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## New Year's resolutions that stick



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

Have you ever made a New Year's resolution in January only to find it limping along in February? And by March, your resolve for the new year has vanished? Well, before this story becomes your own, here's how Waterford can help make 2007 your best year yet.

If your goal is to eat healthy food more often, you'll discover tasty, nutritious meals in the dining rooms. If you want to regain muscle strength and flexibility, the professionals at the Health & Fitness Club can design a fitness program to fit your personality and body. If you want to meet people and find a new hobby, our Life Enrichment/Wellness team can offer you exciting events.

I hope you'll come visit us and see how Waterford can help fulfill your desires in the new year. Stop by; I look forward to meeting you.

## New year ... new you

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

**“If we all  
ran at the  
same pace,  
we'd always  
be in each  
other's way.”**

—Gary Stanley,  
*author*

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths, weaknesses, and preferences. The message of the media that there is a universal solution for achieving

improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized “prescription” is essential.

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to

include cardiovascular, flexibility, strength, and balance regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.

- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Waterford, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Health & Fitness Club Director Carol McCann or Director of Life Enrichment/Wellness Heather Clark. Make the new year your best year.

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## A whole new you



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

January means so much to many of us. It's our little reminder to take down the holiday decorations, throw out the old calendars, reflect on the past year, and look

forward to what the next 365 days will hold. It is also a great time to evaluate and decide what we want to do differently in our lives.

### So what are your New Year's resolutions?

Mine are just the typical: eat better, go to the health club more, lose weight, spend more time with family and friends, spend less time sitting on the couch watching TV, volunteer more, be more loving to my wife, be more efficient and effective at work, spend more time with God, travel to fun places, etc. In a nutshell, I'm looking for a total "me makeover" —a whole new me!

Here at Waterford, we are kicking off the new year with a campaign called "A Whole New You." More than anything, we want everyone to know that Waterford is the place for health and wellness. We have Vancouver's premier Health & Fitness Club, designed specifically for adults 40-plus, healthy meals in our dining rooms, and a Life Enrichment/Wellness program that can't be beat.

**"Waterford is the place for health and wellness."**  
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So if you've made the decision to make some changes this year—come visit us. We promise you more than a lunch and a tour ... much more!

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## Look for bigger and better things to come in 2007

*by* **Heather Clark**  
—Life Enrichment/Wellness Director

Wow! Last year sure flew by, and suddenly, here we are in 2007. I'd like to thank each of you for making my first year at Waterford a wonderful one! I was able to make many positive changes in Life Enrichment/Wellness due to the great team we have here. Even with a super first year, I want you to look forward to even bigger and better improvements in 2007! As the old saying goes "You ain't seen nothin' yet!"

A big thank you goes to resident Jane Buchanan for holding the Life Enrichment/Wellness chairperson position in 2006—the assistance, knowledge, and expertise she brought to the team were a tremendous asset. I'd also like to welcome residents Marge and Mac McClintock as the new cochairs for 2007. They have wonderful ideas that are sure to please, and when Mac is involved, you know there will always be fun and laughter!

Please remember to keep the calendar you receive the first of the month, look at the Week at a Glance that you receive in your boxes weekly (both sides), peek at the flyers that are posted, and tune in to Channel 28 at least once a day. By doing this, you will be kept apprised of all the great events happening. Happy new year to each of you.

## Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit [TouchmarkFoundation.org](http://TouchmarkFoundation.org) or call Executive Director Janet Plummer at 800-796-8744.

- Reduces the risk of developing diabetes, high blood pressure, and colon cancer
- Reduces feelings of depression and anxiety
- Helps control weight and maintain healthy bones, muscles, and joints
- Helps maintain function and preserve independence in older adults

There are many things one can do to begin and maintain a new physical activity program: hire a personal trainer, join a class, meet with one of our fitness professionals, exercise with a friend, and so on.

We are excited to announce that acupuncture will be an added amenity available at the club this month. We also have a licensed massage practitioner, Gayle Scott, available for appointments Mondays, Wednesdays, and Fridays.

At Waterford Health & Fitness Club, we are ready to assist you and make your New Year's resolutions come true, not just in January but all year long. For more information about the club or to schedule an appointment, please call 360-433-6400. Have a safe, happy, and healthy new year!

