

It is never too late



Marge Coalman, EdD
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Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body's ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two

positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center (www.sciencedaily.com/releases/2007/12/071213152540.htm) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

"When measures to combat chronic disease are started in one's 60s and 70s, there are still definite benefits."

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

At Waterford, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Director of Life Enrichment/Wellness Betty Doerschlag. ■

Upside Down Fruit Basket Dinner Night

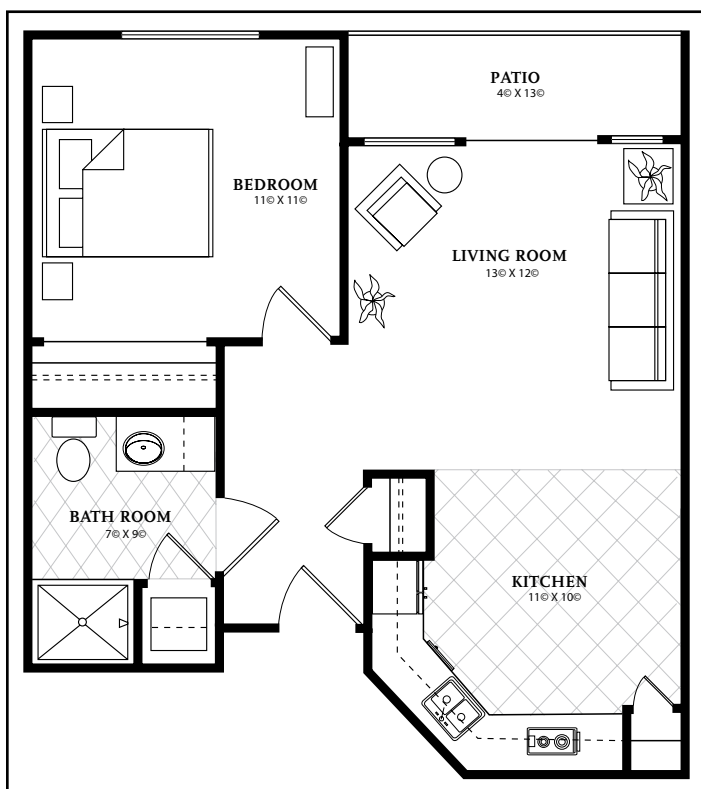


Members of the Welcome Committee and Life Enrichment/Wellness Director Betty Doerschlag wear festive handmade hats for the Upside Down Fruit Basket Dinner Night. The group helped plan the recent mix- and-mingle event. "There was lots of laughter," says Betty. "Since it was so successful, we plan to repeat this event every other month." People selected pieces of fruit when they entered the dining room and then sat next to others who selected the same fruit.

Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Waterford reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.



The Pioneer 217 apartment includes 600 square feet, one bedroom, and one bathroom. The apartment is close to the billiard and computer rooms, and the balcony has a southern view of the surrounding park-like setting. Enjoy the beautiful maple trees lining the front circle.

Social connectedness is a major component of the Waterford Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at wine-tasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you’re looking for an engaging retirement lifestyle that offers interesting social opportunities, call Mary Johnson to learn more about Waterford’s lifestyle and available homes. ■



The Amherst cottage is located at 1709 E 32nd Court and offers 1,242 square feet of living space, two bedrooms, and two bathrooms. Enjoy cooking in a kitchen that has new cabinets, countertops, and appliances. The covered front and back patios offer lovely views of the natural landscape.

Committee welcomes people to community

Each one of the Welcome Committee members plays a key role in connecting people throughout the Waterford community.

“These residents volunteer their time and work together to connect and embrace new community members,” says Life Enrichment/Wellness Director Betty Doerschlag. Betty further explains that (*cont.*)

(cont.) more than 290 people call Waterford home, and there are 200-plus staff members. “These individuals are central in establishing a close community.”

Committee members meet with new residents as soon as they move in, escort them to evening meals, and introduce them to others who have similar interests. Committee members also give new neighbors a tour of Waterford’s amenities and invite them to a formal luncheon and a community-wide Welcome Home Reception, where they are the guests of honor.

The Welcome Committee members are Cochairwomen Bette Westover, Cochairwomen Virginia Will, Dorothy Cooper, Shirley Clark, Pat Peterson, Trudy Grant, Sally Hampson, Phyllis Hathaway, and Georgia Schneider.

“The recent fruit basket dinner night is a perfect example of the great work that the Welcome Committee does,” says Betty. “They thought of the idea, and we all worked together to plan the event—plus it was a fun way for everyone to connect.”

To learn more about this committee and other volunteer opportunities, talk with Betty. ■

Coming Events

Thursday, Feb. 14, 5 pm

Valentine’s Day candlelight dinner. Four Seasons.

Friday, Feb. 15, 2 pm

Potpouri of Love. Readings by Chuck and Pasqua. Forum.

Tuesday, Feb. 26, 2 pm

The Orient. Travelogue by Murthe’ Winkey. Forum.

Focus on posture

Waterford recently launched the new Posture & Balance class. The class offers a small group setting with one-on-one attention from the instructor. Fifteen people are currently participating in the class, and seven others already have joined a waiting list for the next session.

“I am really pleased with the interest residents are taking in this class,” says Waterford Fitness Specialist Lori McCormick, PT. “Improving posture is a learned skill. This class helps people improve postural awareness and teaches them how to correct their own posture and stretch and strengthen their muscles to achieve the best posture possible.”

The initial classes are focusing on achieving optimal posture in standing and seated positions. Participants are learning that optimal posture means the normal curves of the spine are maintained in all positions—sitting, standing, and lying down.

Postural changes can decrease a person’s quality of life by contributing to neck and back pain, decreased lung capacity, balance changes and increased fall risk, and decreased space in the abdomen with resultant bowel problems and discomfort. Poor posture also can increase the energy requirements for activities of daily living.

“We’re providing new information about posture, and there are homework assignments, so they can practice during the day,” shares Lori.

To learn more about future Posture & Balance classes, talk with Lori.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

A Winter Reward

By **Bettie Kinyon**, Resident

I opened the shade on my fourth-floor window to the early morning sun.

There below lay a compelling display of black and white stillness.

The balance of lights and darks, lines and shapes produced a masterpiece!

Diamond crested snow covered the parked vehicles like well-tailored upholstery.

In contrast to their smooth sculptured shapes, the pointing boney fingers of the leafless tree branches lined the curb in symmetrical arrangements.

Parallel black lines cut through the white carpeted driveway.



Bettie Kinyon holds a frame to make her view into a picture.

A pair of Canadian geese stood side by side on an icy pond beyond.

My window framed it all.

Like love waiting to be revealed
or a song waiting to be sung,
here lay a Master's piece waiting to be seen.

*March's focus is the value of humor and optimism;
the deadline is February 15.*