



A Touchmark® community



## A continuum of rehabilitation services



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

I am pleased to announce the opening of the Waterford Outpatient Rehabilitation Clinic, which provides services to anyone living in the Clark County area. Melanie Serpa, a Licensed Occupational Therapist and Certified Hand Therapist, is the clinic manager responsible for the day-to-day operations.

The clinic offers physical therapy, occupational therapy, and speech-language therapy services and treats a wide range of patients, including those with orthopedic injuries (including neck, back, shoulder, elbow, hand, knee, and ankle problems) and people with neurological conditions, such as stroke, brain injury, multiple sclerosis, Parkinson’s disease, or generalized weakness. Speech therapy can address problems of memory, concentration, language, speaking, and swallowing. When indicated, staff will refer clients to social work support as well.

To be treated in the clinic, you will need a doctor’s prescription or referral. Initially, only Medicare insurance will be accepted, however, other insurers will be accepted soon.

Waterford’s Outpatient Rehabilitation Clinic joins our Home Health program, which means that we are able to



**Melanie Serpa**  
joins the team  
as the clinic  
manager of  
the **Waterford**  
**Outpatient**  
**Rehabilitation**  
**Clinic.**

offer people a continuum of services. When people meet Medicare’s criteria for being homebound, our Home Health staff work with their doctors to provide the prescribed nursing and rehabilitation services in the home. Once people no longer meet the homebound criteria—but still need therapy services—staff working through the Outpatient Rehabilitation Clinic are able to continue that care.

We’re excited to add another valuable service to the broader community and one that is especially convenient to Waterford residents. Should you have any questions, please feel free to let me know.



## Longevity and learning

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

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood’s and Madison Avenue’s stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling

**“Brain research has dispelled the presumption that humans undergo a steady decline.”**

—*Laura Carstensen, PhD, director of the Stanford University Center on Longevity Life-Span Development Laboratory*

evidence about the abilities and gains associated with the aging process. Dr. Carstensen notes, “Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve.”

A number of experts are redefining aging by focusing on lifespan development not decline. Brain research shows that although some

areas do diminish, others—notably general knowledge, vocabulary, and emotional-psychological regulation—improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem, that calls for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Waterford, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Heather Clark.

**All-inclusive living**

*by Eric Christensen*  
—Director of Sales & Marketing

The other day, I was giving a tour to a very nice couple who is considering moving to our Waterford. We walked

past residents enjoying a cup of coffee in the Café, Heather leading a Life Enrichment/Wellness event in the Fireside Lounge, people playing poker in the Hoyle Cardroom, a meeting in the Forum chapel and theater, residents and members exercising and swimming in the Heath & Fitness Club, and then passed by our new Outpatient Rehabilitation Clinic. The couple stopped and said, “Wow, you really do have everything here at Waterford.”

It’s so true; we very much are an all-inclusive community. We are blessed to have so many great services right here under one roof. Why would anybody want to live anywhere else?

If you or somebody you know is looking for a great place to retire, Waterford is the place. We have some beautiful apartments that have just become available—some with spectacular views, fireplaces, and balconies. When you add a great apartment with a view to the host of services and features of our community, I can’t imagine why anybody would live anywhere else.

**Memory Walk raises funds and awareness**

*by Kellie Wagnild*  
—Pembroke and Devonshire Care Manager

The Memory Walk for the Alzheimer’s Association is October 1 at Pioneer Courthouse Square in Portland, Oregon at 10 am. The Memory Walk is designed to raise awareness about the disease, and it is one of the largest national fund-raising events for Alzheimer’s.

According to the Alzheimer’s Association, all funds raised from the Memory Walk will be used locally to support those with the disease and their families through a 24-hour help line, advocacy for changes in public policy, information and referral services, education about the disease and how to cope with it, support groups, and the Safe Return program.

Waterford at Fairway Village has participated in these walks in the past, and we are planning to walk again in October. If anyone has any questions, or is interested in supporting us, let me know. I can be reached at 360-433-6335.

I especially extend thanks to Executive Director Patrick Bergin, who has said that he will match up to \$500 in contributions.

