



A Touchmark® community
Est. 1980

Waterford to start extensive remodel

Waterford on South Hill is launching an extensive renovation that will update both the interior and exterior of the full-service retirement community.

Exterior changes will be dramatic and include a new front-entrance gate and porte cochere, new cementitious siding and brick accents, and new color scheme.

Inside, all carpeting and flooring in common areas will be updated as well as the paint and furnishings. Additionally, there will be lighting enhancements.

“This is the largest refurbishment we’ve undertaken since the building opened in 1991,” says Executive Director Jeff Bair. “We’re contemporizing our look as well as making several improvements.”

Waterford offers a popular fitness program, and the remodel will enlarge the fitness center, allowing the personal training services to continue to grow. Also planned is a sports bar and upgraded coffee shop that will further support socialization. Studies have demonstrated the importance of fitness and social connectedness for people’s overall health and well-being.

The new “transitional” finishes will feature earth- and jewel-tone colors.

Lydig Construction, Inc. of Spokane is the general

contractor. LRS Architects designed the remodel. The Oregon-based firm is considered an expert in senior housing design and has done several projects for Touchmark, which oversees Waterford. Al Leverage of Touchmark Development & Construction is the project manager.

The project is expected to be completed by summer 2011 and cost approximately \$6 million. ■



Celebrating Moments of Pride: Praise for a team member and giving to a Red Cross response

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



Paul Turner of *The Spokesman-Review* highlighted a plethora of “nicest receptionist” nominations in his recent column. Waterford’s receptionist Margaret Fallquist was nominated, and her name stood with the other outstanding Spokane-area receptionists.

Intergenerational Moments of Pride



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

Throughout Touchmark’s 11 communities, Life Enrichment/Wellness staff are honoring residents, families, and team members while celebrating the 2010 theme: Moments of Pride. Among these celebrations are a number of intergenerational programs and activities.

For example, in Appleton, Wisconsin, middle-school students are working with Touchmark on an exciting Growing Together gardening project. The students and staff are planning, designing, and implementing a garden that will be accessible to all residents, including those with mobility challenges. This project will enrich residents and team members as well as visitors and guests.

(cont.)



Residents collected \$1,230 to help those affected by the earthquake in Haiti. Spokane Red Cross Director Megan Snow (far left) accepted a check from residents and staff.

(cont.) Touchmark at Wedgewood in Edmonton, Alberta, maintains an ongoing relationship with three fourth-grade classes at Good Shepherd Catholic Elementary School. The students invite residents to their performances and concerts, and residents volunteer in the classrooms. For Valentine's Day this month, the students made Valentine cards for residents.

At Waterford on West Century in Bismarck, North Dakota, Life Enrichment/Wellness Director Autumn Edwards continues to attract intergenerational volunteers of all ages (including her own children) in a full schedule of life-story work with residents. Waterford Health & Fitness Club Director Steve Metzger and his staff are working with students from the University of Mary to evaluate the positive impact of both land and water exercise programs for people with balance challenges.

Each Touchmark community's Life Enrichment/Wellness calendar lists a wide array of projects. The calendars are available online and also can be requested by contacting the community.

If you and anyone you know are interested in participating in the Moments of Pride intergenerational projects at any Touchmark community, visit Touchmark.com and select the desired community. The volunteer button is located in the Life Enrichment section.

Moments of Pride can be yours in these life-enriching programs. ■

Wii—a sport for all



Residents competed in two Wii events in the last month: the Waterford Wii Winter Olympics and the All City Silver Bowlers Tournament. The Waterford Wii Winter Olympics featured five events with over 26 participants. The gold medal winners were: Gladys DeRuwe in the Luge, Jean Smith in Ski Jump, Tom Brady in Bobsleigh, Pat Phillips in Skeleton and LaVon Ring in Cross-County. Waterford also earned citywide recognition in the Wii All City Silver Bowlers Tournament. Sporting custom Waterford jerseys, the Waterford Strikers took second place in the tournament. The trophy is now on display in the lobby.

“March” right into your new home



Nestled among the trees on the north side of the Waterford campus, this two-bedroom, two-bathroom home features new cabinetry, solid surface counters, and new appliances. Call today for a personal presentation.

Evidence grows. Vitamin D a must have.

