

Celebrating *Moments of Pride*: Leek begins a new hobby

“I have never as much as planted one seed in my entire life,” says Marianne Leek—until recently.

This summer, Marianne started her first garden. After watching some cooking shows that called for fresh herbs, she planted basil, parsley, rosemary, tomatoes, blue enchantments, and Shasta daisies in the community’s raised garden beds.

Even though her gardening hobby only recently blossomed, Marianne recalls observing the process and benefit of gardening and agriculture throughout her life. She watched her grandparents harvest and store apples. Her mother canned vegetables, soups, and jams.

“In the ’40s, it was war in Europe,” says Marianne, who grew up in a small town in Sweden. “Food was limited, and it was good to know farmers in the country. My mother would exchange coffee coupons for ham and butter. Everything was rationed. I think the gardening of my generation was a gardening of economy.”

After graduating from high school, Marianne arrived in the United States in 1952. She adjusted to big-city life and lived in Manhattan and Long Island, working for 58 years.

“I was never interested in gardening, because I always lived in apartments,” explains Marianne. After moving out of the city, friends with large gardens provided her with fresh herbs during the summer.

It calls for basil

Marianne likes cooking, baking, and watching cooking shows, like *Barefoot Contessa: Back to Basics*. The show featured a recipe that called for basil. Marianne decided to grow her own using the community garden beds.



Marianne Leek (above) and other residents “adopted” sections of the community’s raised garden beds.

“Now that I am growing basil, I can’t find a basil recipe,” laughs Marianne. “Before, there was basil in every Food Network show.

“I plan to make a lot of basil and tomato recipes ... make some basil salad dressing. Also, there are lots of cold seafood recipes that call for basil.” ■

How does your garden grow



The community's raised garden beds are 40 inches off the ground, allowing for comfortable gardening, and are complete with a drip system. Residents took the seedlings that were planted in April and transplanted them to the beds on the Four Seasons Patio.

New team member joins Waterford Health and Fitness Center

JoAnn Wolpert joins Waterford Health and Fitness Center as the new personal trainer and fitness specialist.

A 1983 graduate of the Mt. Hood Community College Occupational Therapy Assistant program, JoAnn has worked in occupational therapy for 27 years and has specialized in geriatrics for 25 years. JoAnn is particularly interested in neurological impairments and pain management.

“We are delighted to have JoAnn working with us in our Health and Fitness Center,” says Waterford Director of Health and Fitness Lori McCormick, PT. “She has been here since June 1, says she loves her new position, and she is enjoying teaching classes and working with individuals on their fitness programs. JoAnn will be studying over the next few months to achieve her Personal Training Certification.”

JoAnn and her husband of 25 years, Waterford's Health Services Neighborhood Administrator Jeff Wolpert, have three children, ranging in age from 17 to 22 years. In her spare time, JoAnn enjoys reading, knitting, walking, and baking delicious desserts. ■

Waterford welcomes Dr. Dutta

Waterford on South Hill is pleased to announce that Sanjit K. Dutta, MD, is now the medical director for Waterford's Skilled Nursing & Rehabilitation Center. In this role, he will provide input and direction to nursing staff regarding policy and procedure while overseeing medical care for those patients he follows.

Board certified in Internal Medicine and Geriatrics, Dr. Dutta bases his practice at The Physicians Clinic located in the Deaconess Health and Education Building.



He earned his medical degree at the Institute of Postgraduate Medicine and Research at Dhaka in Bangladesh. At North Shore University Hospital in Forest Hills, New York, Dr. Dutta served an Internal Medicine residency. He attended the Geriatrics fellowship program at Albert Einstein College of Medicine in Bronx, New York. Before moving to Spokane, Dr. Dutta practiced five years in Mahanomen, Minnesota.

In his spare time, Dr. Dutta enjoys spending time with his wife and son as well as fishing and traveling.

“Dr. Dutta’s expertise and compassion are well-known and appreciated by his colleagues and patients, and we are pleased that he is part of Waterford’s team.”