## Waterford Health & Fitness Club can help make your New Year's resolutions come true

by Carol McCann

—Waterford Health & Fitness Club Director

It's that time once again, believe it or not, to begin thinking about new year's resolutions. At Waterford Health & Fitness Club, we are here to assist you with your physical activity goals and help make them a reality. We have the finest fitness professionals and cater our classes, orientations, and personal training to accommodate our clientele. Our staff have a multitude of experience, education, and certifications that will make you feel right at home. Waterford Health & Fitness Club is the only health and fitness club in Vancouver that is entirely geared toward those 40 years and older.

One should always consult with a physician before beginning a fitness program. Please consider the following benefits of physical activity.

The most recent Surgeon General's report on *Physical Activity and Health* found that regular physical activity:

- Reduces the risk of dying from heart disease

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## You talked. We listened. Dining Services makes changes.

by Paul Lemke

—Dining Room Supervisor

Many consider a new year as a time for improvement and changes. The Dining Services team feels the same. We have introduced changes based on requests from the resident survey and ongoing comments to give you an excellent dining experience.

### New menus offer selection and seasonal favorites

Executive Chef Nick LoCascio has created a menu that features some fantastic new items and contains both a list of fixed items and rotating specials. The new menu offers appealing and differing choices for the lunch and dinner meals, ensuring a better variety and allowing our chefs to focus on producing excellent meals with the select menu choices. The lunch menu features items more fitting for the

midday meal, and the dinner menu offers a selection that is perfect for the evening meal. We will rotate the selection on the fixed menu on a monthly basis.

**Continental breakfast redesigned**

We are now offering more variety during breakfast. We divided buffet items into smaller groups and will rotate the selection.

**Dining room gets a new look**

The dining rooms are now showing off new table linens and napkins. At breakfast and lunch, the tables will have placemats, and for dinner, we will dress the tables with colorful new linens. At lunch time, we have started closing the back of the dining room to condense space and assist servers in attending people. We will, however, reopen the back of the dining room for special parties and large groups.

**We welcome Nicole**

We are pleased to introduce a familiar face in a new position. Nicole Egli is a new addition to our team of Dining Service captains. She joins Heidi Lindberg and Kim Tapani. Nicole will be on duty weekends as well as several weekdays. Please help welcome Nicole to her new role.

**Help us, help you**

The kitchen and dining room staff are very excited to share all of these new experiences with you and would like to mention a few reminders to help ensure quality service.

At dinner, we have two seatings—the first at 4:30 pm and second at 5:45 pm. We ask that residents be in the dining room within 10 minutes of their seating time.

When making reservations, please ask the dietary staff for assistance to ensure that a proper reservation is made. Please make reservations for birthday dinners and brunches 24 hours in advance.

Finally, we ask that you continue to fill out comment cards. This is a great way to let us know what you like and where we can make improvements. We read each and every comment card.

We look forward to a wonderful year together and hope to see you in the dining rooms.

**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 January is a heartfelt, reminiscent story or “new year, new you” resolutions.*

**Longevity**

*by Dorothy Dee Workman*  
—Resident

At the age of 73,  
I developed an interest in longevity.  
Then at the age of 74,  
I began to hanker for more, much more.  
Finally, at 75,  
Profound gratitude for being alive.  
At 76, ineffable loss,  
No more spouse, I’m now my own boss.  
Seventy-seven, walking is slow,  
Though generally speaking I’m still on the go.  
No time to waste at 78,  
Doesn’t make sense to leave life to fate.  
Now 79, 99 the goal,  
I’m captain of my fate, master of my soul.

*For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.*

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**Enter photo(s) for Touchmark 2008 calendar**

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is “creating intentional community,” and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check

with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

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## Holiday memories



Residents enjoyed the trip to the Columbia River Gorge Hotel for a festive holiday dinner.

### Upcoming events

**Tuesday, January 9, 3:30 pm**—Jim Templeton on piano. Fireside Room.

**Thursday, January 11, 11:15 am**—Bus leaves for The Old Spaghetti Factory. Portland.

**Thursday, January 18, 11 am**—Bus departs for the Portland Art Museum.

**Friday, January 19**—Hat Day. Wear a hat to the Crazy Hat Party in the Fireside Room at 3 pm. Entertainment by Denny Kelso on guitar.

**Saturday, January 20, 2:15 pm**—Depart for the Vancouver Symphony.

**Monday, January 22, 10 am to 4 pm**—Blood drive. Forum.

**Thursday, January 25, 1:45 pm**—Depart for annual Pay Day event at Vancouver School for the Blind.

**Friday, January 26, 4:30 pm**—Happy Hour. Fireside Room.

