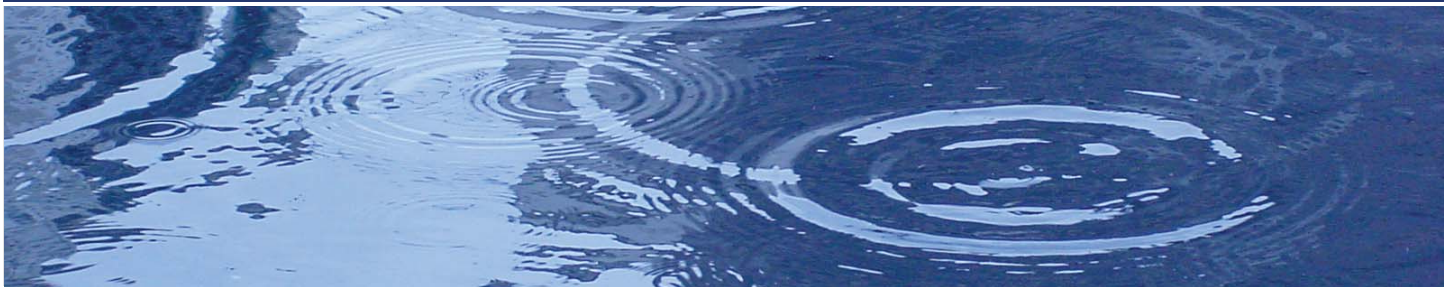




A Touchmark® community
Est. 1980



Spring is here!



Message from
Jay Leo
—Executive Director

This last winter, I hoped that spring would be upon us quickly. Well, spring is now here. It is one of the most beautiful seasons of the year in the Pacific Northwest. It's great to see the daffodils, tulips, and flowering trees now in full bloom and to smell the freshly cut grass.

The beautiful, warm weather presents a fantastic opportunity for outside activities here at Waterford. It means having lunch on the courtside patio or taking advantage of the many Health & Fitness Club classes, like water aerobics or tai chi. The Stepping Out club will be leading us in walks throughout the Vancouver and Portland areas. With two more raised garden plots outside, gardening is now even more of a possibility. There is a Waterford activity for everyone!

That's what living at Waterford is all about—living a healthy life for the mind, the body, and so much more. My best wishes for an active and exciting spring!

The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother's house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based,

real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Waterford and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment/Wellness Director Heather Clark.

Our theme for this spring is simplify! If you are considering a move to Waterford, now is the time. We can help you find a condo-style home or cottage that will be everything you need. We also are working to provide new residents with a consultant to help them decide what to do with all those possessions that do nothing but collect dust.

By moving to Waterford, you can hand over the many chores that clutter your life and get on with the things that matter—enjoying life, friends, and family. If you haven't been by lately, give us a call to schedule a visit. Come see the great homes that are available, experience an elegant dinner, and discover why so many have decided to simplify their lives by moving to Waterford!

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Simplify!

by Eric Christensen
—Director of Sales & Marketing



Eight years ago, I decided to purchase a rather large house in the Vancouver suburbs. What seemed crazy to some was actually a strategic decision. You see, I was a bachelor and had lots of single friends. By purchasing a large house, there was room for four of us to live comfortably and still have room for the Ping-Pong table, foosball table,

and big-screen TV. Wow—did we have fun! It was a sad but good day when I told my roommates that I was getting married and the bachelor pad would soon become a regular family home.

Several years have passed since then. The old bachelor pad has many more “feminine” touches than it once did. And while my wife and I very much enjoy our home, we often laugh at how little of it we use. We could conservatively live with one third the space and “stuff.” So, on a regular basis, we find ourselves going through parts of our home asking ourselves, “Why do we have all this stuff?”

Perhaps you feel the same way? Do you look around and realize that you have way more space and stuff than you need? The other day, one couple, who lives in a 4,000-square-foot house, said that they could get rid of 80 percent of what they have and still have too much. Maybe you share their feelings.

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Resident donates her art to local YWCA

by Heather Clark
—Life Enrichment/Wellness Director

Marion Beals recently donated several art pieces to the Clark County YWCA. Marion’s art show was held at Murdoch Collections in Portland, Oregon, and we were fortunate enough to have a private showing.

Marion’s love for art began at an early age. Her father, who worked with marble and carved, encouraged Marion to draw. Later, Marion studied at the Advertising Art School in Portland, Oregon, and when she lived in the Bay Area, Marion studied palette knife painting.



Marion Beals poses with one of her paintings at her art show.