Sun exposure helps the body manufacture vitamin D. In locations where sun is limited or seasonal weather mandates head-to-toe clothing, many people are not getting enough vitamin D. This essential vitamin helps strengthen bones, keeps muscles stronger, reduces the risk of high blood pressure and heart disease, and helps the heart pump more efficiently. There also is new evidence that healthy vitamin D levels can help improve asthma.

Marge Coalman, EdD, vice president of Wellness & Programs, Touchmark, reviewed the current recommendations from leading experts and offers the

following tips during National Nutrition Month:

- Eat foods high in or fortified with Vitamin D. For example, eggs, liver, fish, and milk are good picks.
- Try to get 10 to 15 minutes of direct sunlight a day. For those with a high risk of skin cancer, check with your dermatologist regarding sun exposure.
- Consider taking a multivitamin, vitamin D pill, or vitamin D drops to boost your levels to the recommended amount.

To learn more about vitamin D and how to incorporate it into your life, talk with your health care provider. ■

A soothing, rejuvenating Cup of Tai Chi

Hear what people are saying ...



"A Cup of Tai Chi ... what a great way to start the day. The class has turned out to be much more challenging than we at first thought. It uses muscles in both legs and arms that really need work. My balance has definitely improved as we go along. Lori does a good job of getting us ready for the day. I really enjoy the class."

Janet Burke

—Resident

"It's so nice starting the day with A Cup of Tai Chi and progressing on to the more strenuous forms of exercise. One is vitalized and ready to enjoy the day. A 'Great Wake-Up Call.' It helps me mentally, physically, and emotionally."

Audrey Bunn

—Resident

What is tai chi?

Oh yeah, it's that 8 am class on Tuesday and Thursday before noon. Is it fun? Sure is and very good for your brain and body, too. But so early—I need my sleep—Come on, your nap and yawns will surely keep.

*The leader is great and really knows her stuff.
The classmates are neat and not one cream puff.
So come join us soon, no excuses now,
It's a great experience, and we'll show you how.*

—A poem by resident Bonnie Medaglia

"I do not live at the Waterford. So I was delighted to find out that I could participate in tai chi for a small monthly fee. My doctor had recommended tai chi to help with strength, balance, and coordination. I was searching for a class that would fit my physical needs as well as fit into my schedule and hopefully not require a long drive from my South Hill home."

The tai chi class at the Waterford has been a great new adventure for me. Lori McCormick makes our early morning exercise class personal, positive, motivating, and fun. One of the best benefits of the class is meeting some of the wonderful and welcoming members of the Waterford community and watching all of us getting stronger and working on improving our mind-body connection."

Marge Cusworth

—Spokane community member and Waterford fitness participant

Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See answers below.

5				4		6	9	7
8					2		4	
		9	5		3	1		8
		1	4	3			7	
			7		9			
	7			6	5	4		
1		3	2		4	7		
	2		9					4
6	9	4		1				5

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

5	3	2	8	4	1	6	9	7
8	1	7	6	9	2	5	4	3
4	6	9	5	7	3	1	2	8
2	5	1	4	3	8	9	7	6
3	4	6	7	2	9	8	5	1
9	7	8	1	6	5	4	3	2
1	8	3	2	5	4	7	6	9
7	2	5	9	8	6	3	1	4
6	9	4	3	1	7	2	8	5

What's the caption?



This month's humor feature again is the creative caption. 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.

2010

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Smile at a stranger.
- Peel and eat an orange.
- Call or write a longtime friend.
- Introduce yourself to someone new.
- Bring some baked goods to a love one's home.
- Work in the yard for 10 minutes.
- Walk the stairs instead of taking the elevator.
- Learn or do Sudoku.
- Look at a family photo album.
- Look around, feel content, and appreciate what you have.



Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Mondays, 9:30 am

Wii golf. Barbed Wire Room.

Thursdays, 8 am

Cup of Tai Chi fitness class with Director of Health and Fitness Lori McCormick, PT.

Saturday, March 20, 7:15 pm

Symphony Classics presents *From the Golden City*.

Tuesday, March 23, 4:30 to 5 pm and 6:30 to 7 pm

Green Gable Children's Songs & Rhymes in the lobby.

Thursday, March 25, 5 pm

Women's Society Dinner with Spokane Lilac Court and Irish Harpist. Four Seasons Dining Room.

Friday, March 26, 4:30 pm

Bus leaves for no-host dinner at the Spaghetti Factory.

Wednesday, March 31, 6:30 pm

El Katif Concert Band. Lobby.