



A Touchmark® community
Est. 1980

Now serving a Cup of Tai Chi

A new Waterford exercise class brings a special flavor to fitness. The class, named Cup of Tai Chi, outgrew the Coffee Shop and now meets in the Hoyle Room Tuesdays and Thursdays at 8 am.

The class grew out of a spontaneous Coffee Shop morning discussion. Executive Director Jeff Bair, Fitness Specialist Lori McCormick, PT, and residents were visiting and talking about the benefits of improved balance.

Tai chi, known for improving balance and reducing fall risk, became the topic of discussion. Residents agreed it would be fun to try a short tai chi class before they have their morning coffee.

“We just started the class at the beginning of August, and I feel it has been very successful, with about 14 residents participating ... and sometimes Jeff joins us,” says Lori.



“It’s an informal setting, and some residents who haven’t attended the other fitness classes seem to find this time to be very convenient.”

The 25-minute class includes a short warmup followed by tai chi exercises that enhance balance and

leg strength by promoting good posture, weight shifting, turning, standing on one leg, and mindfully moving.

For more information Waterford’s fitness programs, please contact Lori at 509-321-8201. ■

Going green—and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark’s vision, and

the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local “green” architects, developers, and builders whenever possible.

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(cont.) **Touchmark at Coffee Creek** (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At **Waterford at All Saints** (Sioux Falls, South Dakota), **Waterford at Harwood Groves** (Fargo, North Dakota), and **Waterford at Fairway Village** (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at **Touchmark on West Prospect** (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At **Waterford on Saddle Drive** (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to "Go Green" in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fundraising;

- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation

offerings;

- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Jeff Bair. ■



Save the date!

Celebrate Active Aging Week with Waterford! Events are planned during the week of Monday, Sept. 21 to Friday, Sept. 25. Watch for more information to come.

Share your time and talents

Research continues on the positive impact of "giving back" in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

There's no place like home



The 18-acre Waterford community is located in Spokane's stately and desirable South Hill area. Residents can take advantage of the award-winning Life Enrichment/Wellness program events and activities, fun fitness classes, and the many services, including assistance with daily living. Call today to learn more about the Waterford lifestyle!

Coming Events

Friday, August 28, 6:30 pm

Sam Wollenhaupt on the Marimba. Lobby.

Watch the calendar!

The Men's Club recently enjoyed a mystery trip event. The club is planning more activities for September. Keep an eye on the Life Enrichment/Wellness calendar for more details.