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## Follow your heart

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

**“To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.”**

—Kahlil Gibran

human emotions? In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

It is an amazing and complex interaction of all of the lobes of the brain that integrates emotion and fact and allows humans to form opinions and make judgments about how to assess an incident or person as to whether there is danger in a given situation. The same automatic analysis can reveal a safe situation and often provides insight into who we can trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important

In today’s world there is a good understanding of the workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of hu-

mans organs to have “good heart and brain health.” In general, what is good for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to “follow their hearts and create their own future.”

At Waterford, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Director of Life Enrichment/Wellness Heather Clark.

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## Redesign your lifestyle

by Eric Christensen  
—Director of Sales & Marketing



Have you ever watched one of those home improvement shows on television? They have become quiet popular in the last few years. They are a blend of a how-to seminar and a reality TV show.

Usually, there’s some charismatic host who helps a family realize their dreams of a new space in their home. And in the end, the space has been redesigned, and the family is very happy with the results.

I must admit, my wife and I are addicted to home improvement shows about kitchen and bath remodeling. We are in the process of planning a remodel for our master bath and kitchen, and we enjoy receiving new ideas as we seek

to design our new dream bath and dream kitchen. For us, it's fun to look at our tired bathroom and kitchen and dream about what it could become. Yes, it will be a lot of work before it's all over. But when we can picture what our newly redesigned space will look like, it gives us the motivation to press on with the project.

Here at Waterford, we're not helping people redesign their bathrooms or kitchens, but we are helping people redesign their lifestyle. Yes, it means moving from your current home. And yes, it will be some work to make the transition. But in the process you get the opportunity to recreate your lifestyle.

One resident went on a shopping spree and bought all new furniture. Another decided to start exercising on a regular basis with one of our personal trainers and eating healthier by using our new menu, which offers nutritious options. Still another person decided to have her condo-style home repainted and carpeted to match her liking.

All our condo-style homes are almost rented here at Waterford. But we still have a few beautiful ones waiting for you. If you've been considering a redesign of your lifestyle, now is the time. Don't wait any longer. Give us a call and come by for a visit. We promise you much more than a lunch and a tour!

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## February—Hollywood glitz and Valentine sweets

*by* Heather Clark  
—Life Enrichment/Wellness Director

We'll be sure to put you in the mood come Valentine's Day! This year, the Life Enrichment/Wellness Department is doing something different. At the request of several residents, we have scheduled the Washington Old Time Fiddlers to play for us Valentine's Day. So we will fiddle our way into each others' hearts! Be sure to join the festivities in the Fireside Room at 2 pm Wednesday, February 14. That evening the festivities will continue with a glass of champagne and a flower for every person who visits the dining rooms for dinner.

Also, we'll be preparing and sending out valentines throughout the day. Each valentine will cost only \$5 and will consist of a decorated candy box, filled with HERSHEY'S

KISSES and HUGS; a foil balloon; and a personal message. Residents, families, and staff are welcome to place an order to be delivered or picked up between 10 am and 4 pm. Order forms are available at the front desk or you can place an order by calling me at 360-254-2866.

### *Ready for the red carpet?*

Sunday, February 25, dress up for a walk down the red carpet as you join us for the 2007 Academy Awards party. The Forum will be transformed into the Kodak Theater in Hollywood (okay, we'll pretend), and we will have fun guessing the winners and watching the event. Beverages and goodies will be served. The gala will begin at 5 pm.

We hope you join us for these and all the great events we have scheduled for this month. Start picking out your green for St. Patrick's Day, which is next month!

## Upcoming events

**Thursday, February 8, 2 pm**—Runyans Jewelers. Activity Room.

**Friday, February 9, 10 am to 3 pm**—Garments on the Go. Forum.

**Friday, February 9, 2 pm**—Furry Friends Cat Show. Fireside Room.

**Wednesday, February 14, 2 pm**—Valentine's Day celebration with members from the Washington Old Time Fiddlers Association. Fireside Room.

**Monday, February 19, 2 pm**—Chinese New Year celebration. Fireside Room.

**Sunday, February 25, 5 pm**—Academy Awards party. Forum.

## Classes to help keep your body in balance

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

### Acupuncture available

Waterford Health & Fitness Club is excited to announce that it will have acupuncture available from Ivan Cheng, LAc, of Meridian Therapeutics. Acupuncture has been a

common medical practice in many Asian countries for centuries, and in the 1970s, it started gaining popularity in the United States. This procedure can be a part of medical treatment for various health conditions. Acupuncture will be available Saturdays in the Waterford rehabilitation area from 10 am to 2 pm. Please call 360-433-6400 for more information.

With Valentine's Day quickly approaching, give a gift from the heart and for the heart—give the gift of personal training, massage, acupuncture, or a specialty class to your loved one. You may purchase any of these services on our new Waterford Health & Fitness Club gift cards. During the month of February, we are offering a Sweetheart Package, so can you may pamper your loved one. The Sweetheart Package includes either two 30-minute massages or two 30-minute personal training sessions (with the trainer of your choice) for \$50.

#### **Class highlight—Balance/Posture**

Who can benefit from balance training? Everyone! People of all ages and abilities need to keep their balance system healthy, and you are never too young or too old to benefit from this class. A healthy balance system helps you to look and feel good—you can move freely and confidently and will have more energy and strength.

Keeping your balance system healthy is especially important if you have problems due to illness, such as joint pain, weakness, or dizziness. Balance training can help you get back to normal and overcome feelings of stiffness or unsteadiness.

At Waterford Health & Fitness Club, we offer a Balance/Posture class on Mondays and Wednesdays from 3 to 3:40 pm with instructor Cathy Lauder. This class is a fun, interactive class that allows participants to work on basic balance, flexibility, posture, strength, and coordination. Please stop by to participate or observe this specialty class.

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#### **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 February is a Heart-to-heart/love story.*

## **Valentine's Day Poem**

*by Arloene Laskowski*

*—Resident at a Touchmark community in Bismarck, North Dakota*



*Remember back when we were kids,  
And "Sweetheart's Day" meant fun?  
We'd find a box and get some paste  
And glue hearts by the ton!*

*We'd wear our "Sunday best" that day  
With ribbons in our hair,  
And run and skip and dance and sing,  
Without a single care.*

*In high school, though we might be shy,  
And dared not steal a kiss,  
We'd hope that special beau  
might pass  
And fill our hearts with bliss*

*We're older now, and things  
have changed,  
No longer can we run,  
We still can pray and smile and sing,  
Let's have some "older fun!"*

*For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.*

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## **A day for creative crazy hats**



**Residents show off their hats at the Crazy Hat Party.**



**From left to right: Jean Carver, Mary Ellen Vaughan, and Lucile Cole were the winners for most original and funniest hats.**

