



A Touchmark® community
Est. 1980



Waterford continues commitment to excellence



Message from
Jay Leo
—Executive Director

After six exciting years at Waterford, Patrick Bergin recently decided to embark on a different career path, and I have been named executive director. We wish Patrick the best in his new endeavors, and we will miss him.

I joined Waterford in August 2006 as the new director of Operations, bringing seven-plus years of experience in project and program management; financial forecasting and planning; and leadership and goal-setting management. It is an honor to continue working with the fantastic individuals at Waterford to serve residents and their families.

The year 2007 presented its first challenge in the form of a surprisingly strong local snowstorm, rendering much of Vancouver’s transportation network useless. With that challenge in front of it, the Waterford team worked together to minimize any inconvenience to residents. Caregivers worked 16-hour shifts, and many staff members stayed overnight. The Plant Maintenance team chained up their vehicles and functioned as an impromptu shuttle service to pick up other staff members and take them home. The Sales and Marketing team served meals in the dining room, and the Nursing staff washed dishes.

With this glorious team effort under our belts, I look forward to the rest of 2007 and growing in our commitment to excellence.



Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of the ancient Greeks to the Psychology departments in today’s universities, the conclusions turned out to be the same.

“I think we are our memories more than we are the sum total of our experiences.”

—Martin Seligman, psychologist and writer

Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality—are linked to life satisfaction in regard to a life well lived and are a high index of self-esteem

and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 Time magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life’s joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**
6. **Invest time and energy in friends and family.**
7. **Take care of your body.**
8. **Develop strategies for coping with stress and hardships.**

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging’s *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford’s Director of Life Enrichment/Wellness, Heather Clark, for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

.....

Beautiful Terrace homes for sale



by Eric Christensen
—Director of Sales & Marketing

I remember my first tour at Waterford. It was a beautiful and sunny day as I walked around the community. As I was being shown around, we strolled into the Terrace building and went up to the second floor. We entered a Terrace home, and I walked out onto the patio to check out the view.

There, to my amazement, was the most beautiful view of Mount Hood and the Columbia River Valley. As I stood on the patio, I reveled in the warmth of the sun and stared at the beauty of creation before me. I was then taken to the other side of the Terrace, where I saw the majesty of Mount St. Helens. I decided then and there that I wanted to live in the Terrace building!

Since that day, the Terrace building has almost always been full. Many have inquired and desired to live there, but there simply hasn’t been the space. Now, thankfully, we have several homes ready and waiting for you to come and enjoy the Waterford lifestyle. We even have two with that magnificent Mount Hood view.

If you are thinking about simplifying your life and making the move to enjoy Waterford’s retirement lifestyle—now is the time. The Terrace homes won’t last long. Give us a call to schedule a visit. If it’s a sunny day, you’ll quickly understand just how great the view is from Waterford!

.....

For March and April—humor’s the theme

by Heather Clark
—Life Enrichment/Wellness Director

The Waterford Life Enrichment Activity Committee has decided to give each month this year a theme. The assigned theme will last from one all-resident meeting to the next all-resident meeting. The theme for March and April is humor. With that in mind, we are looking forward to a festive St. Patrick’s Day celebration in March, and Mac’s *Class of Laughter* in April.

On Saturday, March 17, we’ll celebrate St. Patrick’s Day Waterford style! The festivities will begin at 2 pm with a quartet serenading us with Irish songs, followed by a young artist on violin, providing Irish tunes. There will be tasty beer and pretzels along with a few other goodies to tempt the taste buds! Once again, we encourage you to bring your favorite Irish toast to share with the group, and while you are at it—bring a friend or two.

Mac McClintock, who cochairs the activity committee with his wife, Marge, leads a fabulous *Class of Laughter*. This class was offered at Clark College last year, and it was a huge success. Thankfully Mac has agreed to give us a private session in April! Be sure to watch the calendar for

more details. This is one you won't want to miss.

Please remember to check your March calendar for all the great events we have planned. One resident recently shared with me, "You're never bored at Waterford!"

.....

News from the Dining Services team

by Paul Lempke
—Dining Room Manager

We hope that everyone is enjoying the monthly rotating menu. We have been receiving a lot of great feedback regarding the frequency of the menu change.

Attend open forum

We hold an open forum every Wednesday from 2 to 3 pm for residents to discuss food and dining services. Feel free to come with questions or just to listen. There is no agenda for these meetings; it is based purely on topics brought by residents.

Cooking show coming!

The Dietary Department is excited to announce our first cooking show. On Thursday, March 8, the department will put on a 45-minute cooking show for residents. This is an exciting opportunity to see Waterford's talented Executive Chef Nick LoCascio at work. Please sign up early, as it is a limited-seating event. We hope to see you there!

.....

What is Waterford's safety walk and first response program?