Marion used her traveling adventures as inspiration for many paintings. She also has created pieces depicting her time in the Midwest, Northwest, and British Columbia. Marion, who continues to paint currently, was featured in the YWCA’s newsletter and is quoted

as saying, “I am an environmental oil painter. The interplay of light and shadow on color and design holds a fascination for me.” Thank you for sharing your artwork with us, Marion. The show was truly a delight!

endars, Week at a Glance publications, this monthly newsletter, channel 28, and the various flyers throughout the community. These are our means of communicating upcoming events. Happy spring to each of you!

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April blooms with events!

by Heather Clark
—Life Enrichment/Wellness Director

Hunt for those eggs

Spring is in the air, and with that we have many fun events planned for this month! Waterford is opening its doors to the local community and hosting an Easter egg hunt on Saturday, April 7 at 10 am. The event will be held in the courtyard area directly outside the Courtside Dining Room. Be sure to invite your grandchildren and great-grandchildren or any other friends and family who have small children. The hunt will be for children 10 and under with a special section for those 3 and under. We invite you all to come out and enjoy watching the children. Rumor has it that there will be a visit from the Easter bunny himself!

Put on your dancing shoes

We will be having a Spring Fling Dance on Friday, April 13 from 2 to 4 pm in the Courtside Dining Room. Dance the afternoon away to the wonderful tunes of John Lazzari. Don't have a partner? Come anyway—you are welcome to come and have lots of fun with other singles. Light refreshments will be served.

Plant a flower; enjoy gardening

If you have not already noticed, the Garden Club is in full swing. Bulbs are popping up, flowers are being potted, and the memorial rose garden is being prepped for this year's planting. The Garden Club meets every Monday at 1:30 pm in the Activity Room. You are welcome to join at any time. Always bring outdoor apparel as we often go outside during the class.

Laugh—it's good for you

As promised last month, Mac's Class of Laughter has been scheduled for Friday, April 20 at 2:30 pm in the Courtside Dining Room. This is a must-attend event!

Finally, please continue checking your monthly cal-

Upcoming events

Saturday, April 7, 10 am—Community Easter egg hunt. Main courtyard.

Tuesday, April 9, 7 pm—Medicare Forum. Forum Room.

Friday, April 13, 2 to 4 pm—Spring Fling Dance. Courtside Dining Room.

Friday, April 20, 2:30 pm—Mac McClintock's *Class of Laughter*. Courtside Dining Room.

Friday, April 27, 3 pm—*This is My Story*, told by resident Jim King, Forum.

Friday, April 27, 4 to 5:30 pm—Happy hour with Dover Weinberg. Fireside Room.



Save the date!
**National Senior
Health & Fitness Day
Wednesday, May 30**

Join a class this spring

by Lavita Davies
—Health Fitness Coordinator

Add some spring into your step by joining a class or two at Waterford Health & Fitness Club. Spring-session classes are forming now, and we have a new series of classes to get you ready for summer fun with the grandchildren, golfing, or any other preferred activity. Class sign-ups have started and go until Wednesday, April 11; the new sessions of classes begin on or around April 16.

Some of the classes we are offering this term are: Makin' Waves, Arthritis Aquatics, Tai Chi, Joint Action, Pilates, Balance and Posture, and more. These classes are included with your Waterford Health & Fitness Club membership.

Work on that golf swing

We are excited to announce the introduction of Golf Conditioning. This class is specifically designed to assess golf performance and provide exercises for improved performance. After completion of this month-long class, participants will understand body stabilization techniques and the importance of balance within the various stages of the golf swing. All participants will learn to use a stability ball to help improve overall golf performance. This class is taught by golf conditioning specialists and will be offered Tuesdays and Thursdays from 11:15 am to noon, beginning April 17 and going until May 17. The cost is only \$75.

Additional specialty classes include: Tai Chi (entry-level), Chi Gong, and Chair Yoga. We offer something for everybody and invited you, your family member, or friend to enjoy a complimentary one-week pass. Please call 360-433-6400 or stop by today for a private tour or to learn more.

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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 April is an intergenerational story.

Teetertotter

by Frances Wagner

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

*A much used teetertotter there,
Outside our kitchen window,
Where Mother could look out and see
What tricks we kids were into.*

*My little sister always was
More ladylike than I
She didn't want to stay too long
Perched way up in the sky.*

*I never really bounced her hard
When "Mama" might be spying.
I loved her way too much
To want to see her crying*

*Some eighty years have passed
Since teetertotter days*

*But sometimes aren't there ups 'n downs
In lots of different ways?*

*No Mother now to watch our play—
The teetertotter gone.
So I must know how high to bounce,
And when I should let down.*

For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.

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St. Patrick's Day celebration



Interstate Harmony Quartet entertained more than 150 guests at the St. Patrick's Day party.



Heather Clark (right) and Anita Krivitzky, from the Life Enrichment/Wellness department, ham it up at the St. Patrick's Day party.

