



A Touchmark® community



Wrapping up the year



Message from
Patrick Bergin
—Executive Director

It's already December, and I find it hard to believe that another year is winding down. As I reflect back, I recall all the ways that Waterford has provided convenience, created value, and offered a unique blend of lifestyle choices and care service options to meet residents' diverse and changing needs.

We offer a full-service Health & Fitness Club for adults 40-plus. In addition, we offer an Early Memory Support Program, which is unique to Vancouver and bridges the gap between assisted living and full memory care. In 2005, we introduced our Medicare-certified Home Health agency, and in 2006, we launched our own Medicare-certified Outpatient Rehab Clinic on campus. Our goal is to make Waterford Vancouver's resort-style retirement community of choice. We will continue to consider and develop value-added services and programs, and as always, we welcome your comments and suggestions.

As I have mentioned before, my staff and I enjoy the opportunity to work in our customers' homes, and we appreciate the benefits of cultivating relationships with everyone. Thank you to those on the Resident Executive Council who volunteer their time and energy to represent all residents and help make Waterford the best place to

live. Special thanks to Resident Council President Flora Geiger. It has been a real pleasure to work with you this past year.

From the Waterford staff to every resident, enjoy a safe and happy holiday season and a very happy new year. I'll close by sharing a favorite Irish toast: In the new year, may your right hand always be stretched out in friendship and never in want.

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In celebration of the spirit

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We're constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”

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—Jon Kabat-Zinn, PhD, *Wherever You Go, There You Are*

But the moment is only here and available to each of us in the real-time experience of today. Thoreau, Gandhi, Buddha, Jesus, and multiple other teachers and spiritual leaders reminded their

contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve that balance are outlined in all great spiritual texts:

- **Be fully present in the moment.**
- **Invite joy.**
- **Create your future.**
- **Surround yourself with those who love and support your dreams and hopes.**
- **Eliminate the unnecessary and unimportant.**
- **Choose hope.**
- **Breathe!**

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Waterford provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Heather Clark.

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Give yourself a gift—a \$2,500 gift

by **Eric Christensen**
—Director of Sales & Marketing

I love the holidays! I love the season, the sounds, the sights, and the smells. I love the traditions—like cutting down a tree, decorating our house, cooking all the wonderful meals, and listening to Christmas music with my family. But I must admit, I also really like the gifts. It's so much fun to see the gifts under the tree and to wonder what my loved ones have purchased for me.

This is going to be a great season here at Waterford. Heather and the Life Enrichment/Wellness team have all kinds of fun and spirited events planned. Nick and the culinary

team are organizing great meals. And the Marketing department has a gift for you as well. Just until the end of December, we are waiving the normal \$1,000 membership fee, and we are paying for your move to Waterford. This saves you up to \$2,500 and the hassle of moving furniture and boxes.

Would you consider accepting our gift? There is no better time to move to Waterford than right now. Please call us to schedule a tour of available homes and to receive your holiday gift.

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Holiday celebrations begin



Laurene and Roland Ogston sit close to the piano to enjoy the music at the November Happy Hour.



The *Marshallaires* give their annual holiday performance.

Give the gift of health and fitness

by Carol McCann

—Waterford Health & Fitness Club Director

With the holidays just around the corner, we have many exciting seasonal events happening at Waterford Health & Fitness Club for you, your family, and friends.

Just in time for the holiday gift giving!

Want to surprise a loved one with an indulgent massage this holiday season? Or how about personal-training sessions with one of our motivating trainers? Or perhaps a tai chi class would be more to their liking? All these wonderful gifts and more can be purchased with our new Waterford Health & Fitness Club gift cards! Visit the club and get your shopping done.

Gift cards can be purchased in any amount and redeemed right here in the club. We'll even gift-wrap it for you for just \$1! For your added convenience, gift cards can be purchased by cash, check, VISA, or MasterCard. Inquire at the Health & Fitness Club front desk for more details.

Winter fitness schedule begins

Winter class sign-ups begin Monday, December 11 and goes until Sunday, December 31. Winter session begins Tuesday, January 2 and goes until Friday, March 30. Just a reminder that club members can sign up for classes at the club front desk or by calling 360-433-6400.

A sample of winter classes:

- Don't Weight (guided weight loss class)
- Tai Chi (beginner to dedicated)
- Cancer Recovery (aquatic)
- Swing n' Sway (dance-style aerobics class)
- Water Walking
- Makin' Waves
- BYOB (build your own bones)
- Deep Water
- Arthritis Aquatics
- Balance and Posture
- Joint Action
- Time Out (Relaxation)
- Pilates

Join the 12 Days of Fitness

Just because December is a busy month, don't forget the

most important thing, your health and the health of a loved one. From December 1 to December 20, we have a fun way to keep you motivated during this busy month with The 12 Days of Fitness.

For \$1, you receive your official 12 Days of Fitness card, and all you have to do is participate in a class, try a new class, or exercise at the Health & Fitness Club to receive one of your 12 stamps. Complete the card and turn it in to get entered in a prize drawing.

Celebrate your birthday by doing something nice for yourself!

Waterford Health & Fitness Club would like to help you celebrate your birthday by offering \$5 off a half-hour massage with our in-house licensed massage practitioner Gayle Scott during your birthday month. You'll pay just \$35 for a half-hour of relaxation and pampering.

