

Light up the tree and celebrate the holidays!



Each year, the Waterford community decorates a 22-foot tree and welcomes the holidays with a tree-lighting ceremony. Executive Director Jeff Bair emceed the event. Santa and his reindeer entered the room with a festive holiday song (residents were the reindeer, and Health Services Administrator Jeff Wolpert was Santa). Everyone received a large shortbread cookie from Santa and the reindeer. Then Jeff Bair and five managers shared *'Twas The Night Before Christmas*.



The Winter Wonderland-themed decorations added to the festive feeling during the annual Ladies' Christmas Tea. Music played in the background while the women enjoyed a choice of 10 different cookies and an assortment of candy with their tea. Each resident received a ticket for the drawings held throughout the event. Georgia Schneider (above) won a prize drawing.



Another holiday happening: The Ferris High School Canterbury Belles visited and sang a variety of holiday and Christmas songs. The event was a family affair for many, as Ferris High is located on South Hill, and many of the residents' grandchildren attend the school.

Moving away from the burden of home maintenance

Joan and Rudy Radford moved to Spokane in 1998 from Tucson, Arizona, to be close to their only daughter and her family. Joan attends art shows with her daughter and granddaughter, artists who have an art and antique business.

When they moved here 12 years

ago, Rudy and Joan purchased a large two-story home with a spacious yard. Rudy enjoyed gardening and spending time in the yard. Joan loved the large extra room that housed and showcased her expansive antique doll and toy collection.

The large house, however, demanded more and more of their time and energy. “With a house, you always need to maintain it,” says Joan. “Now I’m talking like a Realtor®, but it’s true.” After retiring from their first jobs, Joan and Rudy worked together as Realtors for

about 20 years in Arizona. Joan explained that there’s a constant need to maintain a home, which makes it easier to sell when the time is right. The couple felt the demand of regular home maintenance didn’t fit their lifestyle and health needs anymore.

The couple first thought of downsizing to a smaller home. They soon realized, though, that even a single-level home would require too much energy and time. The Radfords found the Waterford community offered the ideal solution. *(cont.)*



Joan and Rudy Radford and their Bichon Frise Buddy pose in their “Valentines” house. Before joining the Waterford community, the couple attended a Valentine’s Party, which was held in the same cottage that they recently purchased. The couple explained that the name seemed fun and fitting. Joan is an enthusiastic antique doll and toy collector (her collection includes Shirley Temple dolls and memorabilia). Rudy enjoys woodworking and has created several items, including tables and birdhouses.

(cont.) “They take care of everything for you,” says Joan. “I don’t have to call the lawn people or replace the dishwasher or call to have the house painted.”

The Radfords are still unpacking boxes, having only moved in a month ago. Yet, they are already enjoying the lifestyle. “We love the dining room. They have delicious food,” says Joan, who looks forward to checking out the fitness classes and going to other social events.

For Joan, Rudy, and their Bichon Frise Buddy, Waterford offers a perfect blend of services, lifestyle, and community. “I think all the maintenance people have been very nice, and really everyone has been very nice,” says Joan. “Everyone has bent over backwards to do what we need done. If you have any questions, you can call, and they’ll have it done. They’re all such great people.” ■

Coming Events

Mondays, Dec. 21 and 28, 9:30 am
Wii Golf. Fitness Center.

Tuesdays, Dec. 22 and 29, 3 pm
Current Events. Forum.

Wednesday, Dec. 23, 6:30 pm
Karaoke Christmas and Holiday Bash.
Sing your favorite holiday tunes.
Lobby.

Thursday, Dec. 24, 5 pm
Candlelight dinner (one seating).

Monday, Dec. 28, 1 pm
New Year’s Eve Mask and Hat
Decorating. Hoyle® Game Room.

Tuesday, Dec 29, 2 pm
Fireside Social with Hot Buttered
Rums and Holiday Music. Lobby.

Wednesday, Dec. 30, 6:30 pm
Spokane Holiday and Christmas Light
tour.

Thursday, Dec. 31, 4 pm
New Year’s Eve Mask and Hat Social
Party. Lobby.

Thursday, Dec. 31, 5 pm
Candlelight dinner with JJ Dion
performing holiday favorites at 5:30
pm.

Looking for tips to stay fit this holiday season?

Waterford Health and Fitness Center is offering a Holiday Fitness Class. Residents and members of the Spokane community are encouraged to attend. Families, members, and friends who are visiting during the holidays also are welcome.

“The holiday season is a time when many people gain weight,” shares Lori McCormick, PT, director of Health and Fitness. “While the average weight gain may actually be less than reported in many media stories (five to seven pounds), and more like one to two pounds, the problem is that people often never lose the added weight. This class can help you learn how to avoid some of the holiday-weight-gain pitfalls.”

Lori will lead the class Mondays and Fridays. Fitness Specialist Diane Levad, CPT, will lead the class Wednesdays. Attendees will ...

- gather Holiday Fitness Tips at each class that will help them prevent holiday weight gain and stay active during the season;
- take part in both seated and standing exercises (those who need to remain seated for the entire class will be able to actively participate);
- learn a variety of exercise formats, including Posture, Balance, Strengthening, Tai Chi for Leg Strength and Balance, and FallProof™ Program components.

The class is underway and will run until Jan. 22 from 9:30 to 10 am every Monday, Wednesday, and Friday. All classes will be held in the Forum. To learn more or sign up, please talk with Lori or Diane. ■

Nurturing our spiritual selves



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“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, National Interfaith Coalition on Aging

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don't quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation,

loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Waterford on South Hill encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Betty Doerschlag, Life Enrichment/Wellness director. ■

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!