

News wrapped in fresh format

HAPPY HOLIDAYS AND SEASONS GREETINGS FROM WATERFORD!

During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd love to hear what you think of our updated look.

Feedback is very important to us. Each year, Waterford surveys residents, seeking their opinions about the building, food service, Life En-

richment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

We just completed this year's survey, and we're delighted that our health care staff were rated among the top three of all Touchmark communities in the US and Canada. This is a real tribute to the staff!

We're looking forward to a wonderful holiday season filled with new and traditional events. Please

join us for any (or many) of the December activities. Some favorites are tasty holiday meals, the food drive, the tree lighting ceremony, concerts and many more.

We wish you a meaningful holiday season, and if you are looking for a warm, friendly, fun place to spend your holidays, come join us at Waterford.

Warmly,



Jeff Bair

Jeff Bair
Executive Director

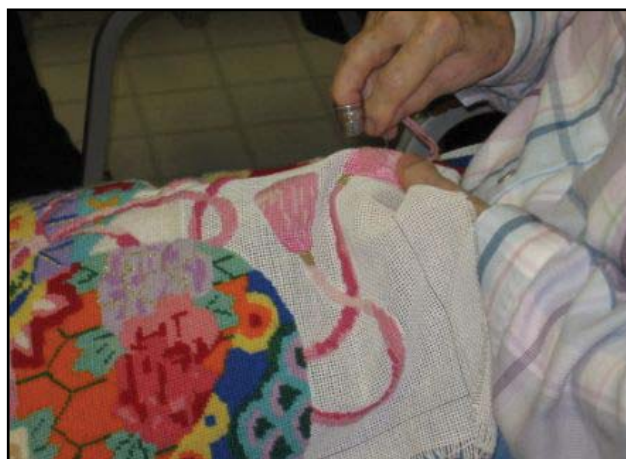
Residents support hospice house

Three Waterford quilters have been volunteering their creative talents and quilting skills for the Hospice of Spokane's newly opened hospice house.

Quilt club member Marilyn O'Bannon donated five completed quilt tops to the hospice house project. Marilyn, Elaine Thrush, and resident Virginia Will gathered weekly with other Spokane quilters to complete the quilts by the grand opening. The women reached their goal of draping each bed with a handmade quilt, adding color-

ful décor to each room.

"As you walk through the new building, you notice the handmade quilts on the bed," says Life Enrichment/Wellness Director Betty Dorschlag. "It was fun for the quilters



to see their labors of love at the grand opening."

Marilyn and Elaine have volunteered to clean the quilts in the coming years in order to preserve the workmanship and life of the quilts.

"This is an example of volunteers giving back to the community and sharing their creative talents for a great cause," says Betty. "Waterford is proud of these artistic women and their efforts to bless others." ■

Coming Events

Friday, Dec. 14, 2 pm

Holiday & Christmas Tea and Carols. Forum.

Monday, Dec. 17, 1 pm

Bus leaves for shopping at the Nut Factory.

Tuesday, Dec. 18, 6:15 pm

Buses leaves for holiday city light tour.

Friday, Dec. 21, 7:15 pm

Bus leaves for Super Pops performance of *Home for the Holidays*.

Candlelight Christmas Eve and New Year's Eve dinners. The Polecats perform New Year's Eve. See the Life Enrichment/Wellness calendar for more information.

Looking for healthy holiday diet and fitness tips?

As the holiday season begins, daily routines often change. People tend to eat and drink more, and it can be more difficult to participate in a regular fitness program. Many people consequently gain a few pounds. Weight gain has a negative impact on many aspects of health and on medical conditions that commonly accompany aging, such as diabetes and osteoarthritis. Maintenance of a healthy weight benefits health and helps to manage most age-related medical conditions.

Waterford Fitness Specialist Lori McCormick, PT, and Dining Services Manager Steven Mitchell have teamed up to provide people with healthy diet and fitness tips during this festive season. Steven will print a diet tip with a positive message about food on each weekly Four Seasons Dining Room menu, and Lori will share a fitness tip during each exercise class.

At the end of the season, residents will receive handouts of all the tips, which will help people remember the guidelines for a healthy 2008.

If you'd like to hear these fitness tips, join an exercise class during December. For more information, call Fitness Specialist Lori McCormick, PT, at 509-321-8201. ■

Meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Waterford community, you can take advantage of Waterford's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Waterford staff can help you design a memorable menu for your family dinners and holiday celebrations. Call 509-536-2929 to learn more about the private dining room, catering, and the many amenities and services at Waterford.

Apartment 112 offers the 600-square-foot Pioneer floor plan, which includes one bedroom and one bathroom. Located on the ground level of the main building, this home faces Waterford's attractive circular drive and includes a patio off of the living room. Small pets are welcome.

The Amherst is located on 1709 E 32nd Court and includes two bedrooms, two bathrooms, and 1,306 square feet. The renovated kitchen makes cooking and entertaining easy—plus the patio and large grassy area are perfect for barbecuing. The home includes a gas fireplace and an oversized double-car garage. ■



Tour the 1,306-square-foot Amherst today.

Celebrate the spirit



Marge Coalman, EdD
Vice President of Wellness & Programs,
Touchmark

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently lose sight of the value

of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate

I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life."

—Aimea Saul, artist

the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Waterford, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact Director of Life Enrichment/Wellness Betty Dorschlag to become an active changemaker and contributor to the circle of life. ■

Quilters donate 1,000-plus hours

Waterford Quilt Club members have been working on the Touchmark Foundation quilt this past year. Member Marge Karavitis gifted her original design for this project and is enjoying quilting with the group to complete the project.

"Recently, we counted more than 1,000 hours that have been donated toward this project," shares resident Virginia Will. Every Thursday, the club socializes and quilts in the fourth-floor craft room. The group hopes to complete it by the 2008 Waterford quilt show in April. People will have an opportunity to win the quilt at the show. All proceeds benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support.



Marilyn O'Bannon (left) and Virginia Will chat while working on the Touchmark Foundation quilt.