

Offering fitness classes for residents

Residents are invited to participate in the fitness classes offered each day at Waterford. Fitness Specialist Lori McCormick, PT, teaches most fitness classes, which are usually held in the Forum.

“Fitness is a very important contributor to the quality of life,” says Lori. “After age 50, our rate of aging accelerates, and exercise becomes more important than ever. We lose strength, flexibility, and endurance at a faster rate than earlier in our lives. Our ability to balance declines, and posture seems to give in to gravity. The fitness classes at Waterford are designed to help residents resist these changes.”

SIT AND BE FIT *Monday, Wednesday, and Friday from 9:30 to 10 am*

Mary Ann Wilson, RN, began the SIT AND BE FIT

program on public television in 1987, and the program currently airs on approximately 204 PBS stations nationwide. Mary Ann leads the SIT AND BE FIT class at Waterford. The class includes seated and standing exercises choreographed to music and focuses on breathing, posture, balance, and functional fitness.

HeartSteps

Tuesdays from 9:30 to 10:20 am



People use exercise balls during a Posture & Balance Class.

This class focuses on increasing the heart rate as well as dynamic and static balance. Participants usually stand near chairs to use for balance as needed.

Strengthening Class

Thursdays from 9:30 to 10:20 am and 10:30 to 11:20 am

Focus on increasing upper- and lower-body strength with hand-held weights and exercise bands.

Golden Waves

Wednesdays from 1 to 1:40 pm

This class is held in the pool at the Spokane Athletic Club. The class focuses on improving cardiovascular fitness, strength, posture, and balance. ■

The “3 Cs” of life balance



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

Alliteration is sometimes helpful to capture important information in an easy-to-remember way. The “3 Cs” of a life in balance are one way to conceptualize the important elements of aging well and simplifying our lives so that we can focus on a life that continues to provide meaningful opportunities for engagement.

Continuity of longtime routines, rituals, and choices helps people navigate many life transitions—including retirement and moving to a new home. Although the neighborhood, real estate, neighbors, and services may be different, the ability to continue important daily, weekly, and annual routines supports us through unfamiliar circumstances.

Compensation is the second C word. When making changes, it’s important to be sure the features of the home, neighborhood, and services are amenable to the changing needs of older adults. Lighting, sidewalks, door widths, accessibility, transportation support, and a long list of other daily needs can make (*cont.*)

(cont.) the difference in a successful and supported transition.

“An aging-friendly community offers ample opportunities for older adults to develop new sources of fulfillment, productive engagement, and social interaction.” —Andrew E. Scharlach, associate

dean and professor, School of Social Welfare at the University of California, Berkeley

Compatibility is important in all areas of our lives. The vocational, social, spiritual, physical, and emotional aspects of well-being require alignment. Are the values of the community in agreement with those personal values and beliefs that are primary to a person's life experience? Irreconcilable differences are not easily resolved.

Positive aging is made up of far more components than the “3 Cs” shared in this brief article. But assessing these three key factors when simplifying and retooling for the last decades of life helps support a successful change. This assessment—combined with a conscious decision to make proactive choices regarding home, health, and services while the decision is still available (and not made for the person by expected or unexpected changing needs)—is the basic principle of successful life transition.

At Waterford, we strive to create a community that provides the “3 Cs” to residents, families, and staff. For more information on how to become a part of our community contact the executive director or any of the team members. ■

Coming Event

Friday, March 28, 11:30 am
Men's Luncheon. *Spokane's Economic Development History*, presented by resident Ace Edmonds. Hoyles Room.

Popular TV show with a twist

The Newlywed Game show delighted audiences from 1966 to 1974 with a quirky competition between husband and wife teams. Waterford's Life Enrichment/Wellness staff adapted the show's concept to create a similar competition in the *Not-so Newlywed Game*.

Residents Tom and Verna Brady, Harvey and Verna Stueckle, Waterford Executive Director Jeff Bair and wife Kelley, and Sales Associate Terry LaLone and husband Tom participated in the game with an audience watching the action. Like the original show, each woman answered a series of questions and then the husband answered the same questions after returning from another room. If a person gave an answer that differed from the spouse's response, the audience buzzed the participant. Some husbands were asked, “If you were to describe your wife as a flower in the morning, (cont.)



Tom and Verna Brady provided the audience with a perfect performance, answering each question correctly. The couple received a \$50 gift certificate to a local restaurant and a large box of chocolates.

(cont.) would you say she is more like a sunflower, bird-of-paradise, or a snapdragon?”

Tom and Verna Brady, childhood sweethearts, answered every question correctly and won first place. They received a \$50 gift certificate to a local restaurant and a large box of chocolates. Jeff and Kelley Bair came in a close second and won a box of chocolates. ■



Waterford Executive Director Jeff Bair answers a tough question while wife Kelley watches.



The wives listen closely to their husbands' answers.

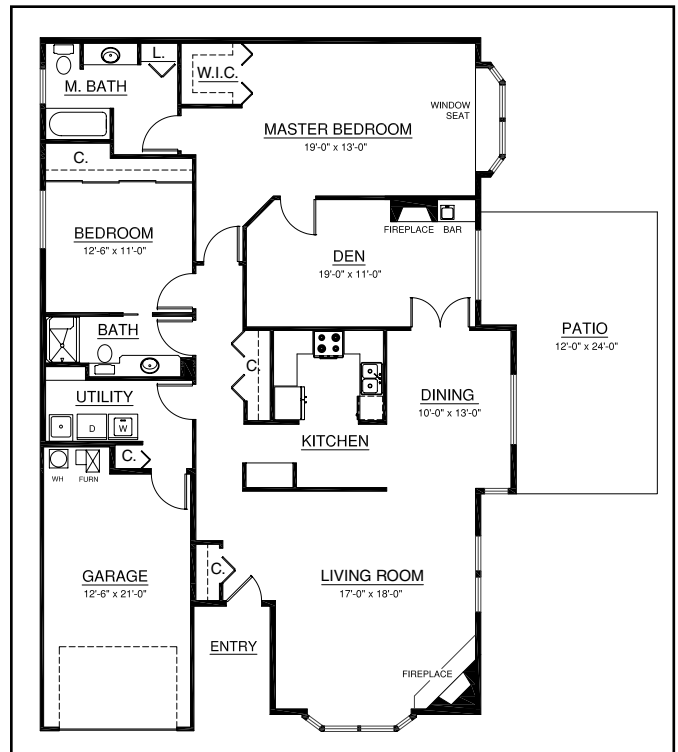
Discover the freedom to travel

According to AAA, some of the top travel trends for 2008 will be visiting Europe, Central and South America, traveling with family, climate sightseeing,

and taking earth-friendly vacations. Another popular trend is enrichment travel, which involves taking classes and attending events that deepen and enhance a person's travel experience.

Travel offers adventure and a fun escape from everyday life. For many, though, the burden of arranging for a house sitter or making sure that someone watches your home while away can add stress to the travel preparations. To avoid such hassle, consider the Waterford lifestyle, where you can relax, knowing others are caring for your home while you travel.

“We love to travel and meet other people,” says Judith Harris, who lives at Touchmark's Oklahoma community with her husband Leaman. “Now we're in a place where we're not serving the house, and someone else is taking care of the house.” Discover the freedom to travel. Call Waterford at 509-536-2929. ■



The home located at 2903 S Waterford Drive features a 1,803-square-foot floor plan with a remodeled kitchen, new lighting in the bathrooms, two gas fireplaces, a beautiful den, covered deck, and a library with cherry cabinetry.