

An indoor garden ... of quilts

“A bed without a quilt is like a sky without stars.” —Author Unknown

Waterford’s annual quilt show has delighted the Spokane community for 10 years. During this year’s show, Waterford turned into *A Garden of Quilts* full of color and handcrafted patterns.

Attendees viewed 132 quilts and learned from Spokane resident and quilting pro Dorie Clark. Dorie, who has been quilting for 19 years, led well-attended workshops on both days of the show. She credits the Washington State Quilters workshops for the depth of her skills and fostering her passion for the art form. A love for traditional quilting patterns and styles has led Dorie to reconstruct several vintage quilts, enhancing their beauty and extending their life for future generations to enjoy.

Dorie’s submission to the quilt show, Sunflowers, showcased her talent. The handcrafted quilt, which she dedicated to her granddaughter, radiates vibrant yellow. The quilt won the hearts and votes of fellow quilters, who voted it Best in Show.

The Touchmark Foundation quilt, over two years in the making, made its public debut at the show. The Cherry Rose quilt is a replica of Marge Karavitis’ award-winning design and took the Waterford Quilters—including Marge—over 1,000 hours to complete. The group now will donate the finished product to the Touchmark Foundation for a fund-raiser. Special



Spokane resident and quilting pro Dorie Clark shares tips from her 19-years of quilting experience with attendees at the two-day Waterford Quilt Show.



thanks go to Waterford Quilters Marge Karavitis, Kay Albrecht, Carole Anderson, Virginia Will, Roberta Brandt, Neva Braun, Jena Coghlan, Nancy Goodyear, Sally Griffith, Marilyn O’Bannon, Darcel Obermiller, Annie Sanders, Elaine Thrush, Deborah Webb, (*cont.*)

(cont.) and Karen Valandra for their dedication to the project to help promote the Foundation's mission to enhance the well-being of seniors across the United States and Canada. ■

Be Healthy to the Bone

Osteoporosis—the reduction of bone density and quality—increases fracture risk. It affects 75 million people in the United States, Europe, and Japan. Three classes at Waterford have been offering techniques for preventing and managing this disease.

Be Healthy to the Bone started

in early May, and one more class will be offered Friday, May 22 from 2 to 3:30 pm. A representative from the pharmaceutical company sanofi-aventis will perform complimentary bone density screenings from 1 to 5 pm.

For the first session more than 25 people gathered to hear Waterford Director of Health and Fitness Lori McCormick, PT, and Fitness Specialist Diane Levad, CPT., present *Facts about Osteoporosis and Bone Biology*.

“As May marks two celebrations—Osteoporosis Awareness and Prevention Month and Exercise is Medicine™ month—it’s an appropriate time for people to raise their awareness of whole-person wellness, including bone health,”

says Lori. “I encourage people to sign up for the third session on May 22.”

The session is open to the public and will be held at Waterford. The cost is \$10 per participant for the single session. Lynn Kohlmeier, MD, an endocrinologist with Endocrine Associates of Spokane and director of Spokane Osteoporosis Centers, will present *Assessing Bone Health; Medical Management and Treatment of Osteoporosis*.

For registration information, people can call Lori at 509-321-8201. Be Healthy to the Bone is sponsored by Waterford, Spokane Osteoporosis Centers, Novartis, and sanofi-aventis. ■

Coming Events

Thursday, May 21, 5 pm

Birthday night social with Tom Cooper playing music in the lobby, followed by dinner at 6 pm in the Four Seasons Dining Room.

Friday, May 22, 2 to 3:30 pm

Be Healthy to the Bone series. *Assessing Bone Health; Medical Management & Treatment of Osteoporosis* with Lynn Kohlmeier, MD. Forum. See article above for details.

Monday, May 25, noon

Memorial Day Barbecue. Four Seasons Dining Room.

Monday, May 25, 6:30 pm

Patriotic trombone music by John Wynn Taylor. Lobby.

Wednesday, May 27, 7 pm

Part one of the PBS video series, *The War*. Witness personal stories of World War II from the perspectives of men and women from four American towns. Forum.

Thursday, May 28, 10 am

Coeur d'Alene casino trip. \$8 per person.

