



A Touchmark® community
Est. 1980

New year brings exciting changes

This year, Waterford is getting a fresh, new look. Our full-service retirement community was built in 1991, and this update has been in planning for some time. Many exciting changes will be included in this project, and we are committed to completing the renovation in a manner that will have a limited effect on the access to the rich life we have come to enjoy at Waterford.

The front entry gates and landscaping immediately adjacent will get a new look. The siding on the commons building will be replaced, and the front entrance redesigned.

The interior refurbishment will provide a refreshing change that designers call “transitional.” Earth tones will be used on walls, furnishings, carpeting, and window treatments. New art will be placed in key locations, and decorative fixtures will provide enhanced light. New

carpeting will be installed on each floor. Similarly, the walls on each floor will be painted. Both the carpeting and walls will feature accent colors to aid in way-finding. Basically, we will keep the building’s traditional aspects while adding updated colors and features.

We enjoyed the many life enriching opportunities and new relationships in 2009. We expect this new year to offer even more while our community gets its new “look.” Please plan to stop by and join in the excitement at Waterford.



Jeffrey Bair
Executive Director

Resident-focused gatherings celebrate legacy, create community

The conversation of 90-plus women drifted through the Four Seasons Dining Room. Candlelight transformed the evening dinner into a festive gathering.

Inspired by the successful and popular Men’s Club, the women gathered for their own celebration. Before the event, the women filled out questionnaires. Questions included:

- Where were you born?
- What was your principle occupation?
- Most interesting place you have traveled?
- What do you consider your greatest accomplishment?
- Your favorite place in the Spokane area?

From these answers, Executive Director and master of ceremonies Jeff Bair walked around the room with microphone in hand, introduced individuals, and shared facts about the person. “It was a fun and sometimes humorous process of discovery for everyone,” says Jeff. “The dinner connected people and honored their legacies.”

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After sharing during an all-campus monthly resident forum, Touchmark President Tom Moe (right) shakes hands with Waterford Executive Director Jeff Bair. During his stay at Waterford, Tom also joined the Men’s Club gathering for a lively presentation and discussion.

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Popular Men's Club continues to grow

The Men's Club recently gathered with Touchmark President Tom Moe for a lively presentation and discussion. Tom spoke on a variety of financial topics, including the state of the national economy and its impact on Touchmark. Tom also discussed the past decade for Touchmark and the hopeful outlook for the next decade. More than 40 men, including several visitors interested in joining the Waterford community, participated.

The February men's event will feature the theme of cars. Participants will have an opportunity to share highlights about their first cars. There will be a contest too: The men will guess the model and year of 20 cars.

"Residents are the key to these fun and popular events. It's where the residents lead the compelling conversation and further create the sense of community," says Jeff.

Want to learn more? Talk with a member of the Life Enrichment/Wellness team. ■

There's "snow" place like home!



Cottage 3103 features a Washington floor plan with two bedrooms, a beautiful den with built-in bookshelves, and a large master suite with an oversized jetted tub. It also has a full guest bathroom and a half bathroom/powder room. The living room looks toward a large covered patio and private backyard. The two-car garage includes a wall of built-in lockable cabinets for storage. Call today for a personal presentation.



The Comstock apartment offers 1,060 square feet, two bedrooms, and two bathroom. It has lovely vaulted ceilings, a gas fireplace, a formal dining area, and a full kitchen with a range, refrigerator, and dishwasher. There is both a shower and a tub in the apartment, which is close to the library on the fourth floor. A balcony features an adjacent storage closet, and there is a washer-dryer hookup. A full meal plan is available for those who are interested. Call today!

20in10: What's on your list today?



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

“Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor.”

— *Brian Tracy, author and speaker*

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is

the philosophy that, “If it is going to be, it's up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Betty Doerschlag. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

20in10
20 Tips to Wellness You Can Do in 10 Minutes™

Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

Answers:

1. Yesterday, Today, and Tomorrow
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry
3. Charcoal

Waterford offers updated fitness schedule

Waterford is updating its fitness class schedule. Strengthening started Jan. 25, and the new Aerobic/Strengthening Combo Class will begin Jan. 28. The class schedule also is being adjusted to provide optimal spacing between aerobic classes and strengthening classes.

