



A Touchmark® community



Remember the water—and let us know how we’re doing



Message from
Patrick Bergin
—Executive Director

As we approach the “dog days” of summer, and the weather gets downright hot, it is timely to remind people about the importance of drinking plenty of fluids. Read the article later in this issue by Health & Fitness Club Director Carol McCann for details about why this is important and what you can do. When it’s especially hot—like the triple-digit temperatures that we’ve experienced already—we’re making chilled water bottles available for residents and staff. During those times, look for the large barrels filled with ice and water bottles across from the café ... and help yourself.

Feedback vital

We’re now reviewing the information completed by residents during our annual survey. As always, the suggestions are helpful. For example, based on the feedback, we’re taking a look at the menu items offered in the dining room and the dining experience overall. Other changes will be taking place as we continually work to enhance the Waterford community.

I greatly value and appreciate ongoing feedback, and I

encourage you to share your thoughts at any time directly with me, with another manager, via the anonymous comment cards, or through any other method with which you’re comfortable. Feedback is indeed vital!

Have fun: It matters

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

Depending on one’s definition of “delightful,” leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous random studies that correlate things like nature, water, pets, poetry,

“The crucial element is that you do something that is inherently delightful to you.”

—Dulce Zamora, writer and health researcher

music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

Professor Blair Justice, PhD, at Texas School

of Public Health has written extensively about the correlation of stress and illness—*dis-ease*. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts Affect Your Health*, focuses on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the process and progress of disease can be mediated by

the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body's ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable, it can't be done in a state of fatigue. For someone dealing with a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the Institute for Complementary and Alternative Medicine in Vancouver, BC, states, "It's about checking in." She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better? Or am I just doing this because it is a "duty."

At Waterford, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun. If you have ideas for events, activities, spaces, or groups that will add to the possibilities for fun and pleasure, share them with Life Enrichment/Wellness Director Heather Clark.

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Stay healthy in the summer heat

by Carol McCann
—Health & Fitness Club Director

Waterford Health & Fitness Club would like to remind residents and club members of the importance of hydration, especially during the summer months. During the summer when the temperature rises, more and more people become susceptible to dehydration and heat-related illnesses. It is important to know various precautions before going outside during any season, especially summer.

Heat-related illnesses, such as heat stroke and heat exhaustion, are most common in children, athletes, and older adults, although anyone who spends time outdoors is at risk. The risks of these illnesses can be deadly, but fortunately, most of them are preventable.

Even though the temperatures in many parts of the country are on the rise, most people do not hydrate themselves

properly before spending time outdoors, which causes them to lose more fluid than they take in. Water is the obvious solution to dehydration. The general rule of thumb is to drink at least eight 8-ounce glasses of water each day. Maintaining hydration is the first step to remaining healthy through the summer.

Fall Session sign-ups

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Fall Session of specialty classes begins September 18 and goes 'til December 15. Sign-up week is Monday, August 28 to Friday, September 8. Please contact the Waterford Health & Fitness Club front desk at 360-433-6400 to learn more about the classes we are offering this fall—including Tai Chi, Better Balance, and Healthy Back.

Please sign up by these dates to ensure that your specialty class will remain on the schedule. Remember to ask us about the new, fun classes that we would like to launch.

Using air conditioning? Please take note

by Don Mook
—Director of Plant Operations

Summer is here again and so is the hot weather. This means the 300 air conditioners at Waterford are being turned on and used often. You can help reduce air-conditioner problems by following one simple rule: please keep all windows of your apartment or home closed while your air conditioner is running.

This simple action will prevent the motor from freezing and other subsequent problems. Feel free to run your unit as much as necessary, but be sure to turn it off before you open your windows.

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 August is a recipe with a story.

Maizie's Hot Chicken Salad

by **Maizie Solum**

—Resident at a Touchmark retirement community in Sioux Falls

My mother was a wonderful cook. I tried to have her teach me, but she didn't use recipes. So I taught myself by trying new recipes. My husband, Herm, and I belonged to a dinner club. The hostess was responsible for the entree, and the other guests brought the side dishes. Well, it was mine and Herm's turn to host. ... I served my Hot Chicken Salad. ...

Ingredients:

- 4 cups diced cooked chicken
- 4 eggs, hard-boiled and diced
- 2 cups chopped celery
- 2 t grated onion
- 2 chopped pimentos
- 2/3 cup slivered almonds
- 1 eight-ounce package of water chestnuts
- 1 1/2 cups mayonnaise
- 2 T lemon juice
- 3/4 cup grated cheddar cheese
- 1 small bag potato chips, crushed

Instructions:

Preheat oven to 400 degrees. Grease a two-quart baking dish. Mix first nine ingredients and place in bottom of baking dish. Top with cheese and crushed chips. Bake 20 to 30 minutes or until bubbly. Makes 8 to 10 servings.