—Jeff Bair, Waterford executive director

Summer Walking Adventure

Residents lace up their walking shoes and log their mileage as part of Waterford's Summer Walking Adventure. The goal of this year's program is for residents (cumulatively) to log enough miles to “walk” from Spokane to Disneyland.

Participants track their daily walking time and turn in their time sheets to the Life Enrichment/Wellness team, who mark the distance on a map posted in the lobby.

The annual walking adventure makes exercise fun, and people enjoy the socialization and outdoors.

In the past, Waterford walkers have “walked” from Spokane to New York, Route 66, US state capitals, and the Lewis and Clark Trail.

Once the goal is reached, participants will celebrate with a Mickey Mouse party. ■

I remember when ...



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

“Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning.”

— Albert Einstein

So many shared moments of pride and defining events associated with strong emotions start with the phrase, “I remember when ...” As we come to the season of patriotic pride for Americans and Canadians, there is value in remembering historic examples of our countries’ abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England’s Prime Minister Winston Churchill and Canada’s Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered “luxuries.” They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

In today’s world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

Touchmark’s Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and others. To find out about opportunities at Waterford, contact a member of the Life Enrichment/Wellness team.

You *can* make a difference. ■

Construction update



Waterford continues its extensive renovation with changes and updates to the entry gates, front entrance, siding, and all interior common areas.

Brain Builders



Do these math problems as fast as you can.

- | | | |
|-----------------|-------------------|-------------------|
| 1. $8 - 5$ | 9. $32 + 36$ | 17. $11 - 2$ |
| 2. $9 + 26$ | 10. $7 - 2$ | 18. 1×4 |
| 3. $29 - 1$ | 11. 3×10 | 19. $33 + 9$ |
| 4. $9 + 9$ | 12. $12 + 30$ | 20. $22 - 6 + 1$ |
| 5. $27 - 20$ | 13. $18 - 9$ | 21. $16 + 13$ |
| 6. 2×7 | 14. 0×5 | 22. 25×1 |
| 7. 5×5 | 15. $1 + 6 - 2$ | 23. 2×3 |
| 8. $20 - 10$ | 16. $40 - 25$ | 24. $26 + 36$ |

- | | | | |
|--------|--------|--------|-------|
| 24. 62 | 18. 4 | 12. 42 | 6. 14 |
| 23. 6 | 17. 9 | 11. 30 | 5. 7 |
| 22. 25 | 16. 15 | 10. 5 | 4. 18 |
| 21. 29 | 15. 5 | 9. 68 | 3. 28 |
| 20. 17 | 14. 0 | 8. 10 | 2. 35 |
| 19. 42 | 13. 9 | 7. 25 | 1. 3 |

Answers:

Lifelong learning



Touchmark Vice President of Wellness & Programs Marge Coalman, EDD, presents *Ten Tips for Healthy Living* as part of Waterford's Special Speaker Series. Later, Marge presented *Majestic and Mighty Mount St. Helens*, commemorating the 30th anniversary of the Mt. St. Helens

eruption. Marge shared stories of vacationing at Spirit Lake with her family and hiking the many trails around the mountain prior to its eruption. She also has hiked the mountain since the eruption and shared the many positive changes visible today, including the growth of new vegetation, the return wildlife, and many new animals roaming the site. Marge told personal stories about Harry Truman, who lost his life on the mountain, standing watch over his beloved Spirit Lake Lodge. A DVD was shown with footage of how the eruption affected the Spokane area.

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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.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.



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Coming Events

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

Fridays, 7 pm
Open poker night.

Thursday, July 22, 11 am
Lunch at Domini's Restaurant. No host.

Monday, July 26, 2 pm
Huckleberry Sundae Party.

Tuesday, July 27, 6:30 pm
Musical performance with Diane Copeland.

Friday, July 30, 4 pm
Bus leaves for Coeur d'Alene Summer Theatre, presenting *Pump Boys & Dinettes*.

Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit www.laughteryoga.org.

[Click here to watch the video.](#)