



A Touchmark® community

Waterford on South Hill

February 2006



## Enjoy a heart-healthy month



Message from  
**Jeff Bair**  
—Executive Director

It's February ... the month when we give some attention to hearts. During American Heart Month, the American Heart Association and others highlight ways to prevent heart disease and strokes. The National Heart, Lung, and Blood Institute and other groups have created a National Wear Red Day to increase awareness of heart disease in women. This year, Friday, February 3 is the day to wear red and visibly encourage women to take charge of their heart health.

For a long time, this shortest of months has been a time when many show their love and affection to others ... Valentine's Day. Marge Coalman, EdD, discusses the heart's dual identities in a fascinating article. This month, give some thought to your heart and what you can do to make it pump more healthily. Join others for one (or more) of our fitness classes. Take steps to eat more nutritious foods. (Even though research now indicates that dark chocolate can increase the antioxidants in blood, go easy on popping those Valentine chocolates.)

Here's to heart-healthy living this month—and future ones.

## The heart of the matter

**Marge Coalman, EdD**  
—Wellness & Programs Director, Touchmark

*"The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart."*  
—Helen Keller

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: "**heart**: n. **1.** The chambered, muscular organ that pumps blood received from the veins into the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one's being, feelings, and emotions." How did one word get to be so "bipolar" in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

In today's world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less prominent risk factors all contribute to the viability of the body's most important organ in sustaining life. Further, there are multiple medications, surgeries, and treatments to improve the function of this hardworking muscle. Rating one's "heart health" via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine's Day and chocolates. The offerings and activities of Waterford's Life Enrichment

and Wellness program focus on providing educational and physical opportunities for residents, their families, and guests to know how to have a heart-healthy lifestyle. Check this month's schedule for a special emphasis on heart and health and the important aspect of emotional well-being. Our goal is to support optimal aging and well-being for every resident every day.

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## Luxury home available

Enjoy comfortable living and nightly sunsets in this beautiful two-bedroom, two-bathroom home at Waterford. This spacious 1,600 square-foot home features an open floor plan with a see-through gas fireplace between the living and dining areas, an outdoor balcony, a full-size kitchen, a den, and a large master bedroom with walk-in closet and jetted tub.

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 home or others, please contact Mary Johnson or Terry Lalone at 800-995-2930 or 509-536-2929.

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## Engaging the brain with exercise

**Lori McCormick, PT**  
—Waterford Fitness Specialist

Research shows that physical exercise improves brain function, and exercising to music further enhances memory. It has also been shown that learning new things, such as another language, creates new connections in the brain and that using the brain for new learning may even help to prevent Alzheimer's and other dementias. What happens, then, when you combine physical exercise, music, and learning a new language? Lots of fun for one thing, and we believe a cumulative effect for the brain as well!

During Waterford's strengthening class, which meets Thursdays at 10:30 am, participants count exercise repetitions out loud to help ensure correct breathing and to avoid holding their breath. Recently, one participant said, "How about counting in Spanish?" We polled class participants, and discovered that among them, they can speak Spanish, Italian, Norwegian, Danish, German, Hebrew, Russian, and Japanese! Wow! We made posters of each language, and now we count in two languages other than English at each class. We're multitasking and further engaging our brains while we exercise. Please come join us or come see me to learn more about the classes available at the Waterford.

## It's time to make your reservation!



If you're interested in participating in Touchmark's Fall Foliage cruise, which sails October 21, 2006, it's now time to make a \$250 deposit to hold your room and guarantee the price.

The cruise is open to all Waterford residents, family, friends, investors, and staff. The special group rate is based on availability and is per person with double occupancy in each cabin:

- Outside cabin-\$1,585
- Outside cabin with balcony-\$1,785

The cost includes insurance, taxes, and round-trip transfers. (Travel to and from New York not included.)

The Star Princess will depart New York City for a stunning seven-night cruise that will take in the fabulous fall foliage of the eastern seaboard. Travelers will visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island. Brochures are available at Waterford with more details.

Sign up now for a colorful and memorable cruise. For more information and to make your deposit, call Edwards LaLone Travel at 800-288-3788.

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## *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 February is Heart-to-heart.*

## When retirement becomes "inspirement"

**Bettie Kinyon**  
—Resident

It was Saturday morning. Cartoons flashed on the television monitor. "Decisions, decisions," Daffy Duck quacked as he paced back and forth.

The children, still in their sleepers, sat on the floor with a favorite blanket and peanut-buttered toast. Peanut butter

had been their choice. The options were peanut butter, jelly, or honey. Although still young, they were learning about decisions.

Those were good times but gone so quickly. Life, like a book, has chapters. That chapter had been a good, but short one.

