

Sisters reunite at Waterford

In the early 20th century, most siblings lived together during their early years, but Pauline “Paddy” Fahlgren and Aileene Thiesen took a different path.

Paddy and Aileene grew up in Spokane. Yet, they didn’t live in the same home. Tragically, their mother did not survive giving birth to Paddy. At the time, their father was raising two daughters (Aileene and older sister Mary Catherine), and he asked the girls’ grandmother to care for the petite two-pound infant. After a while, Paddy went to live with a couple who were dear friends of her father’s. They raised Paddy until she married Cliff at 21.

Cliff’s career in the Navy soon took him and Paddy away from Spokane—for more than 25 years. Meanwhile, Aileene and husband Orval moved to South Dakota, where they lived on a farm with no lights or electricity.

“It was fun. We had a wonderful time,” says Aileene. After eight months, the couple returned to Spokane, where they enjoyed 60-plus years together, this time with lights and electricity.

When Paddy and Cliff returned to their hometown, they reunited with their family. Cliff and Orval, who served in the Army, became good friends. They had much in common, including military careers.



Sisters Aileene Thiesen (left) and Paddy Fahlgren enjoy living under the same roof for the first time in their lives. The two sisters are active members of the Waterford community. While growing up, they attended school together and participated in the same church activities. Yet, many children asked, “Are you and Paddy really sisters?”

Paddy’s three children, who are adopted, live in the Spokane area. Three of Aileene’s children live in Spokane, and the fourth lives in Kent, Washington.

Eight years ago, Paddy made Waterford her home. Aileene recently joined the Waterford community, and for the first time in their lives, the two sisters are living under the same roof.

“It’s really great living together after all this time,” says Paddy. “Just think of our ages, that we would be together after all this time.”

“My favorite thing about living together is going up and down that elevator to each other’s apartments,” says Aileene. “We keep that elevator busy.”

Both sisters are happy with their decisions to call Waterford home. “The food is absolutely wonderful here at Waterford,” notes Aileene. “Everybody you meet is pleasant and helpful.” ■

Look at what's available at Waterford!



A comfortable sunroom sits off the dining room in this Waterford at Grapetree home. An interior window connects the sunroom to the kitchen. Call today for more information about our limited-time offer Special Savings Program. View the available homes at WaterfordSpokane.com.



This cottage offers a kitchenette with a dining area, one bedroom, one bathroom, den, a comfy living room. Tour this cottage and learn what other cottages and apartments are available.

Pursuing whole-person wellness



Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well- (cont.)

(cont.) being is as dependent on lifestyle choices as on genetics. We don't get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

At Waterford, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Betty Doerschlag, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

Dr. Marge's Smoothie Recipe

Follow Marge's example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning *Let Your Spirit Soar*—a component of the Life Enrichment/Wellness program. The following highlights Nancy Compau.



Nancy Compau is an expert on Spokane history

“I love writing, children, and history,” says Nancy Compau. All three of her interests are evident in *Our City—Spokane*, published in 1996 by Lawton Printing, Inc. Co-authored with Marcia O’Neill Schrapps, SNJM, a former teacher and nun with the Sisters of the Holy Names, the book is still part of the curriculum for third graders in the Spokane School District. “It was important to us to bring the city alive to young children and to give them a guide to our community—a book they could use.”

Born and raised in Spokane, Nancy also has a passion for preserving historic homes. She co-authored



Nancy Compau holds her two books.

Spokane, A City with Historical Style (published in 2000 by Tornado Creek Publishing) with longtime friend and teacher Margaret Krause French. The book grew out of Nancy’s mission to be sure children residing in Spokane’s historic homes did not feel they lived in “just an old house” but could take pride in the historical significance of their home. “Historic homes have style. It is important for everyone to know and value the historical significance of them and to have access to grants and other resources to maintain them,” says Nancy.

Nationally, the bicentennial in 1976 sparked a renewed interest in identifying and recording historical sites and homes. As a result, the National Trust for Historic Preservation held its conference in Philadelphia and provided training sessions for groups to conduct historic surveys. The Junior League of Spokane sent Nancy and fellow member Nancy Henry to the conference. “We attended all sessions and learned how to set up and conduct the surveys,” says Nancy.

She adds, “A side benefit was the opportunity to visit homes dating back to the American Revolution. It was one of the greatest thrills of my life.”

Spokane homes surveyed

“We came back to Spokane and met with the city officials regarding the importance of historic preservation. One of the county commissioners was adamantly opposed to the efforts, stating ‘absolutely not,’” remembers Nancy. Determined to overcome objections, the Junior League took on the project to go “house by house and block by block” to photograph and document the rich history of the city. The efforts of Compau and her colleagues were successful, and today there is an official city/county Historic Preservation Office.

Nancy is a lifelong learner and scholar and holds a variety of educational degrees, including a master’s in History from Eastern Washington University. After she received her master’s degree, she worked for the Spokane Public Library and ran the Northwest History Room for 20 years.

(cont.)

(cont.) In addition to her talents and skills as a writer and historian, she is committed to volunteerism. More of an activist than most volunteers, she was instrumental in the efforts of the Friends of the Davenport, which led the way to saving the legendary Davenport hotel in downtown Spokane. The hotel is a national historic landmark that was featured in the Alaska Airline magazine article about

downtown Spokane's rejuvenation.

Additional commitments include serving as a volunteer at the Native American Museum, the Museum of Arts and Culture, Advocates for the Bing Crosby Theater, and Friends of the Library Board. She also teaches Sunday school at her church.

“Nancy Compau represents the principles of whole-person wellness

in a life of dedication, passion, and service to others, says Touchmark Vice President of Wellness & Programs. “Her impact as a teacher, author, and historian will be measured by generations to come.”

Currently, Nancy is working on another book about Spokane. ■

Virtual Wii Bowling Challenge

The sounds of cheering will fill the halls of Waterford as strikes and spares are rolled in the upcoming Wii Bowling Challenge. While the challenge won't feature a traditional bowling alley, or even a bowling ball, the spirit of competition is sure to be just as lively.

Four Wii bowling teams are being formed at Waterford, each made up of three residents and one team member. Teams will compete in the Wii Bowling Challenge during the months of February, March, and April. Strikes, gutter-balls, and everything in between are sure to be seen as participants and bystanders cheer on the teams as the Wii system keeps score. All competitions will take place in the Heath and Fitness Center.

A Waterford team member on each team will teach residents how to use the controller and operate the Wii system.

“It's a great fitness tool,” says Fitness Specialist Lori McCormick, PT. “Bowling and playing other games with the Wii promote exercise, and it can be an invigorating, fun way to socialize while also improving balance, coordination, leg strength, and endurance.”

The winning team will be treated to an elegant luncheon with Executive Director Jeff Bair in the Four Seasons Dining Room. Team members representing the losing teams will serve the meal.

Residents are invited to call Lori McCormick or Diane Levad in the Health and Fitness Center at 509-321-8201 if they are interested in participating. ■

Build your brain

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

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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.

Helping others



Waterford residents and staff joined together to help alleviate hunger in the Spokane community by participating in the annual food box project. They delivered boxes to the Union Gospel Mission, the local food bank, Vanessa Behan Crisis Nursery, and the Hope House (Emergency Women's Shelter).

Coming Event

Thursday, Feb. 26 and Friday, Feb. 27, 1 to 4 pm both days

AARP driving class at Waterford. Cost is \$12 per person when AARP membership card is shown and \$14 per nonmember. Sign up in the activities book.

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

Answers to the puzzle