



A Touchmark® community



Celebrate National Aging in Place Week at Waterford



Message from
Patrick Bergin
—Executive Director

The week of October 8 through the 15 is National Aging in Place Week.

According to the National Aging In Place Council, “An overwhelming majority of older Americans want to remain in their homes for as long as possible, but lack awareness of services that make prolonged independent living possible.”

In honor of Aging in Place Week, Waterford, together with Senior Living Solutions and Community Home Health & Hospice, will offer educational seminars on how to live at home and continue to enjoy life. Each topic and speaker has been carefully selected. You can attend seminars explaining Medicare Pharmacy Benefits, home health and hospice, senior abuse and fraud prevention, planning for disabilities, financial solutions for seniors, and reverse mortgages.

Please join us at Waterford on Wednesday, October 11 from 10 am to 3 pm. Seating is limited, so please call today to make your reservation. And should you have any questions, please contact me. We hope to see you there!

Nutrition—important for brain and body

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

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia,

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

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American Journal of Clinical Nutrition, April 2005

and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

Instead of dwelling on the bad news, though, let’s focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

- 1. Shop the perimeter of the grocery store** and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.

2. Start the day with as many fresh fruits and grains as possible: juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.

3. Drink at least seven glasses of water every day to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise—aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Waterford we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Heather Clark.

Come home for the holidays

by Eric Christensen
—Director of Sales & Marketing

This morning when I woke up, I was reminded that fall has arrived. The air in our house was cool and crisp—reminding me that the hot days of summer are mostly over, and fall is upon us. I love the weather this time of year. I love the color of the leaves as they start to change. I love driving to the apple orchards to pick my 30 or 40 pounds of apples for the season. And I love looking forward to the holiday season. Yes, that's correct—the holiday season is upon us.

This fall, we are launching a campaign called *Come Home For the Holidays*. While it's true that we have a waiting list for some types of apartments and single-level homes, we do have some great apartments that are available today. It's not too late to be home at Waterford for the holidays.

If you or somebody you know is looking for a great place to retire, give us a call. We would love to show you around, enjoy a meal with you, and introduce you to Waterford. Now is the perfect time to come home to Waterford for the holidays!

What is *Get Fit with Heather?*

by Heather Clark
—Life Enrichment/Wellness Director

Join us in the Forum on Mondays and Wednesdays at 10:30 am and see what it is all about! We have a great time while stretching and exercising using Thera-Bands®, balls, and weights. Some exercises are done seated, some are done standing, but all can be modified to your ability.

Laughter is encouraged, and smiles abound during this class—we have fun, and the 45 to 60 minutes goes by quickly. Occasionally, we set up for chair volleyball, which is played with a beach ball—everyone has a great time! We look forward to having you join us!



Waterford residents enjoy the *Get Fit with Heather* fitness class.

Upcoming events

Saturday, October 7, 9 am to 3 pm—Book sale to benefit Touchmark Foundation.

Tuesday, October 10, all day—LifeLine Screening and Health Screening. Preregistration required. See flyers posted throughout the community for more information.

Wednesday, October 11, 10 am to 3 pm—National Aging in Place celebration.

Friday, October 13, 11 am to 4 pm—Garments on the Go.

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 October is a poem highlighting the fall harvest or life wisdom.

September Song

by Annis Oetinger

—Resident at a Touchmark community in Bend, Oregon

Fog in the morning, then sunshine,
Less heat in the sun than July.
The breeze that twirls the leaves on the aspens
Is sometimes warm, left over from summer,
Then there's a chilly foretelling of the winter to come.
Quiet days to savor, fewer cars, bicycles, people.
Vacation is over, school has started.
The buck, who comes to drink from my birdbath,
Has lost the velvet on his antlers
The fawns are now half as big as Momma,
their spots are fading.
Rabbitbush is turning gold, taking the light
from the sun,
As it sinks lower in the sky.
White clouds feather across the blue sky, white like snow.
Beautiful days of September, linger long in this place.

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.

Stay strong and healthy—avoid a fall

by Carol McCann

—Waterford Health & Fitness Club Director

In the United States, one in three people age 65 years and older, falls each year, and at age 75, the rates are even higher. Falls and their resulting injuries are a serious health issue among older adults and are associated with a number of deaths, a considerable number of complications, reduced functioning, and premature nursing-home admissions.

A key factor associated with falls is the fact that older people are more susceptible to injury. Of those who fall, 20 to 30 percent suffer moderate injuries that reduce mobility and independence and increase the risk of premature death. Approximately five percent of older people who fall must be hospitalized.

