



A Touchmark® community



Recalling memories from 2005



Message from
Jeff Bair
—Executive Director

As we begin the new year, we can look back and recall many great things that took place in 2005 at Waterford. Please enjoy these highlights.

- Many new neighbors joined our community in 2005. This is exciting, because new friends bring unique histories and experiences that further enrich the whole community.
- Waterford at Grapetree, our new satellite neighborhood, started in the last quarter of the year. This will be a gated neighborhood featuring 64 upscale single-family homes. It will be built in three phases. The streets for phases one and two are in, and two models are under way. We look forward to starting construction of new homes as soon as the weather permits. We are seeing great interest in the neighborhood and with the arrival of spring expect a flurry of activity.
- Waterford Home Health agency received approval from the state of Washington to pursue Medicare licensure. We expect to begin Medicare-reimbursed services midyear.
- As usual, Life Enrichment flourished around our

community. We enjoyed parties, educational offerings, entertainment, intergenerational programs, health forums, guest speakers, trips, and more. In September, a group from Waterford went on a week-long cruise to Alaska, coming back with stories and memories.

- This year we hosted our annual quilt show, harvest festival, and holiday bazaar, which were enjoyed by the public and residents. We also celebrated Touchmark's (our parent company) 25th anniversary. Each month we hosted events where participants were able to enter a drawing for a cruise. It created wonderful excitement when Touchmark announced that the cruise winner was from the Spokane area.
- Residents and staff helped others at home and around the world. They sent support to the Red Cross for tsunami victims, purchased calling cards for Fairchild Airforce Base personnel stationed in Iraq, and packed 102 food boxes with turkeys, which were delivered to local families in need during the holidays.

Overall, it was a great year full of activity that was fun, meaningful, and good for the spirit. We are looking forward to all that this year brings and have confidence it will be filled with many a "wonderful day at the Waterford".

.....

Mind, body, and spirit: solutions not resolutions

Marge Coalman, EdD
—Wellness & Program Director, Touchmark

What is all this fuss about "mind, body, and spirit?" If

one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote “holistic health” and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in “for sale” remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making “New Year’s resolutions” it might be more productive to look for “New Year’s solutions” to any and all concerns that create a feeling of ill-being, discomfort, or pain. Doing an individual inventory can be supported by the wellness professionals here at Waterford. If health care providers need to be involved, Life Enrichment staff can help with that referral or contact. This year do an *internal check-up*, and let us help you find the resources you are seeking to make 2006 a year of good health, happiness, and well-being.



Is laughter really the best medicine?

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two resources for well-being in

an article just published in the *Journal on Active Aging* (vol. four, issue six).

For a copy of her article, visit touchmark.com/MAC-IsLaughterReallyTheBest.pdf.

Upcoming events

January 12, 5:30 pm—Spaghetti Wine and Dine Night, Four Seasons Dining Room.

January 19, 2 pm—The Importance of Balance in Your Life, presented by David Springer, PT. Forum.

January 26, 3:30 pm—Safari in Ecuador, presented by resident Morris Fuller, MD. Forum.

January 27, 1 pm—Creative Writing Class, presented by Bill Bell. Craft Room on fourth floor.

Call 536-2929 for more information or to register.

Calling all photographers, writers, and poets ...

Remember when baseball bats were made of wood, and coffee creamer was ... real cream? Nostalgia is one of several themes identified for Touchmark’s 2006 “Let Your Spirit Soar” program.

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark would like to feature some of this talent and creativity in each newsletter.

Starting in February, at least one resident’s submission will be published in the monthly newsletter. Since February is often known as “heart month,” residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic “Heart-to-heart.” Deadline for this issue is January 10.

For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment and Wellness Director Betty Doerschlag.

