

## Be active. Be healthy.

Join Waterford in a week-long, cruise-themed celebration of a fun lifestyle. Scheduled events will encourage you to incorporate healthy activity into your daily life—and reap the benefits.

### Monday, September 21

**3 pm:** Sample and learn about different coffee drinks at the Rockwood Bakery and Coffee House.

### Tuesday, September 22

**1 to 4 pm:** Challenge your balance! Demonstrations on the hour using stability balls and balance pads.

**2 pm:** Polka-dot pottery. Cost: \$15, includes everything you need to make your own coffee mug.

**6:30 pm:** Karaoke with songs from the '40s and '50s.

### Wednesday, September 23

**9:30 am:** Walk the Centennial Trail with a stop at the Mirabeau Park waterfalls.

**2 pm:** Origami class.

### Thursday, September 24

**2 pm:** Men's Best Looking Legs contest with musical entertainment by Marc Postlewait on the accordion.

**7 pm:** Showing of *South Pacific*.

### Friday, September 25

**4 pm:** Celebrate Active Aging with an escape to the islands. Enjoy mai tais, a luau dinner, and musical entertainment by JJ Dion.

**6:30 pm:** Hula dance demonstration by Northwest Hula Company and an ancient and classical Hula demonstration by resident Georgia Schneider.

Earn Active Aging Bucks by participating in the week's events

for a chance to win a Hawaiian gift bag, an orchid, or a \$50 Red Lobster gift certificate.

For more information, call 509-536-2929.

*Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■*



## Proactive aging



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

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need

to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too late to change, and a lack of encouragement and motivation for making difficult changes. *(cont.)*

(cont.) All of these barriers have been considered in Waterford’s Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

**“Today, gerontologists are discovering that age in years doesn’t necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”** —*Baltimore Longitudinal Study of Aging*

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Waterford on South Hill’s event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

## Coming Events

**Mondays at 9:30 am**

Wii Golf in Health and Fitness Center.

**Saturday, Sept. 19, 10 am to 4 pm**

Classic Car Show. Barbecue at noon.

**Monday, Sept. 21 to Friday, Sept. 25**

Active Aging Week. See article on page one for more details.

**Wednesday, Sept. 23, 5 pm**

Men’s Club. Hawaiian Barbecue Sandwich Party. Coffee Shop.

**Monday, Sept. 28, 10:30 am**

Resident Meeting. Forum.

**Monday, Sept. 28, 1 pm**

Men’s Bridge in Billiards Room.

**Tuesday, Sept. 29, 10:30 am**

Picnic at Bob Gunning’s Cabin. Cost: \$15 per person.

## Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.

# All American BARBECUE *AND* OPEN HOUSE



More than 350 friends, families, staff, and residents gathered for the annual community barbecue. The five-piece Variety Pak Band entertained while the crowd enjoyed the food, games, and prizes. The event also included a line-dance routine, performed by eight participants from Waterford's Balance Fitness Class.

## Golfing ... indoors

They're not in the league of players who lined up for the U.S. Amateur Championship, but many older adults today are enjoying the game of golf ... indoors.

They're continuing a longtime interest, making friends—and learning something new. They're playing Wii golf.

For residents at Waterford, Wii golf offers both social and physical benefits.

Bob LaPlant, 88, only recently started to play regularly on the Wii.

"It's fun, and I always like to meet new people," he says.

Bob also likes the opportunity to exercise with others.

"You have to keep moving," Bob says. "The older you get, the more important that is."

Norma Crow, 85, wholeheartedly agrees. An avid golfer for 40 years, she was instrumental in teeing off Waterford's Wii golf program.

"Golfing was the nicest thing I ever did for myself, and here, the Wii has helped me make new friends."

Norma, who recently moved to Waterford, enlisted some of



**Residents gather often to practice and play Wii golf.**

her neighbors and created two threesomes. They play every Monday morning. During their game, the golfers cheer each other on, offer sand trap advice, tease the Wii, and track their weekly progress.

Lori McCormick, Waterford's director of Health and Fitness, thinks the Wii game is an ideal tool for fitness. "Research shows that more people make time to exercise when their exercise is fun."

Sally Hampson, 90, believes Wii golfing keeps her mind sharp.

"It's stimulating," she explains. "I feel like I'm still with it."

Eighty-four-year-old LaVon Ring loves to have the feeling of

playing golf. "I have good memories of golfing. Wii helps renew those memories."

All of the golfers say the availability of Wii golf has been good for them.

They know there are many benefits to Wii golf. But just as in the U.S. Amateur Championships, ultimately "they play for the love of the game." ■

## Picture yourself at Waterford!



As the summer season melts into fall, experience the picturesque surroundings of the Waterford campus. Tour the community and discover an enriching lifestyle. Call today for a personal presentation.