



A Touchmark® community



## The arrival of spring



*Message from*  
**Jeff Bair**  
—Executive Director

As the month of April settles in, we see things warming up around us. Birds returning from the south, animals coming out of winter hiding, and plants pushing out new growth. All seem to be signaling the arrival of spring, which always reminds me it is a wonderful time to be alive. It seems these stirrings of nature create an excitement or optimism in the core of my being.

April is a start-up month. It is a time when gardeners start to work, baseball season begins, spring cleaning takes place, and people begin to get back outside after a winter spent inside.

Around the Waterford, we have many great things taking place. Give us a call to learn about great opportunities currently offered at our community. Don't wait too long, though, because things are "warming up" fast.

## Deadline looms to make cruise reservation



You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be made by April 10.

This cruise is extremely popular and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. The rates for this spectacular seven-night cruise are \$1,585 for an outside cabin or \$1,785 for an outside cabin with balcony. (Travel to and from New York is not included.) A \$250 deposit will hold your spot for this colorful cruise on the Star Princess that sets sail from New York October 21, 2006. Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

# Stewardship—it's more than managing money

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over 50. Social Security resources and retirement benefits provided

**“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”**

—Norman Lear, producer and playwright at age 65

in the private sector do not look as promising as they did even a few years ago. Most of us are going to need more resources than we originally planned.

A second major concern is premature retirement. Although 62 might have been the right age to consider retiring when the original Social Security system was enacted, most em-

ployers now are hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring

us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward. To participate in Waterford Life Enrichment planning and programming, contact Life Enrichment Director Betty Doerschlag. Your energy, wisdom, and life experience are welcome and appreciated.

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## Physical fitness—a sound investment

by Lori McCormick, PT

—Director of Health and Fitness Center

Many of us are thinking about our financial health this month. While pondering finances, it occurred to me that there are striking similarities between financial fitness and physical fitness. Like our bank accounts, our physical fitness levels are a reflection of what we inherit from our parents and grandparents, what we do with our inheritances, factors beyond our control, and our chosen lifestyles. Financial fitness is achieved by setting goals, seeking professional advice as needed, and disciplining oneself to invest regularly until goals are achieved. So it is with physical fitness.

We can help you determine your physical fitness level and set realistic fitness goals to achieve success. The Senior Fitness Test (SFT) is a standardized physical fitness test especially designed for men and women over the of age 60. You’ll receive a personalized computer-generated analysis of test results that will help you determine:

- How your physical fitness level compares to your peers’
- Your future risk for loss of physical independence
- What you can do to improve your current physical fitness levels

Taking good care of your financial fitness is always an excellent goal. It makes good sense to invest in your physical fitness too. Give us a call at 509-536-2929 and start investing in yourself today.

## Remembering July

by Betty Doerschlag

—Life Enrichment Director

Watercolor artist and resident G.G. Fisher shares her painting of Priest Lake, Idaho, *Remembering July*. She took numerous photos at different angles of the chairs outside and then went inside and painted the chairs sitting in the snow overlooking Priest Lake. G.G. owns a year-round home at Priest Lake and has lived there for more than 30 years. She



**G.G. Fisher's painting, *Remembering July*.**

and her husband, John, return there every summer to enjoy the lake. G.G. has been painting since 1955. A neighbor asked G.G. to attend a painting class with her, and they signed up for a watercolor class. She had never painted before taking this class, but she enjoyed the class so much that she later attended night courses at Pacific Lutheran University and numerous workshops. She developed her own style, which she calls representational. As a volunteer, she has taught painting class at Priest Lake Junior High and Waterford on South Hill for six years.

She comments, "One of my most rewarding experiences was teaching watercolor classes." G.G. designed a series of classes for beginners to advanced students. Her favorite paintings are landscapes, old buildings, and florals. Her very first painting was a mountain scene with trees and water. Friends' and neighbors' positive appraisal was her motivation to continue painting and developing her skill. G.G. says, "Anybody can learn to paint; as long as you don't try to always compare yourself to other artists, painting skills can be acquired and developed."

G.G. also enjoys painting because "the problems and stresses of life just seem to disappear." "I am so focused on the artwork that when I am finished, I feel completely refreshed," says G.G. Her favorite and most memorable artwork was of two historical buildings located on the property she purchased at Priest Lake. One building was the original homestead, and the other was the first Nordman, Idaho, post office located on Priest Lake.

## Downsizing to move. Need help?

by Mary Johnson

—Sales Manager

Have you considered retirement living but felt overwhelmed with the whole idea of sorting through 40-plus years of accumulation and don't know where to begin? You are not alone. One of the largest obstacles many people face as they begin to think about retirement is how they are going to downsize in order to move into a more manageable, maintenance-free apartment or home. We think there is a way to make it much easier and to limit stress.

