



A Touchmark® community



## Giving thanks



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

During the month of November, I pause to remember all the things for which I can give thanks. First, I am lucky to have great family and friends. Second, I am thankful for the opportunity to work with wonderful and caring professionals who give their best day in and day out. They are eager to serve residents.

I am also thankful for being in a profession where I have the opportunity to make a difference in the lives of the customers we serve. Residents are the focus of what we do; not everyone has the opportunity to work in the homes of their customers. We get to see residents every day and interact with them. It is a wonderful experience, and as I talk with one resident or another, I always learn something new. Residents have so many life experiences to share with us, and I know my staff feel the same way.

I give thanks for the opportunity to serve and learn from the wonderful residents and team members at Waterford.

## The lasting effect of gratitude

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

We’ve all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are larger benefits, and historians as well as researchers have proven the value to both the giver and the recipient.

**“To affect the quality of the day, that is the highest of arts.”**

—*Thoreau, Walden*

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad during the Civil War,

the nationalist efforts of compassionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals with personalities that are largely defined as unselfish, caring, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare better and live “well”

longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Waterford's Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Director Heather Clark for information on how to participate.

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## Home for the holidays

*by Eric Christensen*

—Director of Sales & Marketing

Recently, my wife and I took a lovely drive to Hood River, Oregon. On this annual day trip (every October), we drove Highway 14 to view all the leaves changing color, crossed over the Columbia River, drove through Hood River, made the trek around the Fruit Loop to pick our annual bounty of 50 pounds of apples, ate dinner in Hood River, and then headed home on Interstate 84, trying to figure out what to do with all the apples (Every year, we swear we will never buy that many ever again.). It's a great tradition that I've enjoyed for eight years now. For me, this drive reminds me that summer is over; fall is here; and the holidays are just around the corner.

On the drive, I was reflecting on our Home for the Holidays campaign. Right now is a great time to move to Waterford. The calendar is packed full of holiday festivities and fun. There are a few beautiful apartments currently available, and we are running a holiday special that waives the normal \$1,000 membership fee, if you reserve and move in before Christmas day. What a great time to make the transition to Waterford.

Please give us a call to schedule a time to view our available apartments and experience the seasonal festivities at Waterford. It's a great time to come see what makes Waterford such a great place to call home!

## Join us for enriching events!

*by Heather Clark*

—Life Enrichment/Wellness Director

The trip to Mt. St. Helens last month was great! Mother Nature cooperated, and the day was beautiful. Resident Ethel Bowman states, "It was the best time I have had in a long while, getting out and seeing such beauty is a real treat!"

Be sure to visit Waterford on Friday, November 17 and Saturday, November 18 for our Holiday Bazaar. Many vendors will be selling items, such as beauty products, jewelry, handmade crafts, baked goods, and more. Proceeds from the event will benefit the Touchmark Foundation, a not-for-profit public charity providing programs that enhance the lives of seniors in the Vancouver area. If you are interested in selling, please contact me at 360-254-2866 for more information.

The holidays are upon us and with that comes an abundance of events. Be sure to check your monthly calendar, the Week-at-a-Glance publication that goes out every Saturday, and the many bulletin boards throughout the community. For those with access to Channel 28 (the in-house Waterford cable channel), remember to look here for a daily listing of events. I look forward to seeing you at an event!



**Life Enrichment/Wellness Assistant Anita Krivitzky captured this image of Mt. St. Helens on a recent trip with residents and staff.**

# Congratulations, Jack Artz!

by Heather Clark

—Life Enrichment/Wellness Director

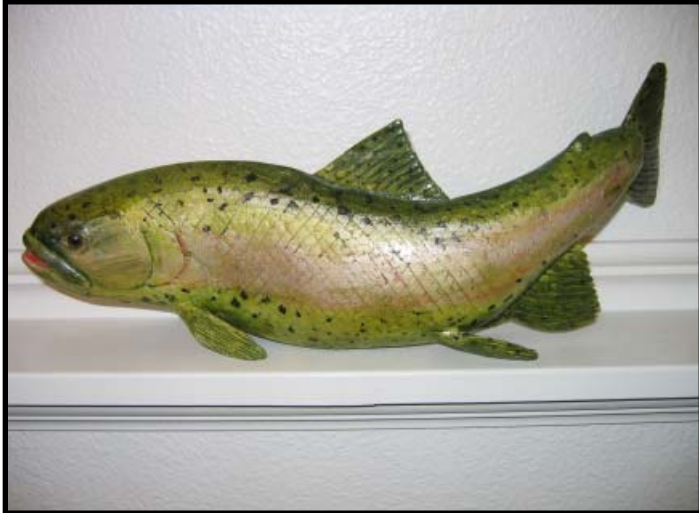


Jack’s woodcarving, *A Fish*, was chosen to be on the front of a note card benefiting the Touchmark Foundation. The foundation is a not-for-profit public charity providing programs that enhance the lives of seniors.

