, must move on.

There’s a rhythm to nature that repeats as expected
Yet, can vary without any reason.

Its plan is to sprout, grow, and produce
Then gather and rest for a season.

She had spent a full morning down memory lane,
She walked to the doorway tapping her cane.



Bettie Kinyon
travels down
memory lane.

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

Upcoming event

Friday, November 9, 4:30 to 6 pm—Martini Demonstration & Tasting at Waterford cottage 2903. Please RSVP by calling 509-536-2929.

Saturday, November 10, 7:15 pm—Bus leaves for Super Pops performance of *Sizzling Latin Jazz*.

Monday, November 12, 7 pm—Veterans Day Musical Celebration by trombonist John Wayne Taylor. Lobby.

Thursday, November 22, noon—Thanksgiving Dinner.