Waterford is hosting an event that will feature four companies that specialize in "the art of moving." Representatives will offer advice on what to keep and what to sell or give away based on your lifestyle and the size (square footage) of your new home. Moving can be emotionally challenging and physically difficult when family is not available to assist with sorting, cleaning, moving heavy items, or packing keepsakes. This Downsizing to Move Fair will allow you to visit with individual vendors and ask questions about services available and costs.

You will find vendors that sort, pack, price, sell collectibles, and dispose of garbage. Some vendors will move and place your furniture in your new home and even connect your cable TV, stereo, and lamps. Come participate and learn how moving can be made easier, and you can begin fully enjoying resort-style retirement living at Waterford on South Hill.

### **Downsizing to Move Fair**

**Wednesday, April 19, 1 to 4 pm  
Waterford on South Hill Lobby**

**Receive a complimentary \$500 moving  
voucher for attending the event and  
choosing to move into Waterford by  
July 1, 2006.**

## 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 April is a story.*

## The Theory of Relativity according to me

*by* Martha Lu Butler  
—Resident

When Albert Einstein developed his Theory of Relativity, I doubt if he thought much about birthdays entering into the equation. But, to me, birthdays definitely have a spot in there. So I thought I would help him out and develop my own theory.

Birthdays are, indeed, relative—each to the other and to birthdays of other people. When we are young and just beginning to be aware of age differences, usually about eight or so, we think of our parents as being old. Of course they are old; the reasoning goes, because all parents are relatively old. And so the thinking goes as long as our parents live.

When we have had about 16 birthdays, we think we know just about everything worthwhile there is to know. So, relatively speaking, anyone younger is innocent and unsophisticated. Their expansion of knowledge must come from us who are far older than they.

When we reach that magical age of 21, we REALLY think we know everything there is to know about life and the world. Relatively thinking, there is no one wiser than we—perhaps older, but surely not as world wise. And those who are relatively so much younger will never be able to understand. But I recall when returning home at the end of my first year in college how amazed I was at how much my parents had learned in that short time! Thank goodness, their relative old age had not hindered their ability to absorb a little more knowledge.

When we reach 40 and begin to worry that our lives are slipping away along with our figures, anyone relatively younger is very, very young indeed. Even those 21 year-olds who think they know everything. And we realize all at once that our parents, who are so old, are a good source of advice on many fronts. Perhaps we should have listened more at that relatively young age of 21.

Birthdays are a good reminder to have that annual physical checkup. On one of those dreaded occasions I suggested to the doctor that he be especially nice to me because it was my fortieth birthday, and I was definitely going downhill. To which he replied, “I’ve got news for you. You’ve been going downhill since you were 21.” Perhaps I should have absorbed even more knowledge than what I thought I had at that magical age.

At 60, we like to think of ourselves as relatively young. Only our friends seem to be getting older and wrinkled. We like to think that we remain the same; have left all bad habits of our youth behind; are ready to live life to the fullest. Relatively thinking, we are the picture of health. Only others continue to grow old. And since the age gap seems to be getting smaller ... even though our parents are still relatively old, they seem to be doing well “for their age.”

But even parents have their relativity. I recall when my father, at age 58, told us of an encounter with a friend he had not seen in a long while. He said, “He’s an old pelter. He’s dang near 60.” In his thinking my father was relatively young. His friend was relatively old.

At yet another birthday physical checkup the doctor said to me, after reading his charts, “I see you quit smoking a half century ago. That’s marvelous!” His relativity stretched things a little too far. Fifty years does not seem so bad.

All theories must have at least one exception. In my theory, I see this as belonging to spouses. We tend to think of our spouses as being the same age as we, so relativity would not apply. However, my own spouse took delight in telling others that he married an older woman. Actually, he was right. Relatively speaking, he was dead wrong. The age difference is 12 days ...

Since I have not yet reached the century mark, and in spite of what my creaky bones tell me, I am inclined to think of myself as relatively young. Perhaps it is because I am still here.

*For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Betty Doerschlag.*

# Luxury apartment home available

Enjoy comfortable living and nightly sunsets in a beautiful two-bedroom, two-bathroom apartment home. This spacious 1,200 square-foot home features an open floor plan with views from balconies off of the living room and dining room, and it also features an open kitchen.

Enjoy weekly housekeeping, fine dining, extra storage space, a fitness center with many programs, access to enriching social events, and other amenities.

To see this beautiful apartment home or others, please contact Sales Manager Mary Johnson, Sales Associate Terry Lalone, or Sales Associate Steve Barranco at 800-995-2930 or 509-536-2929.

## Upcoming events

**Friday, April 7, 7:15 pm**—Bus leaves Waterford. Symphony Classic.

**Friday, April 14, 7:15 pm**—Bus leaves Waterford. Best of Broadway, *Oklahoma*.

**Wednesday, April 19, 1 to 4 pm**—*Downsize to Move Fair*. No admission fee. Open to the public. Receive a complimentary \$500 moving voucher for attending the event and choosing to move into Waterford by July 1, 2006.

**Friday, April 21, 7:15 pm**—Bus leaves Waterford. Civic Theater. *The Philadelphia Story*.