With all of these statistics in mind, and taking into consideration the psychological and social consequences that falls have on self-confidence, reduced mobility, decreased activity level, and socialization, falls are a serious matter.

At Waterford Health & Fitness Club, we offer a Posture/Balance class on Mondays and Wednesdays from 3 to 3:30 pm with Cathy Lauder. Residents and club members may sign up for the Posture/Balance class any time at the club's front desk. There are a few remaining spots available. The Posture/Balance class is included with club membership.

One-on-one

Our health and fitness club professionals work with members at their current fitness levels and offer individualized programming. We offer club members a comprehensive fitness assessment that will evaluate dynamic balance and mobility, leg strength, arm strength, flexibility, cardiovascular health, blood pressure, Body Mass Index (BMI), and height and weight. We go over results with you and develop a plan. All of the assessments are optional, and you may select the ones that interest you the most—for example, the dynamic balance and mobility test, if that is your primary concern.

Please contact us today at 360-433-6400 to set up an appointment or to just sit down and discuss your wellness/fitness-related concerns. We can work with you, your physician, and physical therapist to develop the best routine that will help you maintain your independence.

Waterford focuses on reducing falls

by Edie Geniuch, RN
—Health Services Administrator

Waterford strives to reduce the risk of falls and injuries for all residents while maximizing dignity and independence.

Our health services team assesses residents’ fall risks based on their medications and medical, musculoskeletal, cognitive, sensory, and environmental factors.

Once risks have been identified, specific interventions are planned to reduce or eliminate falls altogether. When an actual fall occurs, the investigation strives to discover the reason for the fall and interventions planned to prevent another fall from occurring. Learn more about fall prevention and the Posture/Balance class offered at the Waterford Health & Fitness Club in the *Stay strong and healthy—avoid a fall* article.

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Residents and staff support Touchmark Foundation



From left: Director of Sales & Marketing Eric Christensen, resident Ron Richardson, resident Jim Frew, and Director of Operations Jay Leo played at the Touchmark Foundation golf tournament in September at Langdon Farms Golf Club in Oregon.

It’s time for flu shots

by Winona Phelps, RN
—Medicare Manager, Touchmark

Waterford promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

Stay healthy this year— get your flu shot!

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The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.

2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu.

What is the difference between physical therapy and occupational therapy?

by Melanie Serpa, OT, Certified Hand Therapist
—Rehabilitation Manager

I am frequently asked this question, and I always assure people that as an occupational therapist I will not be getting them a job—the name is a bit of a mystery for those who have never needed therapy.

Physical therapy (PT) is a commonly recognized therapy that treats problems of the neck, back, shoulder, hip, knee, ankle, and foot. It also addresses problems such as balance, strength, and walking.

Occupational therapy (OT) is a lesser-known therapy that

began in the 1940s, when therapists were treating injured soldiers returning from battle. Doctors and therapists found that engaging soldiers in meaningful daily activity helped them heal and reintegrate to a normal life.

The name occupational therapy was borne from the “therapy of doing tasks that occupy daily life.” Although OT still helps people return to normal daily functioning (such as dressing, bathing, and cooking skills), the profession has specialized areas, including treatment of low vision, arm function, and hand therapy.

Essentially OT and PT can be divided into specialties, treating different parts of the body, but more importantly, they both focus on restoring each person to his/her highest level of function.

As one of my professors summed up the distinction years ago, “Physical therapy will teach you how to get there. Occupational therapy will provide meaning and teach you what to do once you are there.”

Cruising into another adventure



Waterford on South Hill residents Bette Westover (left) and Marie McGough have been friends since they were 5 years old. The two are among a group of Touchmark residents joining Touchmark's Fall Foliage Cruise on the Star Princess, which sets sail from New York October 21.

A warm welcome is appreciated

by Paul Lemke

—Dining Services Manager

It has been an exciting month. As the new Dining Services manager at Waterford, I have enjoyed meeting most all of you. The welcome and smiles have made me feel right at home.

The Dining Services staff continue to enjoy hearing your comments and suggestions, which help us grow and better serve you. We have a lot of exciting items we are working on for the upcoming months to help improve the appearance of the dining rooms as well as the dining experience for residents and guests.

Please remember that we do offer catering services to residents. If you know of an upcoming event or gathering you are planning, please contact the dining room so we may discuss ways to enhance your next event.

