



A Touchmark® community



Change is good



Message from
Jeff Bair
—Executive Director

The dictionary defines change as “to make different; to alter or modify.” I know that I am not the only one who is encountering changes in life. At first, it is so tempting to throw your hands in the air and say, “Stop. I do not want to go there!” Fear of the unknown can create such a tight hold on a person.

Just imagine, though, all the things we would miss if somehow we could “stop” all the changes in our life. The seasons would remain the same; children wouldn’t grow to adulthood; we would cease to learn new wonders; we’d miss visiting new places; and think of the new friends we would never meet. On top of all that, what would become of the miraculous advances over the last 50 years? Imagine all the fantastic inventions we now enjoy as a result of changes in knowledge and technology. I, for one, would never want to miss any of those interesting developments.

As life continues to unfold, we should embrace all the great things that can be experienced, learned, and achieved. I encourage us all to keep an open mind to the wonders around us ... let’s not miss a thing this world has to offer.

Come see what Waterford is all about—and make a positive “change” in your life.

Celebrate National Senior Health & Fitness Day

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

This year, the President’s Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled *Get Americans Moving*. One of the Council’s areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council’s work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn’t hard to see why they didn’t apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- **Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.**
- **Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.**
- **Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.**
- **Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers.**

- **Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.**

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health-and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Waterford. Life Enrichment/Wellness Director Betty Doerschlag is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.

.....

Waterford celebrates National Senior Health & Fitness Day and kicks off summer walking program

by Betty Doerschlag
—Life Enrichment/Wellness Director

On May 31, 150,000 older adults across the United States will participate in health promotion events at more than 1,000 local sites. National Senior Health & Fitness Day, the nation’s largest older adult health and fitness event, is celebrating its 13th year with the theme *Fitness—A Lifetime of Benefits*.

To join in the nationwide festivities, Waterford is hosting Spokane’s kickoff party for the area’s Walking Challenge. This local competitive summer walking program is sponsored by Prevention, Education, Development (PED), a local nonprofit organization promoting wellness among older adults. Residents of five other retirement communities in the Spokane area and participants from three senior centers will join Waterford residents for a program featuring motivational speaker and author Linda Lawrence Hunt.

Ms. Hunt’s book, *Bold Spirit*, chronicles the true story of Helga Estby, a Norwegian immigrant and mother of eight children. In 1896, Helga and her oldest daughter, Clara, left Spokane, Washington, to go to New York City in an

attempt to win a \$10,000 wager to save the family farm after the ravaging depression of 1893. With only \$5 in their pockets, the women traveled eastward on foot following the railroads. *Bold Spirit* is a well-researched saga that invites readers to follow Helga across the physical, social, economical, political, and cultural landscape of Victorian America.

Following Ms. Hunt’s presentation, everyone will take a walk around the South Hill area with Lori McCormick, PT, and other Waterford staff. Participants will meet back at Waterford for refreshments and door prizes.

The Walking Challenge competition will begin June 1 and will go through August 31. Participating communities and senior centers compete for three traveling trophies that recognize the community/center with the most miles walked per participant, the most improved mileage, and the greatest percent of participants. In addition to competing for one of the three trophies, Waterford residents will track their mileage with flags on a U.S. map along Helga Estby’s route. This “relay across america” will be a motivational challenge for participants.

Join the South Hill community in its summer fitness walking program and reap the reward, *Fitness—A Lifetime of Benefits*.

Upcoming events

Friday, May 12, 7:15 pm—Transportation leaves Waterford for Cultural Events: *Symphony Classic*.

Thursday, May 18, 2 pm—*Out of Ashes—Mt. St. Helens*. Film presented by KSPS Public Television.

Friday, May 26, 2 pm—Memorial Day program.

Friday, May 26, 7:15 pm—Transportation leaves Waterford for Civic Theater: *Music Man*.

Wednesday, May 31, 1:30 pm—National Senior Health & Fitness Day celebration and PED Walking Challenge kickoff. Public welcome.

Tuesdays, 10:30 am—Tai chi classes. Eight-week session.

Waterford's quilt show draws more than 450

More than 450 people soaked in the creativity and fun at Waterford's *A Walk Through a Garden of Quilts*. The seventh annual quilt show featured more than 179 quilts on display, with 81 hand-made quilts, presentations by local experts, prizes, and 25 community tours. Seven years ago at the first show only 21 quilts were featured.

"What a phenomenal event," says Life Enrichment Director Betty Doerschlag. "The quilt displays were amazing and there was so much energy in the air."



Quilt displays hang over a quilting demo class.