Friday, May 29, 2 pm

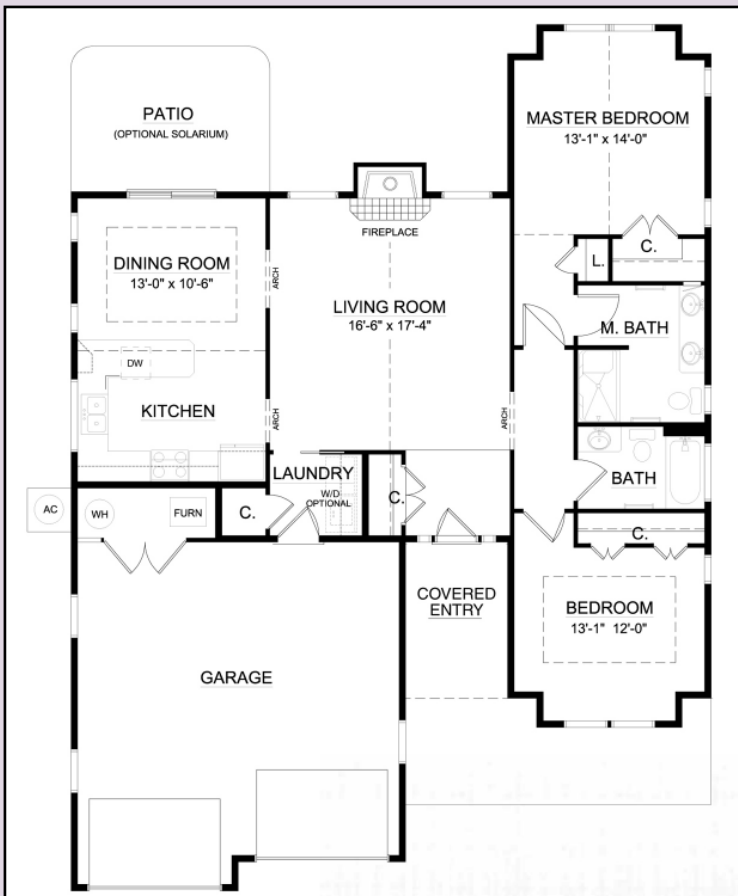
Walking Challenge kickoff party. Lobby.

Spring into savings

Waterford is offering special savings throughout May on stunning apartments and homes. Each one is move-in ready. For more information and a personal tour, contact Mary Johnson at 509-536-2929.



Located on the fourth floor, the Comstock features vaulted ceilings, a formal dining room, a balcony off the living room, and a beautiful gas fireplace. The two bedrooms and two bathrooms provide flexible living space in this 1,060-square-foot apartment that includes a full kitchen with appliances. New residents who move into this or another apartment by May 31 receive complimentary monthly service fees for one month.



The average savings on a Waterford at Grapetree single-family home is \$85,000 during Waterford's May sales promotion. For example, this 1,346-square-foot home includes two bedrooms, two bathrooms, a two-car garage, and numerous amenities throughout the custom-built home. The price? \$277,000 through May 31. Plus, residents may select a level of service that fits their lifestyle.



Celebrate activity —step into spring



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

“Birth certificates do not come with expirations dates.”

—Walter M. Bortz II, MD, healthy aging expert and author, *Dare to be 100*

May is Exercise is Medicine™ month, and the American College of Sports Medicine (www.exerciseismedicine.org) and the World Health Organization Move for Health campaign www.who.int/dietphysicalactivity/ have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new

opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

Example: ASK _____	N _____
A _____	O _____
B _____	P _____
C _____	Q _____
D _____	R _____
E _____	S _____
F _____	T _____
G _____	U _____
H _____	V _____
I _____	W _____
J _____	X _____
K _____	Y _____
L _____	Z _____
M _____	

Bob Gunning ... Dryland Wheat Farmer or Chinchilla Breeder?

To the untrained eye, a chinchilla may look like an especially large, fluffy mouse. Yet to resident Bob Gunning, each is a special creature with attributes and traits that make it unique and valuable. He should know—Bob spent 40 years breeding, raising, and showing chinchillas.

In 1937, while in high school in Davenport, Washington, Bob bought a pair of minks in hopes of breeding them and raising enough money to pay for his college education. While he did not continue in the mink business for long, his experience breeding the animals began the journey that ultimately brought Bob to his position as a renowned chinchilla breeder.

Bob first learned about chinchillas through an aunt in California who sent him information. She thought that with his experience breeding minks he might find it an easy transition.

After a semester at Washington State University, Bob left school to join the military in response to the bombing of Pearl Harbor. Before he left for military service, however, he purchased four pair of chinchillas at \$1,200 per pair—a significant investment by 1940 standards.

A German woman in Spokane, who also was getting into the industry, kindly agreed to care for Bob's chinchillas while he was away.

Upon returning from his military tour, Bob bought a farm next door to his family's farm and built a two-story facility for the chinchillas. Tragically, a fire destroyed the building and the 1,225 chinchillas.

In 1956, he traveled to the national chinchilla show in hopes of finding the right animals to rebuild his herd.

