



A Touchmark® community  
Est. 1980

## Tea and fashion for mom



With the tables decorated in tulips, candles, and crystal, more than 60 residents and family members celebrated Mother's Day with a tea and vintage style show. The show featured beaded evening gowns and fur coats, hats, and muffs from the 1920s through the 1950s. The emcee shared the history of each piece. Many residents remembered wearing the different styles and talked about the care of fur coats. One resident talked about attending a ball at the Davenport Hotel and wearing a beaded dress similar to one on display. After the style show, residents and family members who wished could try on the coats.

## New Life Enrichment/ Wellness team member joins Waterford



**Danyel Thorson joins Waterford as the Life Enrichment/Wellness supervisor for the Health Services Neighborhood. Danyel is a Certified Therapeutic Recreation Specialist and graduated from Eastern Washington University.**

### Coming Events

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

#### **Friday, June 4, 9:30 am**

Walk at Spokane River Centennial Trail.

#### **Friday, June 4, 1 pm**

Bus leaves for Museum of Arts & Culture's ArtFest in Coeur d'Alene Park in Browne's Addition (just west of downtown Spokane). Please wear comfortable walking shoes. Sign up.

#### **Monday, June 7, 2 pm**

Sundae Party. Coffee Shop.

#### **Friday, June 11, 6:45 pm**

Bus leaves for Spokane Civic Theatre, presenting *Annie Get Your Gun*. Please sign up.

#### **Sunday, June 20, 11 am**

Father's Day Brunch.

## Fitness update

*"What I particularly appreciate ... is the dedication and excellent direction provided by our fitness specialists and personal trainers. During the past 18 months, my health has improved in the following ways: 1. Recovered the full use of my right shoulder, which had a torn tendon; 2. Greatly improved my balance; 3. Increased the strength in my legs, arms, and back; and 4. Tightened my stomach muscles."*

— Jim Wilkins

Stop by the Waterford Health and Fitness Center today, call 509-536-2929, or visit us at [WaterfordSpokane.com](http://WaterfordSpokane.com).

### Summer Walking Program started June 1

This year, residents will track mileage from Spokane to Disneyland on a map. The total is 1,243 miles. Each month, participants will turn in monthly tracking mileage slips, which will be posted on a large map displayed in the lobby.

Every Friday there will be a walk on the Spokane Centennial Trail at 9:30 am. The trail has been very popular, as the group walks near the river by Gonzaga University, where there are lots of trees and wildlife.

Once the group "reaches" Disneyland, there will be a party to celebrate. To learn more, talk with a team member from the Health and Fitness Center or Life Enrichment/Wellness team.



(cont.) As research results continue to be shared, we realize that we are raising a generation of individuals who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact Life Enrichment/Wellness Director Betty Doerschlag. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

### Did you know?

#### Facts about children’s brain power

- The brain is the most unfinished organ at birth.
- The brain grows to 90 percent in the first 3 years.
- 700 new synapses (neural connections) are made every second in the first year.
- By age three, a child’s brain is twice as active as an adult’s.
- By age six, “linguistically rich” children have 20,000 words.
- When children feel secure, serotonin production helps their brain cells connect.
- When children are stressed, cortisol production activates the fight or flight part of their brains.

—The above information is drawn from research done by Harvard University’s Center for the Developing Child. For more information about children’s brain development, visit:

