

# Waterford hosts Touchmark Foundation nursing scholarships awards ceremony

The Touchmark Foundation was founded to enhance the well-being of seniors. In an effort to achieve this goal and address the national nursing shortage, the Foundation awards scholarships to students who are pursuing nursing careers. In addition to providing personal scholarship support, the Foundation has undertaken a special effort to increase the number of people available to teach tomorrow's nurses. By supporting the development of new nursing teachers, the number of nurses can be increased at a faster rate, and investments in nursing are leveraged for many years.

During a recent ceremony at Waterford, three students received Touchmark Foundation scholarships of \$1,000 each.

## **Barbara Richardson, RN, studies the relationship of obesity and sleep deprivation**

Barbara is a Spokane resident and holds a Bachelor of Science in Nursing from the University of Colorado as well as a master's degree in Parent and Child Nursing from the University of Washington. She was employed in several pediatric nursing programs and also has been a nursing instructor. A recipient of many leadership awards, she has completed three semesters of doctoral work and is currently working on her dissertation. Barbara will continue to study the

relationship of obesity and sleep deprivation related to growth in "screen" activities, such as watching TV and using computers, among youth.

## **Gail Oneal, RN, studies older adult participation within the health care system**

Gail also is a Spokane resident with a Bachelor of Science in Nursing and Master of Nursing from Washington State University (WSU). She works as a teacher and research assistant at the WSU Intercollegiate College of Nursing as well as a nurse clinical specialist in community health nursing. Gail's research focuses on assisting geriatric populations navigate the health care system. She hopes to add a scholarly nursing perspective to her research and plans to help develop interventions that work toward improved health care access for older adults.

## **Linda Ward, RN, focuses on integrating genetics and genomics into nursing education**

A Spokane resident, Linda holds a Bachelor of Science in Nursing and Master of Nursing from WSU. After the completion of her doctoral degree, Linda wants to continue her faculty role at the Intercollegiate College of Nursing while working to ensure graduates of all levels are prepared to deliver competent nursing care. ■

## **Mark your calendar for Active Aging Week**

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The event is from Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Waterford's Active Aging Week celebration. ■



## The greater good of all



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

**“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”**

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can sup-

port, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling 405-340-1975 to request an order form.**

of the 18 stories are by women on the home front. According to the Harrises, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Waterford communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of *the greater good of all*. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Betty Doerschlag. ■

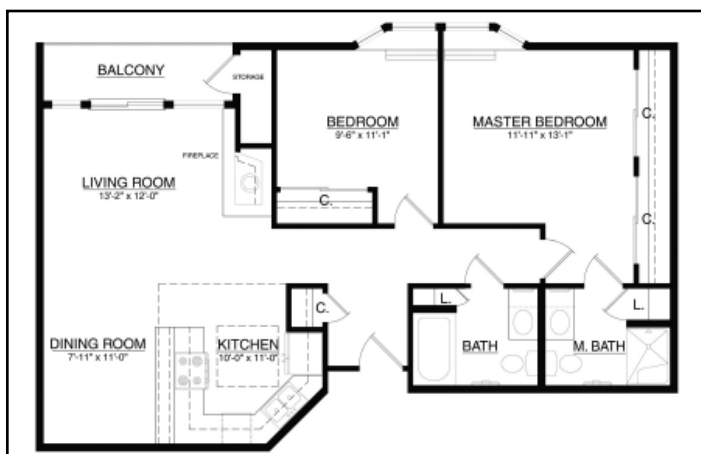
## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Waterford, socialization is a key component of daily life and the Life Enrichment/ (*cont.*)

(cont.) Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Waterford, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Waterford today to learn more about this vibrant community or call 509-536-2929 to learn more about the summer’s featured homes. ■



The Comstock apartment offers 1,060 square feet, two bedrooms, gas fireplace, and ample closet and storage space. This apartment also features a lovely patio with a view of Waterford’s tree-lined front drive.



This 1,275-square-foot cottage is located at 2905 S Waterford Drive and offers two bedrooms, two bathrooms, and a large great room with a vaulted ceiling. The home features a refurbished kitchen, gas fireplace, and private patio that filters in large amounts of light.

## Wellness instructor to lead training workshops—one in Spokane

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years. “These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

## Welcome Diane and Denise to the health and fitness team

With the addition of two new team members, Waterford Health and Fitness Center is expanding its services.

“I am delighted to have Diane Levad and Denise Rieckmann join our Waterford family and help expand the health and fitness services for residents,” says Director of Health and Fitness Lori McCormick, PT. “They bring considerable knowledge and skills to Waterford, which is shown through their excitement and desire to help people maximize their quality of life through the pursuit of wellness.”

### Meet Fitness Specialist Diane Levad, CPT

Diane, originally from Spokane, received her Bachelor of Arts in Recreation Management from Eastern Washington University. Her experience (cont.)

(cont.) includes working with older adults as an activity coordinator in Seattle, Honolulu, and Philadelphia.



**Personal Trainer Diane Levad assists Hideo Watanabe on the NuStep® while his wife Dorothy watches.**

Instructor and Personal Training certifications from the American Council on Exercise.

With Diane's help, Waterford Health and Fitness Center is able to offer additional services, including Posture and Balance classes and Fitness Equipment orientation. Diane currently works three days a week. She can be contacted by calling the Health and Fitness Center at 509-321-8201. During her free time, Diane enjoys her dog, Zoe, as well as being in the outdoors riding her bicycle or trekking on snowshoes.

## Meet Licensed Massage Practitioner Denise Rieckmann

Denise also is a Washington native, originally from Grand Coulee. She earned her license to practice massage from the Inland Massage Institute in Spokane. Skilled in various types of massage, Denise can customize each massage session to meet an individual's needs. "I am excited to have



**Forty people gathered in the Health and Fitness Center for a welcome reception for Diane and Denise. During the gathering, Denise answered Dottie Nelson's massage therapy questions.**

"I receive great satisfaction from helping clients realize they can improve their fitness and quality of life through regular exercise," says Diane. In 2005, Diane embarked on a career change and received her Group Fitness

the opportunity to bring the art and healing touch of massage to the wellness program at Waterford," says Denise. When she's not giving massages, Denise enjoys camping and bicycling with her husband, three children, and their dog.

Denise's professional interests are primarily in geriatric massage and lymphatic massage. Appointments can be scheduled by calling Denise at 509-599-1725. ■

## Smart Car zips into Waterford

To kick off Father's Day weekend, an environmentally friendly Smart Car made an appearance at Waterford and was displayed all day in the lobby. A poster listed facts about the tiny automobile.

"People are keenly aware of pollution and high fuel prices and how the cost of gas is affecting our economy," says Life Enrichment/Wellness Director Betty Doerschlag. "By bringing in the Smart Car, we were able to share one of the new options to help resolve some of these issues."

The Smart Car is fully equipped with a three-cylinder engine built by Mercedes-Benz. The top speed of the car is 90 mph, and it receives an estimated 45 miles per gallon. The car is produced under environmentally friendly conditions to ensure energy efficiency and preservation of natural resources. ■



**Dean Doerschlag finds the Smart Car comfortable and roomy despite its small size.**