The American College of Sports Medicine Physical Activity Guidelines state that individuals over age 65 should do:

- moderately intense aerobic exercise 30 minutes a day, five days a week or vigorously intense aerobic exercise 20 minutes a day, 3 days a week;
- eight to 10 strength training exercises, 10 to 15 repetitions of each exercise twice or three times per week;
- balance exercises, if at risk of falling;
- have a physical activity plan, and get help to develop a plan, when necessary.

People with chronic medical conditions or those who have been sedentary for some time may need to start with less exercise than recommended above.

Keep in mind:

- Physical activity contributes

to the ease of doing everyday activities.

- **Strength training** is extremely important to prevent loss of muscle mass and bone and maintain functional health.
- **Flexibility** also is important to promote the ease of performing everyday activities.

New class schedule started Jan. 25

Monday

9 am ~ Strengthening Class

Tuesday

8 am ~ A Cup of Tai Chi

9:30 am ~ Balance Fitness

10:30 am ~ Posture & Balance

Wednesday

9 to 10 am ~ **NEW** FallProof™

Balance and Mobility Training*

12:30 pm ~ Swim Club

Thursday

8 am ~ A Cup of Tai Chi

9:30 to 10:30 am ~ **NEW**

Aerobic/Strengthening Combo Class

Friday

9 to 10 am ~ **NEW** FallProof™

Balance and Mobility Training*

10:30 am ~ Posture & Balance

* FallProof Balance and Mobility Training begins Feb. 17, 2010.

Read the description on the following page.

Class descriptions

Strengthening Class: This 50-minute class uses seated and standing exercises with weights, exercise bands, or body weight as resistance for strengthening the upper and lower body and core muscles.

A Cup of Tai Chi: In this early morning, 25-minute class, participants use slow, continuous weight-shifting movements in the style of tai chi and perform exercises that have been shown to promote leg strength and balance.

Balance Fitness: This 50-minute class offers low-impact aerobic exercises designed to increase cardiovascular fitness, followed by a balance-training segment.

Posture and Balance: This 45-minute class uses seated and standing exercises especially designed to improve posture, flexibility, strength, and balance.

Swim Club: Using the beautiful pool at the Spokane Club in Spokane Valley, this 40-minute class focuses on building aerobic endurance, flexibility, strength, and balance. Transportation provided. There is a \$5 fee for each class.

NEW Aerobic/Strengthening Combo Class: The first 30 minutes of this one-hour class focus on low-impact cardiovascular conditioning. It begins with seated exercises and moves to standing

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Classes are taught by Director of Health and Fitness Lori McCormick, PT, or Fitness Specialist Diane Levad, CPT. All classes are open to residents. Others may attend the classes on a space-available basis for a monthly fee of \$20. Please contact Lori or Diane at 509-321-8201 for more information about the fitness classes or personal training.

FallProof Balance and Mobility Training: Feb. 17 – April 23

Lori, who is leading the class, is the only certified FallProof Balance and Mobility specialist in Eastern Washington and the second in the state. This structured and progressive exercise program is designed to improve balance and mobility. The 10-week specialized training is offered to residents for a fee of \$100 and to others for \$150. Sign up today. There are only 10 spaces available. To sign up or learn more, contact Lori. ■

Lifestyle changes: an invitation from our qualified team

“Use it or lose it is not just a catch phrase. It is the well-researched theory behind permanent lifestyle change that results in improved health and well-being.”

–Colin Milner, Founder and CEO, International Council on Active Aging

Change is hard for most of us. Behavioral specialists cite different techniques to help create a new habit or—conversely—abandon or change an established one. Often, they tout the need to do something new 20 times or more before it becomes ingrained in our psyche and muscle memory. This requires commitment ... and usually support from an individual or group also committed to your positive-change program.

