

“Wii” love to bowl and golf

The Wii games are a hit at Waterford. Residents participated in bowling and golf competitions from January to March. A luncheon with Executive Director Jeff Bair will be held in May to honor the two winning teams.

Bowling stats:

- Six four-person teams played: J & B², Alley Cats, Late Bloomers, Lucky Strikers, Pin Heads, and Bumper Babes.
- Alley Cats garnered the top spot with a total score of 8,757. Team members are Chet Davis, Chuck Rhode, Ken Rydbom, and Bob LaPlant.
- J & B² grabbed the second spot with a total score of 8,591. Team members are Jean Stevens, Jean Smith, Bonnie Medaglia, and Beverly Kilpatrick.
- The Late Bloomers had the highest single game score during the quarter with 874 points. Pat Phillips threw a 266 game, and two other team members rolled well over 200 in the same game.
- During the quarter, several participants were recognized on birthday night with a six-pack of their favorite beverage, as they had six strikes in a row. First-time six-packs went to Neva Braun, Bob Hopp, Irene Snow, Jean Stevens, Chuck Rhode.

Golf stats:

- Two foursomes played Wii golf.
- The Swingers (Norma Crow, Maggie Moore, Chet Davis, and Sally Hampson) had the lowest overall score with 2,293. The Hot Shots had 2448 for the quarter. The Hot Shots are Pat Phillips, LaVon Ring, Arleen Morton, and Bob LaPlant.
- Norma Crow, leader of the Swingers, had two eagles during the quarter. Every golfer got at least two birdies during the season. The Swingers had 18 birdies in all, and the Hot Shots had 20 birdies.

During April, residents are invited to learn how to Wii bowl and golf and join the next three-month competition, starting in May. Talk with Director of Health and Fitness Lori McCormick, PT, to sign up.

More than 200 attend Easter Brunch



The ever-popular Waterford Easter Brunch attracted such a large crowd that the Dining Services team served brunch at two separate times. The Easter Bunny made an appearance. One little boy asked the Bunny to take off his glove. Upon removing the glove, the little boy said to the bunny, “Yup. You’re fake.”

Construction update



Construction crews are working on the main building's exterior changes. Installation of the cementitious siding has begun. Later exterior changes will include brick accents and a new color scheme.

Brain Builders

Change one letter in each word to make a new word. The theme is food. The first two are done for you.

- | | |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____ |
| 2. MILL: __ milk__ | 11. EGO: _____ |
| 3. BATTER: _____ | 12. BATON: _____ |
| 4. HEAT: _____ | 13. HAT: _____ |
| 5. MEET: _____ | 14. RIDE: _____ |
| 6. BORN: _____ | 15. STEAL: _____ |
| 7. DEMON: _____ | 16. DISH: _____ |
| 8. FORK: _____ | 17. TUNE: _____ |
| 9. REEF: _____ | 18. OATH: _____ |

1. bread 5. meat 9. beef 14. rice
 2. milk 6. corn 10. soup 15. steak
 3. butter 7. lemon 11. egg 16. fish
 4. beat 8. pork 12. bacon 17. tuna
 13. ham 18. oats

ANSWERS

Spring into the good life!



Located at 1609 E 32nd Court, this Wakefield home features 1,528 square feet, two bedrooms, two bathrooms, and a covered patio. Call or stop by today for a personal presentation.

Moments of Pride—in the future



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

“What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong.”

—Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe

The 2010 Moments of Pride theme for Touchmark’s 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world’s current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all

locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here’s a sample from various communities.



“Stick ‘em up! This a robbery.”

~ Resident Marion VanDinter

“Two naughty raccoons minus the dunce cap.”

~ Resident Eve Brouard

“Hallelujah.”

~ Resident Nancy McLaughlin

“What’s the big deal. We didn’t mean to do it.”

~ Resident Larry VanZummeren

“Thank you ladies and gentlemen, and for our next number ...”

~ Resident Clare Peters

Hats off to Spring!



Residents wore creative, dashing, and original hats during annual The Hats Off to Spring dinner event. Bettie Kinyon won Most Creative with her large, white daisy hat, topped with a bee.



Virginia Whitehouse's family entered together and won for the Tallest Hat. Penny Jo Wagner is on the left, and Pam Hess is on the right.



Dorothy Watanabe won for the Most Original Hat.



Virginia Thomson won Most Beautiful for her red hat with feathers.

Coming Events

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

Mondays, 9 am

Wii Golf. Barbed Wire Room.

Wednesdays, 12:30 pm

Swim Club. Off campus.

Thursdays, 11 am

Organic gardening. Spa Room.

2010 in

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.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

Brain and wellness experts present at national conference



Associate Professor of Psychology at Western Oregon University (and author of the book *Train Your Brain: How to Maximize Memory Ability in Older Adulthood*) Rob Winningham, PhD, and Touchmark Vice President of Wellness & Programs Marge Coalman,

EDD, presented at the 2010 Annual Conference of the National Council on Aging and the American Society on Aging in Chicago. More than 4,000 people from around the world attended. The title of their presentation was *From Research Laboratories to Communities: Best Practices for Memory Enhancement Programs*. Two years ago, Rob certified members of the Waterford Life Enrichment/Wellness team as Geriatric Wellness instructors.