To set up your massage appointment, call the Health & Fitness Club front desk.

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Mark your calendar for the holiday events!

by Heather Clark

—Life Enrichment/Wellness Director

December is here, and with that comes a multitude of events brought to you by the Life Enrichment/Wellness Department. The calendar is packed full, and we hope that you are able to attend many, if not all, of the great events we have in store.

Most importantly is the annual nonperishable food drive. This year, we will collect food from Friday, December 1 to Wednesday, December 13. Please deposit your donations in any of the collection bins located throughout the building. The food will be packed and delivered to older adults in need throughout the Vancouver community.

We certainly hope you join us in the many celebrations,

and we wish each of you a very happy holiday season and a wonderful new year!

Upcoming events

Friday, December 1 to Wednesday, December 13—Holiday Food Drive. For more information, contact Life Enrichment/Wellness Department.

Saturday, December 2, 10 am—Bus leaves for Tears of Joy Puppet Theater. *Alice in Wonderland* performance.

Tuesday, December 5, 3:30 pm—Jim Templeton holiday performance. Fireside Room.

Friday, December 8, 11 am to 4 pm—Garments on the Go. Forum.

Friday, December 8, 4:30 pm—Bus departs for Columbia Gorge Hotel Holiday Dinner.

Sunday, December 10, 11 am—Hanukkah Celebration. Fireside Room.

Friday, December 15, 10:30 am—Fort Vancouver High School Choir holiday performance. Fireside Room.

Saturday, December 16, 10 am—Girl Scout Holiday performance. Fireside Room.

Monday, December 18 to Friday, December 22, 10 am to noon—Complimentary gift wrapping by Waterford Home Health and Home Care. Fireside Room.

Friday, December 22, 1:30 pm—Christian Youth Theater Christmas Performance. Fireside Room.

Sunday, December 31, 3:45 to 9 pm—New Year's Eve celebrations.

Let's make this a safe holiday season

by Don Mook

—Director of Plant Operations

It's December, and the cold weather has arrived. Here are a few holiday safety tips to keep in mind. Avoid the use of portable or space heaters in your home at all times.

They are one of the main causes of home fires during the winter. Remember to put out your fire before going to bed or before leaving home. If you have any issues with your heating, please let me know.

Though candles are pretty and create a festive atmosphere, we would encourage you not to light them. They are also a fire hazard. Have a safe holiday season, and please contact me if you have any questions or concern.

We'll wrap your gifts

by Wendy Thume

—Home Care Supervisor

Waterford Home Health and Home Care would like to extend a happy holiday to all and would like to invite you to come see us and get your last-minute gifts wrapped. We will host a gift-wrapping table from Monday, December 18 to Friday, December 22. The wrapping station will be in the Fireside Room and will be open from 10 am to noon each day. We will provide the wrapping paper and supplies.

We would also like to let everyone know that our professional home care caregivers are able to help with any last-minute holiday chores, such as decorating, card writing, baking, and so on. Our services are \$18 per hour with a two-hour minimum. Please call me for more information at 360-253-3855.

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 December is a poem and/or photo that "celebrates life."

The Morning Of Christmas

by Eleanor Butz

—Resident at a Touchmark community in Sioux Falls, South Dakota

'Twas the morning of Christmas and all through the house

How we were stirring, no thought of a mouse.
The suitcase of clothes had been packed with much care
For the wee little bundle who soon would appear.
The laundry was finished and hung on the hooks
The icebox was filled with good food for new cooks.
And Pa in his coat and I in my wrap
Had just settled down for a long, cold trip.
When all of a sudden there arose such a clatter
I looked from the car to see what was the matter.
A little more slowly we drove down the road
We hoped we would make it, a piston we'd scored.
The dawn breaking now on the new fallen snow
Showed gray skies—it was quiet below.
Then to our grateful eyes did appear
The lights and the door of the hospital in Pierre.
With my careful driver and the nurse in sight,
I knew in a moment that all would be right.
More rapid than comets the nurses now came,
Some whispering, some asking about baby's name.
Was it David or Daniel or Robert or Clarence
Or Katherine or Janet or Mary or Florence?

There's more to the story, how he came here below,
But why should I tell it, you mothers all know.
And then I awoke and heard the good news:
IT'S A BOY! A name we must choose.
I looked at his features, his head turning 'round,
"He looks so like you, how does David Earl sound?"
His eyes, how they twinkled, his dimples, how merry
His cheeks were like roses, his nose like a cherry.
His droll little mouth was drawn up like a bow,
And the fuzz on his head was as white as the snow.
He was so red and so wrinkled an elf,
That I laughed when I saw him in spite of myself.
When his clothes were all on him, my, he looked sweet,
All dressed up in white from his head to his feet.
A wink of his eye when he twisted his head,
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work.
He guzzled his dinner, then turned with a jerk,
And laying his finger aside of his nose,
In nurse's arms, sleeping, to the nursery he goes.
He was placed in his bed with deftness and care
And I lay and wondered and wished he were near.

But I heard him exclaim in his own little way,
"Merry Christmas to All"— WHAT A MEMORABLE
DAY!

For January, please submit a heartfelt, reminiscent story or "new year, new you" resolutions. Deadline for this issue is December 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.

