



A Touchmark® community
Est. 1980

Celebrating health and well-being



In honor of Active Aging Week, the Waterford community participated in a week-long, cruise-themed celebration of a fun lifestyle. People sampled coffee drinks at the Rockwood Bakery and Coffee House, challenged their balance with stability balls and balance pads, enjoyed an island-themed party, watched hula dance demonstrations, walked the Centennial Trail with a stop at the Mirabeau Park waterfalls, and more.

Health and Fitness Center expands offerings

Director only certified FallProof™ Balance and Mobility Specialist in Spokane area

Lori McCormick, PT, director of Health and Fitness, recently completed and passed the written and three-day practical competency exam to become a Certified FallProof™ Balance and Mobility Specialist.

“Practicing and studying for six months and then working with the experts and other students at California State University, Fullerton has helped me improve my assessment and teaching skills,” says Lori. “I hope to greatly support residents in classes and through individual training sessions while continuing to develop Waterford’s Fall Reduction & Awareness Program.” To learn more, talk with Lori.

Rowing to good health



Mary Giannini (left), daughter of resident Grace Giannini (right), donated a Concept2 Indoor Rower to Waterford’s Health and Fitness Center. Mary kayaks on a regular basis and uses a rowing machine to stay in shape for kayaking. Before moving to Waterford, Grace regularly used a rowing machine for exercise and goes kayaking occasionally with Mary. “Mary wanted her mother to be able to use a rowing machine for exercise, and she also wanted others to enjoy the rower, as well,” says Lori. “We so appreciate Mary’s thoughtfulness. It’s a great addition to the center.” Want to learn how to use the rower? Talk with Lori or Fitness Specialist Diane Levad, CPT.



Residents watched a demonstration and tried the new aerobic equipment during an open house. Mary and Grace attended the event and gave the machine a whirl, too. Pictured is Fitness Specialist Diane Levad, CPT, and resident Dorothy Nelson.

Cozy up to the Waterford lifestyle



Fall is a time of beauty in Spokane, matched only by the charm of cottage 1709. Call or stop by today for a personal presentation.



Tour this Pioneer floor plan (apartment 408) and learn more about the Waterford lifestyle.

Coming Events

Mondays, 9:30 am

Wii Golf in Fitness Center.

Wednesday, Oct. 21, 1 pm

Fall Foliage Tour with a stop at Rockwood Bakery. Please bring money to purchase items at the bakery.

Thursday, Oct. 22, 6:30 pm

Beginners Hula Class with the Spokane Hula Company and instructor Kuulei Johnson. No charge. Forum.

Friday, Oct. 23, 11:30 am

Men's Lunch. Crystal Room.

Friday, Oct. 23, 1:30 pm

Creative Writing. Share your stories and memories. Hoyle® Game Room.

Saturday, Oct. 24, 7:15 pm

Bus leaves for performance of *Glamour & Revolution: 100 Years The Ballet Russes* by Spokane Symphony.

Monday, Oct. 26, 2:30 pm

Spokane City Bookmobile visits.

Monday, Oct. 26, 7 pm

Men's Poker Night.

Wednesday, Oct. 28, 9 am

Harvest Festival Decorating.

Thursday, Oct. 29, 6 pm

Harvest Festival and Holiday Food Drive.

Fall ... a time for change



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

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the “autumn years.” Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to

be surrounded by individuals and environments that support one’s goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Waterford, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Betty Doerschlag ■

It’s flu season

—Winona Phelps, RN

Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

(cont.)

(cont.) We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

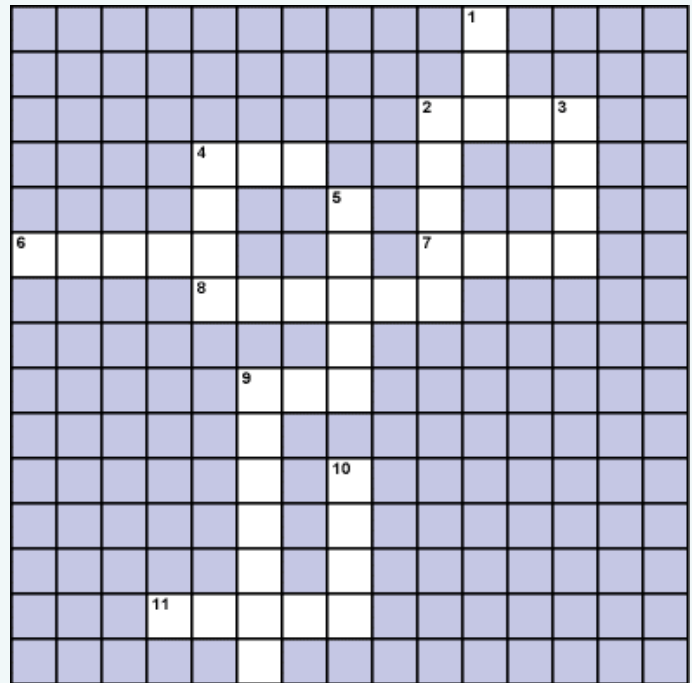
- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

Across

- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

Down

- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

Answers

Across: 2. Read; 4. Buy; 6. Close; 7. Hour;
8. Weight; 9. Ant; 11. Their.
Down: 1. See; 2. Right; 3. Deer; 4. Blew;
5. Night; 9. Allowed; 10. Four.