



A Touchmark® community
Est. 1980

Making children's wishes comes true through Make-A-Wish Foundation®

Each year, the Waterford community selects an organization to support during the holiday season. This year, the Waterford Resident Council voted to sponsor the local chapter of the Make-A-Wish Foundation and donate toys to children.

To gather these holiday wishes, Waterford teamed up with local organizations and people from the Spokane area. Sacred Heart Children's Hospital donated the room and refreshments for the holiday party. FedEx Office donated all printed signage. Rockwood Bakery and Waterford residents and staff collected toys for the children.

Waterford created a Sharing Tree, and participants took tags, purchased the listed gifts, and returned them wrapped to the Sharing Tree.

The children received the gifts during a holiday party on December 19 at Sacred Heart Children's Hospital. ■



This holiday season, Waterford, other local organizations, and members of the Spokane community are donating new toys to children through the local chapter of the Make-A-Wish Foundation. Tags with the children's requested toys hung on the Sharing Tree near Waterford's Coffee Shop.

Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the "walk of silence' around the monastery and

surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird's song, the water lapping on the shore, the rain on the treetops, or a child's spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is

about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

(cont.)

(cont.) If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

“The silence allows you to listen to the wind, your step, the fragrance of love.”

—Signpost along the “walk of silence” at Lake Orta

At Waterford, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Waterford Life Enrichment/Wellness Director Betty Doerschlag for information on the program opportunities that will provide meaningful moments throughout your day. ■

Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Waterford offers snow and ice removal and scheduled transportation. Visit Waterford or call 509-536-2929 today to learn more about this winter’s featured homes. ■



This beautiful three-bedroom, two-bathroom home features an upgraded gas fireplace, formal dining room, new/upgraded appliances, a two-car garage, and two patios. It is the perfect home for those who need office space, and with its spacious kitchen, this home is ideal for people who like to cook and/or entertain. This cottage is located at 1702 E 32nd Court.

A triumphant journey—meet Jim Wilkins

Seventy-one years ago, Jim Wilkins stepped onto a 50,000-ton ship and began one of the greatest adventures of his life.

At 21, Jim was the youngest Boy Scouts of America assistant scout manager. Under his direct care were 54 Boy Scouts representing Minnesota, Montana, North Dakota, and South Dakota. Together they would cross the United States, the Atlantic Ocean, and part of Europe to attend the 1937 World Scout Jamboree in the Netherlands.

The scouts began their journey by traveling to Washington DC, where they camped at the foot of the Washington Monument for the First National Jamboree with more than 27,000 other US scouts, about 1,000 were preparing to represent their country abroad.

From Washington DC, they traveled to New York,
(cont.)

(cont.) and then they sailed to Paris. They stopped at several countries, such as Belgium and England, and visited some of the world's most famous sights, including the Arc de Triomphe, The Grand Palace, the Palace of the Louvre, Notre Dame, Les Invalides, and the Palace of Versailles.

Vogelensang-Bloemendaal, Netherlands, was their final destination, where they joined more than 28,000 scouts from 54 countries for the 5th World Scout Jamboree. Each of the nations represented at the jamboree performed programs embodying the country's individuality. The group also participated in large-scale activities. During one ceremony, the scouts stood 12 abreast and marched past the queen of Holland.

"The ground shook even though we tried not to march in step. It took nearly two hours for all 28,000-plus to pass," Jim recalls.

A remarkable experience

"While in Europe, I toured the Eiffel Tower and much of Paris with my mother's cousin, a singer in the Jena Operetta," says Jim. "I dined at Café Ruc, one of the finest restaurants in Paris, with a friend of my former employer. It seemed everywhere I went I made friends with others."

Jim spoke with Prince Bernard and Princess Juliana (the future queen of The Netherlands), who sat near him during a program and



"I remember when some other Scout leaders and I received the great privilege of signing the Gould Book of Honor, writing our names into history as those who honored the soldier at the Tomb of the Unknown Soldier, which is beneath the Arc de Triomphe," says Jim while he holds a picture of the Arc.

talked about the Boy Scouts of America.

He flipped pancakes for nearly 20,000 people, including Lord Robert Baden-Powell, who was the founder of the scouts and Chief Scout of the World. At one point, three Arab scouts invited him and others to join them for warm goat's milk. At another time, a scoutmaster from Scotland traded him a kilt and sporran.

Every step of Jim's journey is worthy of a full story, but a specific event during the return voyage stands out.

While it took only six days to sail from New York to Europe on a sister ship of the Titanic, it took 10 days to sail back because of an impenetrable storm. The scouts were stuck for two days in the storm, and it was during this time that a British seaman stumbled upon Jim while he was brushing his teeth.

"The sailor asked me what I was

doing, and I explained that I was brushing my teeth," says Jim. "The man then said that he'd never heard of such a thing, and he told me he didn't know he was supposed to do it. So I gave him a toothbrush."

In response to Jim's friendliness, the seaman let Jim climb the ladder inside the hollow mast to the crow's-nest and watch the raging storm. From about 80 feet in the air, Jim snapped picture of the waves breaking over the bow of the ship.

After his 10-week trip, Jim started another journey. He returned Labor Day weekend to an idyllic teaching position and began the day after Labor Day. The school accepted Jim without an interview, which moved him one step closer to Harvard Graduate School of Business Administration.

Today, Jim, 93, lives with his wife, Clara. "I enjoy the friendships of many, and I continue to live life to the fullest wherever I go." ■

Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life.

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4				2	

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page five for answers.

Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others? Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in *(cont.)*

(cont.) need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online (TouchmarkFoundation.org) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation
Attn: Holiday Food Box Project
C/O Waterford on South Hill
2929 S Waterford Drive
Spokane, WA 99203-4400

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

**Answers to
the puzzle
on page 4**