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Join us this spring



Message from
Jay Leo
—Executive Director

Finally, the month of May is here. This is a time of celebration for all of us in the Northwest. We can look forward to the temperatures rising, the spring activities kicking into action, and the doors to the Waterford courtside patio opening for barbecues in the warm sun.

Maybe the warmer weather has you thinking about making a change in your life. Would you like to share in social gatherings, walks around Vancouver, regional trips, or recreational gardening? Think about making a move that allows you to take advantage of the beautiful spring weather and reduces worries created by spring-cleaning and yard work. We would love to have you join in all of the events this spring—right here at Waterford.

Waterford celebrates National Senior Health & Fitness Day again this year. The day is full of speakers, events, and programming to help you feel a sense of renewal and focus. This event will be especially significant, because we welcome our new Health & Fitness Club Director Kim Lehmann to the team. Because of our well-equipped Health & Fitness Club, fantastic event calendar, specialized staff, and involved members, we'll have the healthiest community in Southwest Washington! Join us for our

National Senior Health & Fitness Day celebration on Wednesday, May 30.

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From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

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—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Waterford is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Heather Clark.

watched as my grandparents aged while staying in their own home. They lived in isolation. They were lonely. They tried to continue cooking but didn't get the quality of meals they could enjoy. They worked hard to maintain their home—cleaning, repairing, and hiring workers—but it seemed to keep them from the very independence they wanted. Why did they do this? They could have afforded a retirement community ... they just didn't want to give up their home and the independence it represented.

If you or your loved ones are like my grandparents, please consider this: Independence is not determined by one's ability to own a piece of real estate and care for it. Rather, independence is measured by one's ability to enjoy life to the fullest. And, more importantly, home truly is where you make it.

Many residents moved to Waterford to trade in the mop, vacuum, lawnmower, hammer, and the company of the TV for a better life—a more independent life.

If you fear that moving to Waterford will cause you to lose your independence—I'd encourage you to reconsider. Come visit Waterford. Spend a few hours talking with residents. Observe life for just one day, and I'm sure you will change your mind.

“I'm not leaving my own home!”

by Eric Christensen
—Director of Sales & Marketing



If leaving your home is one of the big reasons preventing you from moving to a retirement community, I don't blame you. My wife and I love our home. For us, our home is a place of sanctity, refuge, and memories. It's also a sign to the world that I'm a grownup, have worked hard, and have achieved the American dream. We've transformed it from

a box with white walls to a place of warmth and comfort. It has its own unique look, feel, and smell (a good smell that is, I promise). To me, there are few things better in life than coming home after a long day or a trip away. Even as I write this, I'm sitting in a nice hotel room, but I wish I was back home.

But there is another side to the conversation. For years, I

Join us for May's events

by Heather Clark
—Life Enrichment/Wellness Director

April was an exciting month, and we had a fun time celebrating and practicing laughter! A huge thank you goes to Life Enrichment Activity Chairperson Mac McClintock for all the jokes and his fun Class of Laughter! As announced at the April all-resident meeting, this month's theme is safety.

What's happening in May?

For May, we will hold a barbecue in honor of Memorial Day, **Monday, May 28**, 11:30 am to 1 pm. There will be other celebrations throughout the day, so be sure to look for more information as it gets closer to the date. **Wednesday, May 30** is National Senior Health & Fitness Day. More information can be found in the article on page three. We are set for another exciting month here at Waterford, and we encourage you to join us for an event or two.

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 May is an article about active living—sports/fitness theme.

For the hugs

by Ray Hall

—Resident at a Touchmark community in Appleton, Wisconsin

My wife and I lived in West Carrollton, Ohio, which is a suburb of Dayton, Ohio. National Cash Register had a transportation-theme park, called Carrillon Park, that was about 7 miles from our home. My wife and I would ride our bikes to that park, enjoy that area, and then ride back home. It was about a 14 mile round trip. We didn't call it exercise though, we called it recreation because we liked it. We had those bikes four or five years. When I finally gave those bicycles away, the odometer on hers read over 1,000 miles and so did mine, maybe more.

When I first moved here to be by my daughter in December 2001, I'd spend about an hour on the NuStep and then another hour on the stationary bicycle. In more recent years, I've switched to using only the stationary bike. It's easier for me, and I didn't want to quit entirely, even though I'm 94 years old. I've already won awards; I've won treats, prizes, and trips out to lunch for my participation in the Stepping Out exercise program here.

