



A Touchmark® community



## Happy Independence Day!



*Message from*  
**Patrick Bergin**  
—Executive Director

As we celebrate another national anniversary, I am grateful to be living in a free and open society and proud to be an American. At the same time, I realize that it was the generations of Americans before who helped shape and make this country what it is today. In Tom Brokaw's book, *The Greatest Generation*, he aptly names and honors those who lived and served during World War II. This age group shared unique experiences and suffered many sacrifices, such as the Great Depression, World War II, the beginning and end of the Cold War, and much more. It is a great honor to work each day with members of the greatest generation. I enjoy having the opportunity to listen to many interesting and exciting stories told to me by many Waterford residents.

So, as we celebrate the red, white, and blue, I will be mindful and grateful to our country's Founding Fathers, who established a country at great personal sacrifice and to those members of the Greatest Generation, who helped our country through turbulent times.

## Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

**“The wisdom of the elders has built a life worth living for us all.”**

—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an

opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we

will also remember all of the patriots who have served in days gone by.

To participate in the Waterford celebrations and observances, contact Life Enrichment/Wellness Director Heather Clark—and support and honor the birthday of our country.

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## Imagine yourself living here— summer in the Pacific Northwest

*by* Eric Christensen  
—Director of Sales & Marketing



There are many things I love about the Pacific Northwest ... the beauty of the evergreens, the cool moist days, and crossing over the mighty Columbia River. But most of all, I love coming around a bend in the road only to see the beauty of creation magnified in Mt. Hood. There is something about that mountain that enralls me. I can sit for hours and watch her in all of her beauty.

We have lots of apartments and homes to choose from here at Waterford. Some are close to the dining rooms, while others are close to the elevators. Some are quiet and private, and others are right in the midst of things. All of them have great views, balconies, and patios—but none of the views can compare to the fourth floor of the Terrace building. From the eastern-facing apartments, you can see the world—and my good friend, Mt. Hood. That is where I want to spend my retirement years.

Apartments on the fourth floor of the Terrace building don't

become available very often, but when they do—they go fast. So, if you or your friends are looking for the perfect two-bedroom, two-bath apartment with a great view, we'd love to show you the one that just became available. And remember, good friends make the best neighbors.

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## Volunteerism program grows at Waterford—come join us

*by* Heather Clark  
—Life Enrichment/Wellness Director

This month, we will kick off our revamped volunteer program at Waterford. There are many opportunities for volunteers on our campus—so many, in fact, that we have set aside an entire afternoon to introduce, or for some of you reintroduce, our program.

We invite all residents, family members, and friends to join us on Thursday, July 20 at 2 pm in the Fireside Room for the kickoff. At this time, we will also recognize the many wonderful volunteers who currently serve our community. Come help us thank these volunteers. Enjoy great company, learn about volunteer opportunities, and enjoy refreshments. Call 360-254-2866 to preregister by July 17. We hope to see you there!

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## Health & Fitness Club summer classes beginning

*by* Carol McCann  
—Health & Fitness Club Director

With summer upon us, Waterford Health & Fitness Club is gearing up with some fun summertime events along with some seasonal favorites.

We are now accepting reservations for pool parties in our beautiful 25-meter indoor, heated pool. Reservations are available for June, July, and August and are for 1.5 hours for \$100 plus tax. This includes a maximum of 60 participants and two lifeguards. We are also offering summer swim lessons after hours for children and private adult swim lessons during regular hours.

Summer session classes begin July 10 and go through September 1. We are offering tai chi, Smooth Moves (move

to music of the 30s and 40s), Backhab, Park it, Hiking Clinic, and Joint Action (flexibility), just to name a few.

We are excited to offer a Heart Rate Workshop on Saturday, July 29 in the Health & Fitness Club from 10 am to noon. All participants receive an individualized fitness program with a chart, snacks, and beverages, the latest guidelines for fitness programs and heart disease, and practical application of target heart rates for only \$30 plus tax.

Personal training is an affordable way to make the choice for greater vitality, health, independence, and quality of life. Waterford Health & Fitness Club personal trainers provide support, guidance, and direction unique to your needs and will help make fitness a fun part of your day. Call 360-433-6400 for a consultation appointment at no charge, to reserve your place in any of these fun classes and events, or for more information.

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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 July is "Patriotism and Community Service."*

## I pledge allegiance ...

**by Staff Sergeant Henry Stein**

**—Resident at Touchmark retirement community in Sioux Falls, South Dakota**

"I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all."

As our flag is presented, we face the flag and recite the Pledge of Allegiance. We show our devotion to God and country.

When I was teaching in a rural school in northern South Dakota, this was an exercise in patriotism. In sunny weather, we would stand in a circle, remove our caps or hats, salute the flag, and recite the pledge in unison.

It was a distinct honor to lower the flag, fold it into a triangle, and store it indoors. Several of the boys there were killed in action and buried in South Dakota in the Black Hills National Cemetery south of Sturgis, South Dakota.

I was assigned to the B23 Tank Destroyer Battalion overseas during the war. We held our memorial service in a German church and honored the soldiers who were killed in action. Our cemeteries are well kept to honor those soldiers.

It was a special honor to be a part of a fighting unit during the entire war.

*For August, please submit a recipe with a story. Deadline for this issue is July 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Heather Clark.*

## Upcoming events

**Tuesday, July 4, noon to 1:30 pm**—July Fourth Barbecue and Celebration.

**Wednesday, July 5, 10 am to 4 pm**—Blood Drive.

**Thursday, July 20, 2 pm**—Waterford Volunteerism Kickoff and Recognition.

Call Heather Clark for more information or to register.

## Waterford Home Health and Home Care team ready to serve you

**by Louise Harmon**

**—Home Health, Home Care Director**

Were you aware that Waterford has its very own home health and home care agency located right here on campus?

Our Medicare-certified Home Health department can, with a physician's order, provide skilled nursing, home health aid, and physical, occupational, and speech therapy to folks who are homebound and unable to obtain these services in the community.

Waterford's Home Care service provides assistance with nonmedical needs, such as bathing, light housekeeping, shopping, pet walking, correspondence, and other tasks. We do have a two-hour minimum for Home Care services and can provide care up to 24 hours per day, seven days a week. If you have any questions, give us a call at 360-253-3855.