For September, please submit a book review of your favorite book. Deadline for this issue is August 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.

Come cruise with us!

by **Heather Clark**

—Life Enrichment/Wellness Director

Be sure to join us the week of August 14 to 18 for an exciting adventure. We'll be taking a cruise around the world and "stopping in" at a different port of call each day. Special events, music, and meals will be offered along with lots of fun and interesting information. The cruise will end with a grand event, featuring a spectacular pianist on Friday at 3 pm.

Be sure to look for the flyer that we'll post with all the events and times. If you are on our e-mail list, you will receive an electronic flyer as well. Also, please start collecting those spare books for our book drive next month. More information will be available in the September newsletter.

Come join the fun. All aboard!

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Awash in the artwork and adventure

by **P.J. Brenden**

—Winner of Touchmark's 25th anniversary cruise

Since I was 17, I have dreamed of touring Europe. To take in the Mona Lisa, to view the brilliant colors of Greece, and to watch people scurry around a European market were things I hoped to do. And earlier this summer, my husband and I packed our bags for a 15-night cruise board the HMS Rotterdam, thanks to Touchmark.

The trip was truly an amazing, fast-paced adventure. We soaked in the ruins in Greece and Turkey (despite the heat), climbed down the stairs of Temple de la Sagrada Familia bell tower in Spain, ate heavenly food at the Dessert Extravaganza on the ship, and laughed constantly about the odd public restrooms throughout Europe.

My favorite adventures were visiting Claude Monet's garden in Giverny (west of Paris) and viewing the Mona Lisa. I love art, and to see the handiwork of such masters was awe-inspiring. I cried in front of the Mona Lisa ... and, well, about every other artwork treasure.

The day I visited the Mona Lisa, I arrived at the Louvre early and made my way to the display. Other than the guards and a few tourists, there weren't many other people



P.J. Brenden, Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner, soaks in the beauty of *The Fortress City* (Valletta) in Malta.

around, and I was able to see her well (ignoring the fact that she was encased in protective glass). People stood there in silence, just absorbing the painting. Finally, an Australian tourist leaned over and asked me, "How long should I stand here?" We both had to laugh. You only dream of seeing the Mona Lisa, and when you finally do, you're not sure how long you should stand there in reverence of the masterpiece.

I also enjoyed the quality of the artwork on the ship. They had some Dalis, Rembrandt etchings, and other famous pieces. I even attended several art auctions and purchased two pieces—one for my Italian-inspired wine room.

The ship itself was opulent, the food was great, and the people on the ship were fascinating. My husband and I met some people who had been on 14 or 15 cruises!

We just enjoyed the whole experience. Thanks, Touchmark!

Editor's note: Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband traveled throughout Europe on Holland American's HMS Rotterdam. 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.

Upcoming events

Wednesday, August 9, 2 pm—Traditional Blend Folk Music.

Friday, August 11, 11 am to 3 pm—Garments on the Go.

Monday, August 14 to Friday, August 18—Cruise Week: Special events daily.

Call Heather Clark for more information or to register.

Lifestyles. Homes. Enrichment.

by Eric Christensen
—Director of Sales & Marketing

One of the best parts of our job in the Sales Department is seeing the looks on people's faces when we give them a tour around the community. You see, living at Waterford is about so much more than an apartment or a single-level home. It's about the richness of life that people can experience when they live at Waterford.

I tell people all the time that I dream of living at Waterford. My day would be filled with a trip to the Health & Fitness Club for a training session with a personal trainer and a swim in the pool, a mystery trip with the Life Enrichment/Wellness team, card games with the guys in the Hoyle Room, dinner with friends, and then a movie with popcorn in the evening. I'd return to my apartment to find that Housekeeping had been there to clean while I was gone, and I'd fall asleep reading a good book.

Some worry that if they move into Waterford, they will lose their independence. But this is only true if your definition of independence is having the hassle of maintaining a home or paying countless bills. Rather, living at Waterford is all about having the independence to live life the way you've always dreamed—with a group of people who are doing the same.

I invite you to experience the richness of retirement living at Waterford. Give me a call to schedule a tour. I'd be happy to show you around the community and help you design your retirement lifestyle.