## 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 September is “my favorite book.”*

### My favorite author

by Jan Moore

—Resident at Touchmark’s resort retirement community in Bend, Oregon

I love to read. A friend of mine once asked what genre of book I like to read: mystery, western, or romance. I thought and thought what my favorite might be, but I couldn’t think of a “favorite genre.” I don’t know if I have a favorite book. What is important to me is that a story is told well; it’s an engaging story where characters are developed; and the language is intelligent. I even like words I might not understand or know the meaning to, because it stretches my mind.

So, I can’t say that I have a favorite book. I do, though, have a favorite author, and it has more to do partly with her personality as well as the books she writes: Maeve Binchy. I have every book she has ever written because she tells a story; her books are all set in Ireland; and I love all things Irish. She has wonderful characters in all her stories and uses young and old relationships, friends, and sometimes romance. She brings it all together, and she writes well. She stimulates my imagination. It makes me wonder “what do these people look like?”

I am really into book groups—here at Touchmark and one through the American Association of University Women. Part of the reason why I enjoy the book groups is because they force me to read books I would never choose myself. Sometimes I don’t like or understand the book, but when I get together with others to talk about the book that’s when I start to understand things that are foreign to me. It’s important to keep your mind active and to keep an open mind about things that are different from you or that you don’t know much about.

I heard that Maeve Binchy wasn’t going to write books anymore, so when I was sitting at the Redmond Airport reading the newspaper and the woman right across from me was reading a Maeve Binchy book, I noticed the title and saw it was a new title. I asked the woman, “Is this brand new?” She said, “Yes.” I said, “I just love Maeve

Binchy,” and she replied, “I’m almost done, if I finish reading this before it’s time to depart, I’ll give it to you.” She did, and I read it and then wrote a letter to Maeve Binchy to thank her for writing such great books and tell her how much I enjoyed her writing. Then I received a little handwritten note, which stated she was glad I liked the book. We wrote again, and I found that even famous people are real. Someday, I hope to meet her for a cup of tea in Ireland.

*For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.*

## Share your books—and benefit others

“Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print.”

—Barbara W. Tuchman,  
historian and author

Support programs for seniors throughout the Clark County area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Director Heather Clark at 360-254-2866. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

## Upcoming events

**September 1-30**—Book drive to benefit the Touchmark Foundation.

**Tuesday, September 12, 2 pm**—*I Will Be Well* health and wellness educational workshop. The Forum.

**Thursday, September 14, 3:30 pm**—Pianist-soloist Dean Ratzman will perform in the Fireside Room.

## Home Health now accepting Secure Horizons

*by Louise Harmon, RN, CRRN*  
—Director of Professional Services

Waterford at Fairway Village Home Health is now accepting Secure Horizons insurance in addition to Medicare.

Our experienced, friendly staff are happy to assist you and your doctor in meeting your home health needs for physical therapy, occupational therapy, speech therapy, Medical Social Work, and skilled nursing.

Waterford at Fairway Village Home Care has private caregivers available to help with personal care, shopping, escort to appointments, companionship, and light housekeeping. Our minimum is two hours, but we can accommodate needs up to 24 hours a day, seven days a week, including weekends and holidays.

Just give us a call at 360-253-3855, and we'll be happy to answer your questions about our services. Also, stop by and visit. We are happy to check your blood pressure—and we always have chocolate.

## Come one, come all to the carnival!

*by Carol McCann*  
—Waterford Health & Fitness Club Director

Waterford Health & Fitness Club is holding a wellness carnival Wednesday, September 13, from 8 am to noon. A clown will create balloon animals and perform pocket

magic, and there will be many interactive, fun games and fitness challenges for all ages.

Come and enjoy food; win prizes; and take advantage of a special price for new club memberships, massage, and personal training on that day.

If you are a club member, bring your friends—if they join, you receive a \$25 gift certificate.

### Fall classes start soon

It's time to sign up for fall classes. The fall session runs from Monday, September 18 through Friday, December 15. Tai chi, back exercises from a chair, Osteoporosis-Joint Action, and more are ready for your sign-ups. For more details, please contact the Health & Fitness Club front desk or Health & Fitness Coordinator Lavita Davies at 360-433-6400.

### September fitness focus:

Joint Action, Fridays, 10:45 to 11:30 am in the Aerobic Studio

Cathy Lauder leads this class that has been designed to release muscle tension and soreness, improve range of motion at the joints, and avoid injury through overly-tight muscles. The last part of the class is dedicated to taking time to relax, clear your mind, and find a quiet space in a busy day. No charge for Waterford residents/club members.