Waterford uses a safety walk and first response program to provide residents with a supportive environment. It's designed to alert staff members to any unusual breaks in a person's daily routine, which could signal an emergency. Housekeeping, Maintenance, and Assisted Living staff are certified in CPR and first aid and are part of the first response team—a group of individuals who are first to help aid and assist in an emergency.

The program includes a daily safety walk. In the Independent Living neighborhood, there are tiny white flags attached to the top outside corner of residents' doors. Every night, an employee does rounds and flips up the flags. The following

day, a member of the maintenance staff walks the hallways and checks that all flags are down, which indicates that people are up for the day. If a flag is still up, staff members will knock on the door to check on the resident. If there is no response, staff members will then enter and announce themselves to make sure everything is fine and lock the door when they leave. The Assisted Living staff also do a daily safety walk in their neighborhoods.

Another aspect of the program is checking on a residence if a phone is left off the hook. The front desk phone system registers when this occurs, and staff will then check to make sure all is fine at that residence. The front desk also registers 9-1-1 calls that are made from a residence. If a 9-1-1 call is made, front desk personnel contact members of the first response team, and these individuals are available to help assist if needed.

"Residents' safety is very important to us," says Housekeeping Supervisor Jeremy Barnes, who works with the executive director to oversee the safety walk and first response program. "This program helps us provide a secure environment—one of the benefits of living at Waterford." If people have questions or comments, they can contact Jeremy at 360-254-2866, ext. 1021.

Upcoming events

Thursdays, March 8 and 15, 2:30 pm—Healthy Aging. Mind, Body, and Spirit lecture series. Forum.

Thursday, March 8, 2:30 pm—Cooking demo with Chef Nick. Activity Room.

Wednesdays, March 14 and 28, 10 am to noon—Watercolor class with Irella Swanson. Cost is \$3 per class. Claremont.

Saturday, March 17, 2 pm—St. Patrick's Day celebration with Columbia River Quartet and Violin Jiggs. Fireside Room.

Every Wednesday, 2 to 3 pm—Dining Services open forum. Fireside Room.

Sign up for spring classes

by Lavita Davies

—Health Fitness Coordinator

Spring has sprung at Waterford Health & Fitness Club, and we are excited to announce several new classes for spring term!

- **Golf Conditioning Clinic**
- **Strong Women/Strong Bodies!**
- **Back 2 Basics (back class)**
- **Aquatic Empowerment**
- **Chi Gong**
- **Chair Yoga**

We'll also continue to offer member favorites:

- **Tai Chi (all levels)**
- **Swing N' Sway (aerobics class)**
- **Balance/Posture**
- **Joint Action (flexibility)**
- **Aquatic Classes (from Ai Chi to BYOB to Water Walking and Making Waves)**
- **Children's swim lessons (after regular club hours)**

The spring session sign-up book will be located at the Health & Fitness Club's front desk and available until Wednesday, March 21. Spring classes will begin in April. Call Waterford Health & Fitness Club at 360-433-6400 for more information about the spring session classes.

Acupuncture is now available

Waterford Health & Fitness Club is now offering acupuncture from Ivan Cheng, LAc, of Meridian Therapeutics on Saturdays and Mondays. The first appointment is \$95 and includes initial health history questionnaire, assessment, and screening. Please call 360-433-6346 for more information or to schedule an appointment.

Waterford Home Health and Home Care is here to serve you

by Karen Rice, RN

— Director of Professional Services

We love working in home health and home care, and every day our staff help people stay in their homes as long as possible. We offer our services to individuals in the Waterford community as well as people throughout Clark County.

Home Care staff can assist you with personal care and light housekeeping. We are able to do a variety of tasks, such as helping you write a letter or organizing cupboards. Home Care is usually private pay or paid by long-term care insurance.

Medicare can pay for skilled care, if you are unable to leave your home without great difficulties. This may include visits by a nurse; physical, occupational, or speech therapist; a social worker; or a bath aide. We welcome your questions and encourage you to call today to learn how we can service you. Call Wendy, Chrystal, or me 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 March is a humor and laughter poetry feature.

Humor

by Lucille Bachman

—Resident at a Touchmark community in Fargo, North Dakota

Humor

The dictionary says

A Whim to gratify

The Sense of the Ridiculous

The Joy of Giving Over

A Twinkle in the Eyes

A Child's Laugh

Grandpa's Chuckle

Life Can Be Sweeter, Fuller, and

Gratify the Spirit of Every Day

Because we can Laugh

Humor

What a Wonderful Gift

Think of Life

Without a Laugh

A Funny Picture

A Clown's Face

One of Mary's Jokes

How Dull Life Would Be

*I Sat in the Park on a Bench one day
And Watched the Faces that Passed by
And I thought Why This is Funny
And Then I knew
The World had Given us a Reason to Laugh
A Wonderful Sense of Humor*

For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.

.....

Furry Friends visit Waterford



Harriett Kosinski and Kieffer the cat share a hug at the Furry Friends visit last month. Furry Friends is a local group that provides animals in need with a home before they are adopted.