"I happened to see one animal, it was a female with a black line around each eye, nose, and mouth, like somebody had drawn it with a ballpoint pen," Bob says. "Its fur was very plush, more like velvet."

The owner of the unique animal told Bob he'd have to buy all 34 chinchillas in the herd to get the female, and after discussing it with his wife, Bob bought the entire herd. He then spent the next 11 years using specifically selected males to breed with that female and her female offspring in his quest to produce a black chinchilla called the Gunning Black Velvet Mutation.

Finally, in 1967, he was able to enter his first black chinchillas in the Empress Chinchilla Breeders Cooperative shows, winning an impressive 65 of the 66 possible trophies. That year, he sold breeding males from his herd.

At the peak of his career as a breeder, Bob owned 12,000



Bob Gunning

chinchillas. Surprisingly, he never needed more than one employee at any given time.

Caring for 12,000 animals was clearly not an easy task, and Bob did it while farming dryland wheat. "Some years we made more money selling chinchillas than wheat," he says.

Bob continues to be renowned for chinchilla. His animals were featured in numerous shows across London, and he was inducted into the Chinchilla Breeder Hall of Fame in 1989 for his Gunning Black Velvet Mutation.

Bob is an active member of the Waterford community. He offers his leadership skills and participates in many events. "Bob is a gentleman's gentleman, and he's a real pleasure to work with on resident projects," says Life Enrichment/Wellness Director Betty Doerschlag. ■

Mother's Day Call Home Campaign



Traditionally, there are more phone calls made in the United States on Mother's Day than on any other holiday. In order to ensure that the dedicated servicemen and women of Fairchild Air Force Base were able to call home to their mothers, Waterford residents and staff raised \$1,030. "Many families had a brighter Mother's Day because of the Waterford community's generous giving," says Life Enrichment Director Betty Doerschlag.

New residents waddle into Waterford

Waterford residents try to make newcomers feel welcome when they decide to make Waterford their home. When Travis Boggs noticed a new couple settling into their new home, he wanted to make sure a warm welcome was extended to them. While they are not traditional Waterford residents, they are welcome just the same.

Following is the letter Travis wrote to the Welcoming Committee:

For Welcome Committee,

I call your attention to two new residents at the Waterford. They appear to be quite devoted to one another. They huddle close together most of the day. He generally leads the way, and she follows discreetly at a proper distance. A good arrangement, don't you think?

He dresses in bright colors; she prefers more muted tones.

They decided not to reside in an apartment or a cottage. Instead, they seem quite contented to live in the pond in

the south courtyard, and to paddle around together all day long.

I don't know where they came from. Someone said they come every year about this time. Apparently they simply dropped out of the sky, and have found their nirvana here at the Waterford.

A hearty welcome to all of our new residents.

Life Enrichment Director Betty Doerschlag is thrilled that the two have chosen Waterford as their home. "It is wonderful that out of all of their choices, these two have picked our lovely campus and enjoy our residents as much as we do." ■



This new duck family (pictured) recently moved to Waterford. Residents living in the Devonshire neighborhood are providing plates of water.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

Suitcase

By **Hannelore Fassnacht**, Resident

HERE I AM, SITTING ON THE TOP SHELF OF HER CLOSET. She takes me down two times each year to dust me off. Once in a while, she looks at the things she's got stored inside and then she smiles or even wipes away a tear or two. I could cry, too, because I used to lead an exciting life when I was new.

I used to be called "A Hat Box", but I was much more than that. I am made of quality tan cowhide, 12-and-one-half inches square, and lined with a red plaid lining. Around the sides are pockets to fit shoes and small items that might get lost in a regular suitcase.

I went on her honeymoon—my first trip—from Vienna to Venice by train. My first plane ride from Venice to Rome and by a bumpy bus from Rome to Naples. In those days, hotels used to have colorful stickers to put on guests' luggage so people could show off how much they traveled. I collected more than my share of stickers. Some of my labels or stickers have been scratched off, but there are a few left: Hotel Luna in Venice, Trans Atlantic Airlines, Grand Hotel de Naples, Hotel Stern in Chur, Switzerland.

Everywhere we went there were porters to carry me, and I was treated like first class. You could say, "Those were the good old days!" I guess I shouldn't complain—at least she has kept me, and I am in her closet ... not sold at a garage sale! ■



Hannelore displays her suitcase, which she purchased in Germany with cigarettes for currency, one year after World War II ended. Working for the US government, she was allowed three cartons of cigarettes each week from the Post Exchange (PX). Since she didn't smoke, she amassed a substantial amount of cigarettes and was considered rich. Proving that it truly is a small world, Hannelore recently learned that the manufacturing company in Germany from which she purchased the suitcase was owned by the parents of Waterford on South Hill resident Ruth Harari.