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## New payment options available

To meet the varying financial and lifestyle needs of future residents desiring to live in a Touchmark community, the company now offers the choice of two payment plans for certain homes. The first will give you peace of mind by providing a deposit refund that could equal 100 percent of your initial deposit, subject to certain limitations. The second plan will allow you to participate in the potential increase in value of the home and community. The deposit refund under this plan could exceed your initial deposit, assuming a strong economy, favorable market conditions, etc.

For details about these new plans and their availability, please contact a sales associate.

# Waterford welcomes new team members

## Retirement Counselor

Kim Lehmann joined the Marketing staff in July after moving from Pontiac, Michigan, where she worked at Walton Wood at Twelve Oaks, an upscale retirement



community. Prior to that, she worked in various positions in both senior living and long-term care insurance. At one time, she owned her own marketing and business strategy consulting company.

Kim enjoys traveling, walking, taking trips to the beach, snowmobiling, and romantic evenings. She just completed a three-day fund-raising walk (60 miles) in Seattle to support the Susan G. Komen Breast Cancer Foundation.

## Dining Services Manager

Paul Lemke started in early August and is responsible for managing the Café, the dining rooms, serving staff, and banquet and catering services. He will work closely with Executive Chef Nick LoCascio to help manage Waterford's dining programs.



Paul may have come to us from a consulting job with Qwest Communications, however, before that he graduated from the Scottsdale Culinary Institute with an associate degree in restaurant management and culinary arts. He has held positions at Sun Valley Ski Resort in Sun Valley, Idaho, where he serviced the ski mountain day lodges as well as worked all areas of the main five-star lodge dining room, including brunches, meal services, and banquets.

Following his stint at Sun Valley, Paul worked in an Arizona restaurant doing various duties from busing, to serving before working his way into the position of in-store trainer and a part of the new store opening team. From there, Paul managed a few cafés and eventually opened a coffee shop in a day spa. These supervisory and training experiences—coupled with his commitment to providing

the very best dining experience—were main factors in hiring Paul.

Married two years, Paul and his wife enjoy working on their house, hiking, picking fruit, and traveling the beautiful Pacific Northwest.

## Director of Operations

Jay Leo started August 7 in a newly created position that replaces the Business Office manager position. The new job combines the traditional role and responsibilities of the Business Office manager with the added responsibilities of assisting the Executive Director run Waterford's day-to-day operations. Jay will assist the management team identify opportunities for improvement and help create efficiencies.



Jay comes to Waterford from Intel Corporation, where he worked nearly seven years in various positions, such as Audit Lead, Financial Analyst, and Purchasing Manager. Prior to that, he worked for Wells Fargo Bank, where he served as Branch Manager in the Heights and Orchards area.

Jay earned a master's degree in Business Administration from Arizona State University and a Bachelor of Science degree in Political Science from the University of Oregon. Recently, he and his wife Jennifer celebrated the birth of their first child, Andrew. Jay and his family enjoy water-skiing, playing golf, softball, and traveling. Among his favorite trips was a 2005 trip to Hong Kong.

Please give Kim, Paul, and Jay a warm Waterford welcome and feel free to stop by their offices to say hello.

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## How about those birds?

*by* Heather Clark  
—Life Enrichment/Wellness Director

On July 24, caregiver Andrea Casa-Brewstea delivered a box of quail eggs, which were placed in an incubator that turned the eggs as necessary. We were encouraged to handle them gently and talk to them. Many staff and residents even had their names placed on an egg, just for fun.



On August 2, the eggs were removed from the incubator and placed in a quail-friendly environment with a heat lamp warming them. Early the following day, the eggs began to peep and move a bit, and by afternoon, a couple had hatched.

The real fun began August 4, when the quail were literally hatching left and right. It was standing room only in the Activity Room, with all the spectators witnessing the great event. Many residents and staff were able to hold an egg as it hatched in their hands.

The quail remained for about a week and then were taken to Andrea's farm for "proper" raising. When a few are large enough, they will return and be introduced to our courtyard patio and remain Waterford pets. We are looking forward to their return—this time as teenagers!



**Quail eggs stay warm under a heat lamp at Waterford. The eggs hatched recently while residents and staff watched.**

