



A Touchmark® community
Est. 1980

Discovering history firsthand

Waterford residents recently traveled to historic Wallace, Idaho, to learn about the silver and gold mines and their effect on the Spokane area.

“Though Wallace and Spokane are situated nearly 80 miles away, the prosperous mining industry in Wallace provided the finances for people to move to the Spokane area and build mansions, parks, and downtown buildings,” says Life Enrichment/Wellness Director Betty Doerschlag.

Before reaching Wallace, the group stopped in Kellogg, Idaho, for a three-mile gondola ride and lunch at the Silver Mountain Resort®. Afterward, people toured the resort’s newly opened water park.

In Wallace, everyone enjoyed dinner at the historic Jameson Restaurant Saloon & Inn. The restaurant holds a colorful past, as it was formally a brothel, a drinking place, and an eatery. Then at the Sixth Street Melodrama Theater, people enthusiastically booed and hissed the villains.

“It was a late night with lots of laughter and fun,” says resident Travis Boggs.

The next day people explored downtown Wallace, enjoyed lunch at the local favorite, Club 1313, and then caught a trolley bus to tour the town and a silver mine. ■



Gondola riders could see for miles as they rode to the top of Silver Mountain.



Bob and Dorothy Nelson enjoy the scenery as they ride the Silver Mountain gondola.

Nutrition news—eat those blueberries



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

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good (cont.)

(cont.) for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—*Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading*

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Waterford, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Waterford Life Enrichment/Wellness Director Betty Doerschlag or Director of Food and Nutrition Services Director Sue Nott. It’s never too late to make good dietary choices that support active aging. ■

Staff certified as Geriatric Wellness instructors



In early September, members of the Waterford team and invited guests attended an educational Cognitive Training Workshop. Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, (in striped shirt) led the group through more than 10 hours of training. At the end of the training, attendees passed the exam and were certified as Geriatric Wellness Instructors for a period of two years. Pictured are some of the members of the Waterford team who attended the Cognitive Training Workshop.

Coming Events

Friday, Oct. 24, 7:15 pm

Bus leaves for *Oklahoma!* performance at Civic Theater.

**Thursday, Oct. 30,
6 to 7 pm**

Intergenerational activity: Harvest Festival and Carnival.

Friday, Oct. 31, 11 am

Bus leaves for Hope House Celebrity Fashion Show.

“Eat, sleep, and fish”—meet Tom Brady

Walk into Tom Brady’s apartment and you’ll see that fishing has been his lifelong passion. Sitting on a chair, a pillow reads “Eat, Sleep, and Fish.”

“An old gift from a friend,” explains Verna, Tom’s wife. “Those who know him well know about his fondness of fly-fishing.”

Tom and Verna have spent many hours together enjoying their mutual hobby of fly-fishing in the cool waters of the Pacific Northwest. Tom first picked up fly-fishing in Denver, where he gained an appreciation for its simple pleasures.

Through further study, Tom learned how to tie flies. “They aren’t too complex,” explains Tom. “Rooster hackle in the back and front; Peacock hurl in the middle; no sweat. But don’t forget a bit of gold tinsel at the tip to give the fly a

little bit of flash to attract the fish.”

More than 40 years and hundreds of flies later, Tom recently entered the Fly Tyer 30th Anniversary Fly-Tying Championships. Since each participant may only enter two flies, Tom chose the Royal Wulff, which is a popular fly for east coast trout fishing, and the Renegade Fly, which Tom often used during his years in Wenatchee, Washington.

“Since 85 percent of a fish’s food is just under the surface of the water,” says Tom, “it’s always made more sense to me to make flies out of natural materials, so they sink slightly. The new synthetic fibers float; I don’t use them.”

Tom hopes to win some part of the competition. The top 20 flies from each of the sections will be mounted and displayed at the 2008 Fly Fishing Hall of Fame weekend festivities at the Catskill Center. The recognition at such a prestigious event would be a prize in itself, but for the top five entries there are other prizes, including a grand prize of four days and five nights for two

anglers at Forrester’s Bighorn River Resort in Montana.

“I’ll let you know if I win,” says Tom. ■



Of all the places he’s ever fished, Tom’s personal favorite is the Icicle River by Leavenworth, Washington. “The river isn’t far from the homey Bavarian town,” says Tom. “It was there I would always find the reward for my labors, the coveted Rainbow Trout.”



Tom Brady’s hobby of fly-fishing has evolved from simple curiosity to a lifelong passion.

Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore; I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota. *(cont.)*

(cont.) Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Waterford lifestyle—and the fall’s featured homes—call 509-536-2929 today. ■



Colorful flowers and trees surround the main building on the Waterford campus, creating lovely views from apartments.



This cottage offers one bedroom, one bathroom, a den, and a comfortable living room, which is ideal for entertaining guests.

Waterford expands use of Nintendo® Wii gaming system

When Waterford Executive Director Jeff Bair first saw the capabilities of the Wii Sports and Wii Fit programs, he exclaimed, “I have seen the future.” Shortly thereafter, Waterford purchased and placed a Wii gaming system and a 42-inch flat-screen television in the Health and Fitness Center.

“The idea of a video game system being part of a fitness program may seem odd, but once you see and try Wii Sports and Wii Fit, you realize this technology has wonderful potential to add fun to fitness,” says Director of Health and Fitness Lori McCormick, PT.

The Wii uses a remote that senses the player’s movements, which translate into action on the screen. For example, when playing a bowling game, you simply move your arm in a bowling motion, which appears on the screen.

Wii Sports offers golf, baseball, tennis, and bowling. Using a balance board to detect four points of a participant’s weight distribution at 60 times a second, Wii Fit offers fitness training in four areas—aerobic conditioning, strength training, yoga, and balance games.

“I am especially eager for residents to try the various components of the Wii Fit system,” says Lori. “I believe we’ll see real improvements in balance, strength, aerobic capacity, and flexibility as their use of the system expands.

“Diane and I have scratched the surface in using the Wii with some of our individual fitness training clients. We expect to incorporate it into training programs much more in the future, especially to enhance balance and lower body strength. The Wii System will help users improve body awareness and posture, thus reducing risk of falling.”

To learn more about the Wii, talk with Lori. ■

Touchmark vice president writes for recent issue of *The Journal on Active Aging*

In the current issue of *The Journal on Active Aging*, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.



“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” states Marge.

She writes that “along with other avenues such as lifelong learning and creativity, civic engagement offers considerable life enrichment opportunities for older adults. These pathways to improved health and well-being encourage people to lead

fuller, more satisfying lives.”

Read the full article online at WaterfordSpokane.com/common/pdf/civic-engagement-enrich-lives.pdf. ■

Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of

Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.