More than 60 pieces of artwork were submitted to Touchmark, Waterford’s parent company, by residents in all Touchmark/Waterford communities, and a panel of artists judged the various submissions; Jack’s was one of the chosen few to be featured on the cards. Jack has been carving for more than 45 years! The fish carving, along with several other pieces created by Jack, are on display in the curio cabinet on the first floor by the Waterford Beauty Salon. Congrats again, Jack, and thank you for sharing!

## Jack stands near some of his carvings.

Jack has been carving for more than 45 years! The fish carving, along with several other pieces created by Jack, are on display in the curio cabinet on the first floor by the Waterford Beauty Salon. Congrats again, Jack, and thank you for sharing!



Resident Jack Artz’s carving will be featured on a note card benefiting the Touchmark Foundation.

# The Waterford Song

by resident Jerry Nelson and friends

*To the tune of McNamara’s Band*

Oh we all live up at Waterford, our home upon the hill,  
We celebrate with parties, and we always eat our fill.

We never do the dishes, nor do we scrub the floors,  
For we just live in luxury, we don’t have any chores.

Oh, everyone is friendly, and they like to shake your hand,  
We all agree it is the very best place in the land.

We may not be as lively as we were in days of yore,  
But you can bet we’d like to be if muscles weren’t so sore.

We’re happy and we like it here and want to spread the news,  
So come and join us in our fun, there’s lots for you to choose.

We laugh and play and swim and dance and time just slips away,  
Although we’re getting older, we feel younger every day.

Some are small and some are tall and some are in between,  
And some go walking everyday while others watch the screen.

Many like to sit and read, and few are ever bored,  
So give a cheer that all can hear for dear old Waterford! YEA!!

*For December, please submit a poem and/or photo that “celebrates life.” Deadline for this issue is November 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.*

## Discover exciting classes, demos, and gifts at Waterford Health & Fitness Club

by Carol McCann

—Waterford Health & Fitness Club Director

As the autumn leaves begin to change to their radiant colors, we are offering some new classes, demonstrations, and gift ideas at Waterford Health & Fitness Club that can help improve balance, relaxation, and increase overall wellness.

### Join a class

October was Breast Cancer Awareness month, and Waterford

### 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.*

Health & Fitness Club proudly joined in the fight against cancer with a new class, Cancer Recovery. This class is open to residents, club members, and the public. Instructor Sue May offers the class in the pool on Tuesdays and Thursdays from 11 am to noon. The cost for 10 weeks is \$60 for the public and \$35 for residents and health club members.

Please stop by to watch or join our Posture/Balance class on Mondays and Wednesdays from 3 to 3:40 pm with Cathy Lauder. Residents and club members may sign up for this class anytime at the Health & Fitness Club front desk. The Posture/Balance class is included with club membership. In early spring we will launch our fall prevention program for all residents and Health & Fitness Club members. We will offer multiple opportunities to assess and improve balance and reduce the risks associated with falls.

### Give a gift

Give the gift of wellness with a new Waterford Health & Fitness Club gift card. Gift cards may be used for massages, personal training, specialty classes, and much more. They make the perfect holiday, birthday, or anniversary gift. Please inquire at the Health & Fitness Club front desk for more details.

### Try a demo class

Join us for a demonstration of Jazzercise Lite Thursday, November 9 from 11 am to noon in the Aerobic Studio. Jazzercise Lite is committed to helping older adults obtain better balance and flexibility. This program includes a warm-up, aerobic movement (easy walking, dance patterns, and modified choreography), and resistance work and stretching. The format can be adjusted to include the use of flexible tubing and chairs in order to remain seated during any part of the class.

Please contact us today at 360-433-6400 to inquire or sign up for classes, a demo, or to learn more about our new gift cards.

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## Yummy update

by Paul Lemke

—Dining Services Manager

You may have seen some new faces in the dining areas. Recently, several new servers and service captains have joined our team. Please join me in welcoming them to Waterford. We had a great turnout this past month for our birthday dinner and Sunday brunch. As a reminder, reservations are required at least 24 hours in advance for these two events. We look forward to seeing everyone in the dining room

throughout the month.

## Upcoming events

**Tuesday, November 7, 3:30 pm**—Monte Watters on Piano. Fireside Room.

**Monday, November 13, 7 pm**—Dixieland Jazz Band. Fireside Room.

**Thursday, November 16, 2 pm**—Marshallaires Chorus. Fireside Room.

**Friday and Saturday, November 17 and 18**—Holiday Bazaar.

**Tuesday, November 21, 3:30 pm**—Dover Weinberg on Piano. Fireside Room.

## Flowers add color to courtyard



**The Pembroke/Devonshire garden continues to bloom into fall.**

