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Giving and sharing

by Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans. Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left their communities to volunteer. The awareness of how fortunate most of us are to have a

“Sharing is sometimes more demanding than giving.”

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—Mary Catherine Bateson

home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a *consistent*, personal commitment to prioritize the needs of others over our own.

As we approach the season of giving with a heightened awareness of the vast needs around us, both local and

national, it is an ideal time to take a personal inventory of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Touchmark offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There are also opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site (Touchmark.com/volunteer-opportunity.htm) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

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Celebrate the holiday season in your new home

Find more time for loved ones and important activities as Waterford staff provide you with exceptional service. Waterford offers a variety of amenities and services to fit your needs, such as caring for your home’s indoor and outdoor maintenance.

You can take advantage of the scheduled transportation and avoid winter driving or use the private dining room to host a holiday meal. Avoid the holiday stress, and instead spend your time making memories with friends and family.

The Lincoln D Cottage

Located on 2903 S Waterford Drive, this home has 1,801 square feet of living space, two bedrooms, two bathrooms, a spacious den with a wet bar, cherry cabinetry, and a beautiful gas fireplace. The kitchen is completely remodeled with new cabinets and new appliances. In addition, the ceilings are vaulted in the living room, and a second gas fireplace is featured. There is a covered deck that exits onto a walking trail that leads to Waterford's new resident garden and the beautiful patio off the Four Seasons Dining Room.



Rich cherry cabinetry gives this cottage a warm feeling and classic touch.

The Pioneer apartment

This home features a 600-square-foot floor plan that includes a full kitchen with space for a table and chair set, vaulted ceilings, one bedroom, and one bathroom. The balcony overlooks the main building's front entry, where you can watch the changing seasons.



From the Pioneer apartment, you can see the seasonal displays that staff set up outside the main entrance, like these fun fall decorations.

More than 450 attend Harvest Festival event

In early fall, Life Enrichment/Wellness staff started planning for the Harvest Festival. They gathered decorations, planned carnival games, purchased prizes, and sent invitations to six elementary schools, two day-care centers, and Waterford staff. Resident volunteers packaged the prizes for the carnival games, and people started designing their costumes months ahead of time.

“This annual event has become extremely popular in the South Hill community, and more than 450 children and parents joined us for an evening of fun and trick or treating,” shares Life Enrichment/Wellness Director Betty Doerschlag.

The day of the event, residents dressed in costumes and greeted children and parents at the front door. Attendees brought canned food to the festival, contributing to Waterford's food drive, which continues until early December.

Children and parents proceeded down the Spooky Hallway, gathering candy from residents, and then they traveled up the Spooky Elevator to the Carnival on the second floor, where they played games, trick or treated, won fun prizes, and munched on tasty food.

“This is a wonderful intergenerational event, where children and residents interact with each other and enjoy a safe harvest event,” says Betty.



Three witches gather at the Harvest Festival. From left: Sales & Marketing Director Mary Johnson and residents Virginia Thomson and Lois Lee.

Upcoming events

Saturday, November 24, 2 to 6:30 pm—Apple Cup Tailgate. Forum.

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

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.

Creating afghans for children

by Irene Snow
—Resident

The Waterford Yarn Crafters are a volunteer group of ladies who, for many years, have made small afghans for children in the CASA (Court Appointed Special Advocate) program. These blankets then become part of CASA's My Bag project and are given to abused and neglected children who are taken from their homes with nothing of their own.

At the present time, approximately 20 Waterford on South Hill women help with the program, mostly knitting blocks in their homes, which are then crocheted around, sewn together, and readied for the final crocheted border. Yarn has been donated by RSVP (Retired and Senior Volunteer Program) members and friends and purchased with money donated from the Waterford Resident Fund. This year, 87

blankets have been turned in, and 1,500 hours of work have been reported.

Not only is this a worthwhile project in that it helps local children, but it also gives my friends and neighbors a worthwhile way to spend some of our spare hours.



Bev Kilpatrick (left) and Jane Wynhoff quilt during a Waterford Yarn Crafters gathering.

Fitness assessments help people stay healthy

Recently, 21 residents participated in Senior Fitness Testing, a series of standardized functional fitness tests that measure upper- and lower-body strength and flexibility, cardiovascular endurance, balance and agility, and body composition for people 60-plus.

Waterford Fitness Specialist Lori McCormick, PT, trained nine Intercollegiate College of Nursing students to assist with assessments, and each participant received an individualized computer-generated analysis of their results after completing the testing.

“I believe the greatest value of the Senior Fitness Testing is for participants to compare their own results from one time to the next,” says Lori. “If a person's fitness level is declining, it's never too late to begin a fitness program that can add to his or her quality of life.”

Lori further explains the value of participating in this program. “The tests enable older adults to compare their fitness levels against age-matched norms. Ultimately, the results help people maintain or modify their fitness program and lifestyle choices so they can continue to enjoy a healthy



Irene Snow creates an afghan for children in need.

life.” The results also can help participants determine if they are at risk for losing their functional independence. For example, if a person’s leg strength is such that he/she can perform no more than eight stands from a chair in 30 seconds, they may be at risk for needing help to get up from the seated position.

Waterford Health and Fitness Center offers the fitness tests in a group setting with student volunteers twice annually (in April and October). Residents also may choose to take a complimentary test with a fitness specialist once each year (by appointment). The Center also offers daily fitness classes and individual or group personal training.

If you’re interested in the Senior Fitness Test, classes, or personal training, please contact Fitness Specialist Lori McCormick, PT, at 509-321-8201.



Resident Travis Boggs reaches for his toes as an Intercollegiate College of Nursing student measures his flexibility.



Resident Imogene Schafer does stands from a chair while a student watches the time.