Touchmark cruise winner sets sail May 26

Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband depart for Europe May 26. Once arriving in Athens, the couple will travel 15 days on the ms Rotterdam of Holland America Line and will visit Rome, Monte Carlo,

Paris, Lisbon, Barcelona, and other "grand European capitals," which is the title of the cruise they selected.

A self-proclaimed art enthusiast, P.J. knew Europe would present an enriching experience. "The biggest draw was Paris. I literally tear up when thinking about standing in front of the Mona Lisa," says P.J.

P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing. "This is really a coveted trip for me," says P.J. "I started dreaming about the trip at 17. ... I'm just very grateful [to Touchmark]. ... It will be life enriching—a once-in-a-lifetime gift."

To follow the couple's cruise adventures, visit touchmark.net/com/cruise/index.aspx.

Join the Walking Challenge— and make sure to have the right shoes

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

May 31 is National Senior Health & Fitness Day, and this year's theme is *Fitness—A Lifetime of Benefits*. To celebrate the day, Waterford is hosting the kickoff party for the citywide Walking Challenge. Throughout the summer, Spokane-area retirement communities, senior centers, and Waterford residents will compete for three Walking Challenge trophies—most mileage walked, most participation, and most improvement in mileage takes first.

Walking is the most common fitness activity for older adults, and it can be the foundation of a regular fitness program. It is recommended that adults participate in 30 minutes of moderate aerobic activity most days of the week, and walking fits the bill perfectly. It's something we already know how to do, it can be done almost anywhere, and it takes minimal equipment.

Shoes are the most important piece of equipment needed for a fitness walking program. Since everyone's feet are different, one shoe does not fit all, but here are some guidelines that will help you purchase the right shoe.

- Shop late in the day. Your feet are slightly larger then.

- Shop when you have plenty of time to walk around the store in the shoes you're trying.
- Try shoes on with socks and any inserts you'll be wearing with them.
- Choose a shoe with a low-rounded heel that bevels in to promote your foot rolling from heel to toe, and choose a flexible sole that bends in the toe area.
- Proper fit includes adequate length and width in the toe box—1/2 inch longer than your longest toe with plenty of wiggle room for your toes. The heel should not slip, and the shoe should not pinch or bind across the arch.

Following these guidelines will help your feet enjoy the summer as you step out with your personal fitness walking program.

.....

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.

Memorial Day ...

by Jack Danz

—United States Veteran and resident at Touchmark's retirement resort in Sioux Falls, South Dakota

A day in our life when we stop and pay a moment of thought to our loved ones, dear friends, and acquaintances who gave their life for the love of their country.

I remember when I was a private in the United States Army and went into New Guinea, my first contact with war. We were a patrol scouting behind the Japanese lines seeing where they might be. We weren't prepared to fight. We just carried small guns and had grenades on our belts. We all needed a rest, so we sat down in a circle. Out of the blue, a grenade slipped off the belt of Private Higgins. It rolled into the middle of our circle. There wasn't time to throw it away from harm. Private Higgins, without hesitation or conversation, got up and laid on top of the grenade. He gave his life for his comrades and country.

I wish there was some way I could pass along to his family the respect I have for this young soldier. Over the past many years I have never forgot this courageous act that

happened to me in New Guinea. Don't forget Memorial Day and the loved ones who you lost. Don't hesitate. Honor them with flowers or a visit!

For June, we will feature a nostalgic story. Deadline for this issue is May 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Betty Doerschlag.

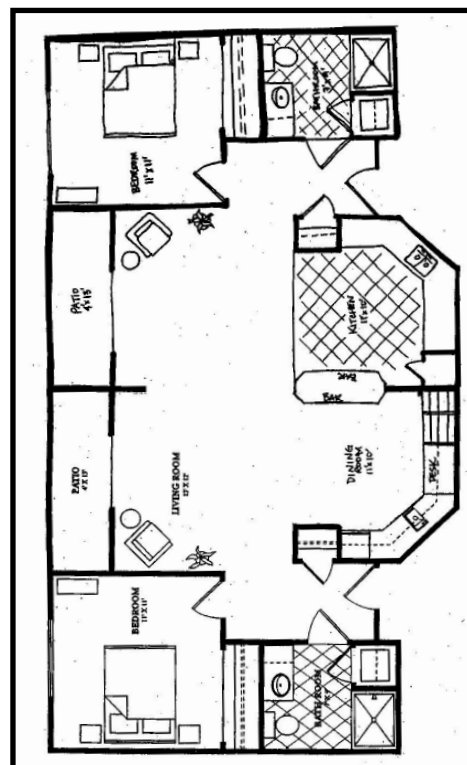
.....

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.



Tour this lovely apartment.