The next one was busy. Cub Scouts and Camp Fire Girls, Little League, music, and swimming lessons; P.T.A. and room-mother meetings. So busy, we taped schedules on the inside of cupboard doors.

One afternoon a child came home unhappy about unkind treatment received by a classmate. The other two advised on what they would do if it happened to them. That evening we discussed the situation. We talked of how important our reactions to others' actions can be. Then we made a poster. It read:

*“It’s not what happens but our reactions to situations that are important.”*

I did the black lettering; they the bordering-representative stick figures. It, too, was taped inside a cupboard door.

Years later, during college holidays, they laughed at the awkward figures. There was no mention of the lesson or meaning of the poster. I wondered, “Had they learned it?”

When they returned to campus, the family home rained with silence. We missed the children and woefully relived their activities; then decided we had a choice. We could continue recalling or move on to the next chapter.

We began to do those things that would make our dreams realities. I removed the outdated schedules from the cupboard doors. Ray suggested we leave the poster.

One evening, our son and daughter-in-law shared exciting news: We were going to be grandparents! Up came the crib. Knitting needles clicked. Sewing machine hummed.

When the awaited call came, I was studying for a literature test. The next morning on my way to class, I stopped at the corner drug store. There, I purchased 24 lollipops, then tied a pink ribbon on each one. While distributing them, I explained, “Now, I am a grandmother. The cigar counter was closed, so lollipops will do!” Someone called out, “Way to go, Gramma.” “Gramma;” that had a great ring to it!

## Upcoming events

**Every Friday in February, 1 pm**—Creative Writing. Bill Bell. Fourth Floor Craft Room.

**Friday, February 3, 7:45 pm**—Best of Broadway, *42nd Street*. Spokane Opera House.

**Sunday, February 5, 3 pm**—Super Bowl Tailgate Party. Enjoy food and fun. Watch the game on a big screen projector. Forum.

**Friday, February 10, 7:45 pm**—Symphony Classics, *Made In America*. Spokane Opera House.

**Tuesday, February 14, 2 pm**—Enjoy Act 1 of *Last of the Red Hot Lovers*. Presented by Pasqua Enochson and resident Chuck Burmingham. Forum.

**Wednesday, February 15, 2 pm**—Healthy Heart Clinic. Waterford Fitness Specialist Lori McCormick, PT, and Physical Therapist David Springer will lead this educational and fun clinic. Open to the public. Hoyle and Crystal rooms and Health & Fitness room. Registration will take place in the lobby.

Four nursing students will assist attendees with medical release forms and provide free blood pressure checks. Chef Durwin Maloney will present a healthy food display and offer a recipe for the featured entrée. David Springer, PT, will present a 15-minute presentation on Cardiac Rehabilitation. Director of Health & Fitness Club Lori McCormick, PT, will teach guests how to determine their training heart rate.

**Friday, February 24, 7:45 pm**—Symphony Classics, *Role Plays*. Spokane Opera House.

**Call 536-2929 for more information or to register.**

Soon we needed bifocals to read the senior citizen menu. In the chapter “Aging” from the Happy Living Manual was a quote: “Enjoy your plans as well as your achievement.” Desiderata-author unknown. In fine print, it explained: make your plans, dream your dreams, but factor in the possibilities of physical limitations.

One sunny day we visited a different kind of campus. The dorms were beautiful. Posted in the lobby were activities and class schedules: musical concerts, art and writing classes, field and shopping trips. Inspired, I visualized the duck pacing back and forth, quacking, “decisions, decisions.” That evening, we discussed what we had seen.

This was an adventure that would easily fit into our lives. We were young enough to take advantage of the privileges offered. We now could make our own choices; decide what to take with us and how to pack and go.

One weekend, the children came home to help. They packed dishes from the cupboards and cleaned the garage. We took them on a tour of the campus. They carried in boxes and opened cupboard doors as if approving their spaciousness.

The first night in our new home was remarkably peaceful. We felt so good about our decisions. Up early the next morning, we began unpacking dishes. To our surprise, taped on the inside of a cupboard door was the familiar poster:

***“It’s not what happens but our reactions to situations that are important.”***

Added at the top: “Dear Mom and Dad.” At the bottom, each child had signed their name. We exchanged misty glances. Evidently they had learned their lesson well.

I went to the door to retrieve the morning paper. There, at her front door, also getting her paper was a new friend, Clara. “Are you going to the book review?” she called. “Meet you in the lobby,” I answered. Today we had places to go, things to do. It was good. We were grateful.

Say thank you every day for something ...

*The theme for March is Humor and Life Balance. Deadline for this issue is February 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Betty Doerschlag.*