



A Touchmark® community



Discover Waterford this spring

A life in balance: simplicity



Message from
Jeff Bair
—Executive Director

Is spring in the air? Are we sensing it as temperatures rise to upper 30s and 40s? Hopefully, we won't experience more 'wintry' surprises before the official onset of spring later in the month. In the Northern Hemisphere, the current seasonal lengths are: 89 days in winter, 93 days in spring, 94 days in summer, and 90 days in fall. Based on this information, it would seem that winter has nearly completed its work. Isn't it great to know we are headed into one of our longest and most-loved seasons of the year?

Spring seems to be popular due to its association with new beginnings. During this season, we witness the emergence of new life and feel the embrace of opportunity related to fresh starts. It is a season of anticipation and excitement, and at the Waterford, it is the time we see many new friends join our community. A sharp rise has already been noted in the inquiries being made by individuals looking to join the Waterford community.

We hope you will join us this year. Great things happen in our community every day. Longtime friends as well as new friends get together to share rich and interesting experiences. Don't wait to come and find out why we say, "It's a wonderful day at the Waterford."

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy "new and improved" versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more "stuff" in our lives and living spaces. Maybe it's time to simplify. Here are a few ideas to consider:

1 Just say "no." Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don't hang onto things you don't want or need. Clean out the closet and drawers and throw or give things away. If it's broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Director of Life Enrichment and Wellness Betty Doerschlag. It's never too late to simplify and make choices for well-being and a life in balance.

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Laughter in the hallways

by Betty J. Doerschlag
—Director of Life Enrichment and Wellness

Upon entering Waterford and hearing the staff interact with residents or walking down the hallways to the sounds of laughter coming from around a corner, I am reminded of Waterford's real mission—to provide a life-enriching environment with excellent service and wellness opportunities. Laughter says, "All is well, and life is good at Waterford on South Hill," and just the sound puts a smile on my face.

Many residents have learned that laughter may be especially helpful even in stressful situations. Finding the humor in an event helps remind one that minor mistakes and setbacks are not the end of the world, even when they feel like it at the time. Changing your viewpoint to look for humor in any situation can lead to greater self-understanding and better health. We all need to teach ourselves to be proactive and live life to its fullest with a sprinkle of laughter everyday. It's the sugar in life! Check out the Life Enrichment events for March and come join us.

Resident makes afghan for grandchildren



Resident Ed Hornig has made a total of 14 afghans. It takes about six months for each one, and they are given to his grandkids when they get married. The recipient gets to choose the colors. He's been making them for about 10 years. His granddaughter taught him in one lesson, and he's only needed one "refresher course" on how to make the tassels. (There are 80 tassels on each afghan.) He also enjoys fly-fishing, woodworking, and leatherworking.

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Fostering FUN with fitness

by Lori McCormick, PT
—Director of Health and Fitness Center

A physically active lifestyle is the best "medicine" to prevent and treat a multitude of age-related medical conditions, including diabetes, osteoporosis, obesity, arthritis, Parkinson's disease, heart disease, stroke, Alzheimer's disease, and other conditions. If we can have FUN while we're being active, it's even better. Research shows that laughter and humor help reduce stress and boost the immune system. We also know that including laughter and humor in fitness programs results in more consistent participation.

At Waterford on South Hill, we foster FUN in our fitness classes and personal training sessions in several ways. 1. We promote relationships by greeting everyone by name. It's

much more fun to come to an exercise class with a group of friends rather than a group of strangers. 2. We keep the classes “light at heart” by sharing. Participants especially enjoy sharing the funny things children in their lives say or do. 3. We read jokes during class “intermission.” (An unscientific poll recently revealed that’s the favorite part of the class for some participants.) 4. Some things not intended to be funny add humor. One participant told me when I say, “let’s change legs,” he wonders who he’d like to change with that day.

Humor, laughter, and FUN, are an important part of our fitness program! Come join us and check it out.

Upcoming events

Friday, March 10, bus leaves Waterford at 7:15 pm—*Cat on a Hot Tin Roof* performance at Civic Theater.

Wednesday, March 15, 7 pm—St. Patrick’s Day celebration. The Dancing Irish performed by students, ages 5 to 15 years old, from Haran Dance Studio.

Friday, March 17, 3:30 pm—Angus Scott Bag Pipe Band and Dancers.

Saturday, March 18, bus leaves Waterford at 12:30 pm—*Ferrist Of Them All* presentation at Ferris High School.

Wednesday, March 22, bus leaves Waterford at 12:30 pm—Antique Shopping in Coeur d’Alene, Idaho.

Friday, March 24, bus leaves Waterford at 7:15 pm—Symphony Classic at Spokane Opera House.

Thursday, March 30 and Friday, March 31 from 10 am to 4 pm—Seventh Annual Quilt Show—“A Walk Through a Garden of Quilts.”

- Over 150 quality quilts on display, including special feature quilts: hand-quilted heirlooms with quilt history
- Door prizes, quilting supplies, and Best of Show awards
- Presentations and demonstrations
- Open house and tour of model homes

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for March is Humor and Life Balance.

Dance on Little Girl

by **Bettie Kinyon**
—Resident

“Dance with me, Grandpa,”
the little girl pleaded.
Her tiny pink toes
like tiny pink bugs
clung to his brown shoelaces.
Twinkling eyes looked up at him.
Velvety hair softly swayed.

Count, Grandpa, count.
Count one, two, three.
Whirl me around like a whisper.
They danced through the kitchen,
and down the hall,
across the foyer, and back.
As the music was fading,
she sprightly stepped down.
“I danced with my grandpa,” she giggled.

“Dance with me, Grandpa,”
the satined bride whispered.
Count one, two, three, and dance.
A blend of dreams and recall,
glided across the floor.
Twinkling eyes looked up at him.
Velvety hair softly swayed
a lyrical voice
floated back from the rustle,
“I’m dancing with Grandpa,” it giggled.

For April, submit a story with a photo. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Director of Life Enrichment and Wellness Betty J. Doerschlag.

Medicare Part D is in place, but many still have questions

by Winona Phelps, RN

—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled "BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

- ▶ **"How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.**
- ▶ **Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.**
- ▶ **If you are likely eligible for additional government benefits that can save you money on your medications.**
- ▶ **If it makes sense for you to start comparing the plans that are available in your area."**

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is www.SocialWorkers.org. And, of course, Waterford staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