The value of support is especially well-studied in regard to physical activity, nutrition, and stress reduction—all important to an individual's well-being. Ordinarily, coaching and counseling are essential tools when making life changes that require discipline. A professional can offer specific techniques tailored to each person's uniqueness.

Elsewhere in this newsletter you will read about the 20in10 campaign that is part of Touchmark's 30th anniversary celebration. All of the tips for good, whole-person health and wellness can be done in 10 minutes or less, and they are building blocks for awareness and lifestyle change. These tips, however, are just the beginning of the journey for anyone who wants to make permanent change and create wellness goals for the new year.

Our team is ready to help each person create a personal plan of wellness. This plan will result in reaching achievable, positive goals based on specific outcomes that can improve the quality of life and result in permanent change.

To learn more about fitness classes at Waterford, contact Director of Health and Fitness Lori McCormick, PT. We know you can do it, and we can definitely help. ■

Coming Events

Friday, Jan. 29, 6:45 pm

Bus leaves for Spokane Civic Theatre's performance of *Curtains*.

Saturday, Jan. 30, 7 pm

Movie night in Forum.

A sampling of captions



Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here's a sample of some. Enjoy the creativity and fun!

"Trying for a hole in ten."

~ Resident Stella Mae O'Connell, Vancouver, Washington

"Hah! Bet you didn't even notice my shoes are different colors!"

~ Resident Gail Kristensen, Sioux Falls, South Dakota

"One mixed up dude!"

~ Resident Eve Brousard, Appleton, Wisconsin

"FORE!"

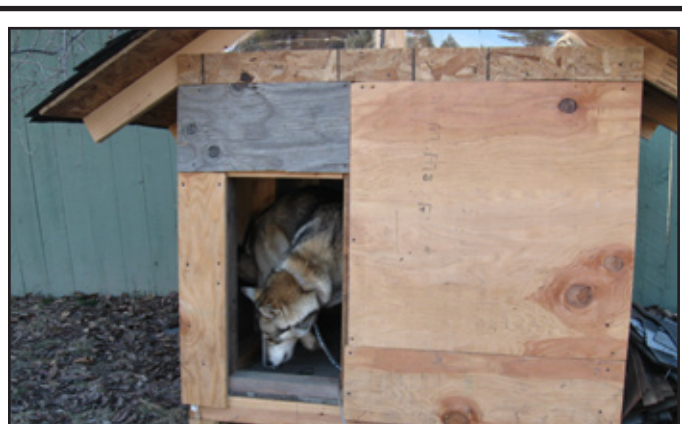
~ Resident Frank Battershill, Edmonton, Alberta

"Arnie Palmer could do it!"

~ Resident Daniel Reitan, Fargo, North Dakota

Celebrating Moments of Pride: Ingenuity builds doghouse, and love makes blankets

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos/captions and small stories that highlight moments of pride for residents and team members.



Above: Zeva, a 50-pound Siberian Husky mix, enjoys her stylish doghouse, created from reused materials. Her owners, Life Enrichment/Wellness Coordinator Chelsie Moyer (below) and her husband, networked and collected old building supplies from around Spokane. After asking for permission, Chelsie even looked through roofing material from Waterford's recent roofing project. "Residents and staff got a few good laughs out of the doghouse explanation when they found me in the dumpster," says Chelsie.



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For the holidays, residents living in the cottages and Independent Living neighborhood worked with the Life Enrichment/Wellness team to make fleece lap blankets for those living in the Skilled Nursing neighborhood. During the two work sessions, the women chatted while tying the tails onto the no-sew blankets. They wrapped the blankets with festive bows and notes that wished the recipients happy holidays. Life Enrichment/Wellness Director Betty Doerschlag (left) and resident Anna Adams are pictured.

Ring in the new year



To bring in the new year, residents celebrated with a champagne social, candlelight prime-rib dinner, entertainment with guitarist and singer J.J. Dion, and games. For the champagne social, people wore festive hats and masks. Pictured are (above) Art Haglund (left) and Birger Bloom; (above right) Roberta Brandt (left) and Janet Burke; and (to the left) Ray and Bettie Kinyon.