<http://developingchild.harvard.edu/>

## National training sharpens skills, promotes exchange of ideas

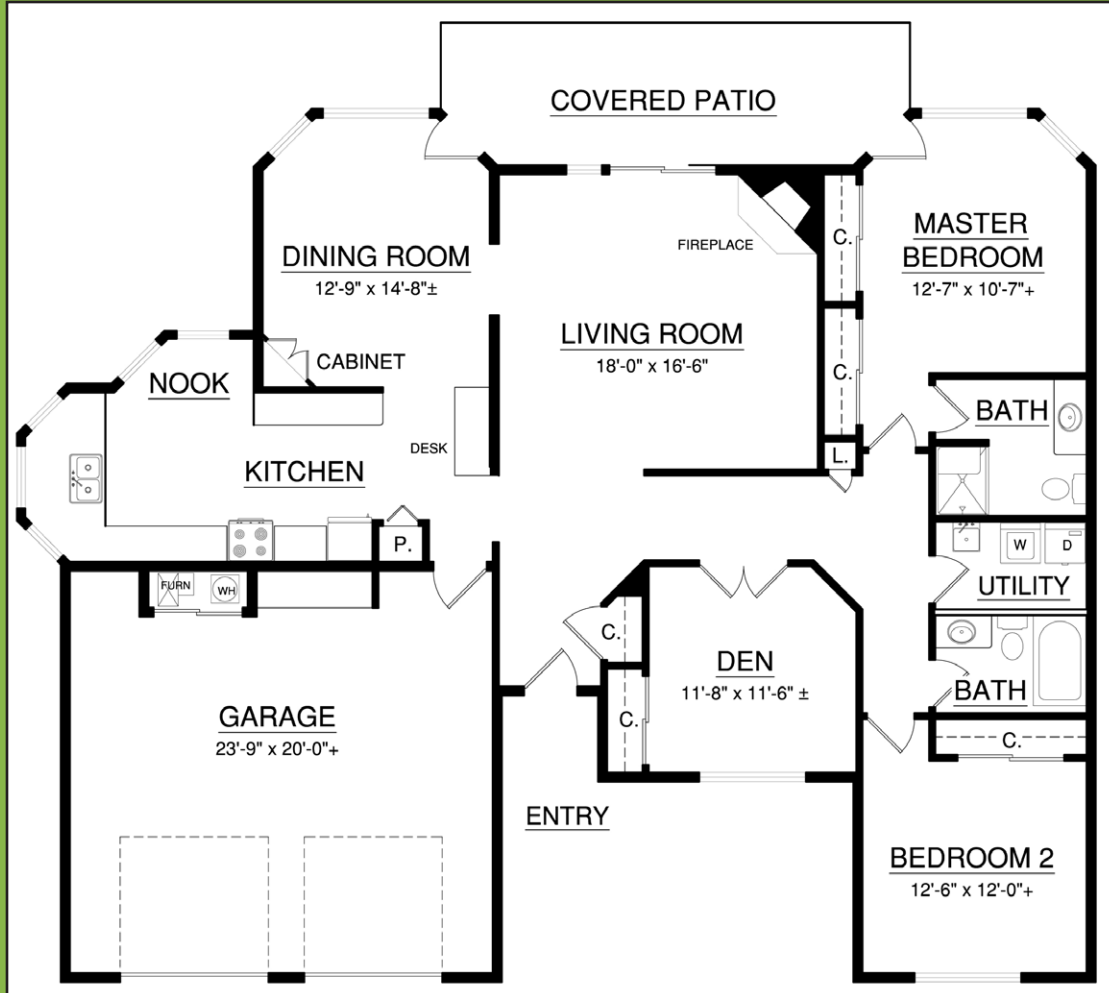


During April, Life Enrichment/Wellness teams from around North America gathered in Portland, Oregon, for yearly training. Life Enrichment/Wellness Director Betty Doerschlag (far left) attended the three days of presentations and workshops. Chuck Adams and John Rochford of Plus50 Inc., gave the keynote presentation on *Rediscovering Your Passions and Pursuing Purpose In Your Life*. The training also featured group presentations from team members. Betty and her co-presenters discussed how to enhance walking programs.

Join the online community. Waterford is now on Facebook!

facebook

# The grass is greener at Waterford!



The Corbin cottage, which is located at 2973 S Waterford Drive, offers 1,816 square feet, two bedrooms, a den, and two bathrooms. Call today to schedule a visit.

# Renovation continues



Waterford launched an extensive renovation in early 2010. The renovation 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. Recently, workers started removing the old gate.

## *Just for laughs!*

### Technical Terminology

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.

One co-worker said the programming we had ordered was delayed, because the vendor was suffering from a “severe nonlinear waterfowl issue.”

Curious, the team leader raised his eyebrows and asked, “What exactly is that?”

The programmer replied, “They don’t have all their ducks in a row.”

*This month’s feature is from  
MyCleanHumor.org.*