A while back, when we couldn't get out to lunch for a couple of months, I said I'd be just as happy just to get a hug as my reward for exercising. The truth is, even though my doctor told me once he thought exercise was one of the things keeping me going, and I know it keeps my legs strong, I don't do it for any of those reasons. I do it for the hugs.

For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Heather Clark.

Celebrate health and wellness



A National Senior Health & Fitness Day celebration will be held at Waterford on Wednesday, May 30 from 10 am to 2 pm. Come celebrate!

- **Walk with Vancouver Mayor Royce Pollard. Waterford will offer two distances for the walk.**
- **Tour Waterford Health & Fitness Club at 11:30 am. Tour the club and receive a one-week pass.**
- **Receive a postural analysis from Evan Gwilliam, DC, of Camas Chiropractic.**
- **Participate in mini classes and gather health and wellness information.**
- **Enjoy a 10-minute chair massage, given by Waterford Licensed Massage Therapist Gayle Scott.**
- **Collect useful information from local merchants and vendors.**

Learn more about acupuncture, test your balance, and enjoy healthy foods, beverages, fun, and prizes. Check the flyers for the full schedule.

This month's health focus— arthritis

by Kim Lehmann

—Health & Fitness Club Director

A good diet is important for everyone, but it is especially key for people with arthritis. Arthritis can make it hard to get variety in your diet, since fatigue and pain can reduce your appetite. Swollen joints and loss of movement may lead you to avoid foods, such as vegetables, that need more time or effort to prepare and cook. Certain kinds of arthritis and some medications also can affect how well your body uses what you eat.

The University of Washington Department of Orthopedics and Sports Medicine recommends seven basic guidelines for a balanced, healthy diet:

- **Eat a variety of foods**
- **Maintain ideal weight**
- **Avoid too much fat and cholesterol**
- **Avoid too much sugar**
- **Eat foods with enough starch and fiber**
- **Avoid too much sodium**
- **Drink alcohol in moderation**

A doctor, nutritionist, or other health care professional can help you tailor these guidelines for your needs.

Waterford Health & Fitness Club also offers two specialty classes for people with arthritis: Ai Chi and Arthritis Aquatics.

Ai Chi takes place in the water, using deep breathing and improved range of motion, to enhance relaxation, mental acuity, balance, and mobility. Ai Chi has been successfully used with pain management, arthritis, fibromyalgia, chronic obstructive pulmonary disease, diabetes, and multiple sclerosis.

Participants are introduced to basic concepts of Eastern thought, such as circular movement, breath control, tranquility, and moving with nature. Ai Chi is offered on Tuesday and Thursday from 1:30 to 2:15 pm in the pool.

Arthritis Aquatics is designed to increase motion and muscle strength and to decrease pain due to arthritis or arthritis-like conditions. This program is endorsed by the Arthritis Foundation. Arthritis Aquatics is offered on Tuesday and Thursday from 10 to 10:45 am in the pool.

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Do you know about the Waterford Garden Club?

Every Monday at 1:30 pm, the Waterford Garden Club meets in the activity room. The purpose of the meeting is to gather people together who share a love of plants and gardening and keep this interest alive and active. All residents are welcome!

Mike Updike, landscape gardener and Garden Club creator, believes that all of us, no matter what our past experiences with gardening, can be involved with plants in many ways. From the spring planting of seeds for the community

vegetable and flower gardens to the fall harvest, Mike carefully teaches skills and practices so residents can have successful growing (and eating!) experiences.

Patty Cassidy, a Master Gardener and student of horticultural therapy in Portland, Oregon, co-leads the group with Mike. With her background in education and horticulture, she brings new ideas and creativity to the group. She understands how staying connected with the natural world can benefit everyone and promote a positive outlook.

Together, Mike’s and Patty’s expertise in horticulture provides each Garden Club meeting with a full hour of enjoyment, in addition to developing new skills and knowledge.

Look for the monthly Garden Club column in each newsletter, which will let you know what projects are going on as well as upcoming events. Remember, no prior gardening experience is necessary if you wish to be part of the Garden Club. Feel free to drop in on a meeting. “We look forward to meeting you and discovering together the wonder of growing and caring for plants,” says Patty.

Upcoming events

Tuesday, May 15, 2:30 pm—Oxford Tappers. Courtside Dining Room.

Thursday, May 17, 10 am—Oregon Zoo animal visits. Forum.

Tuesday, May 22, 3:30 pm—Jim Templeton on piano. Fireside Room.

Monday, May 28, 11:30 am to 1 pm—Memorial Day barbecue. Courtside Dining Room and Patio.

Wednesday, May 30, 10 am to 2 pm—National Senior Health & Fitness Day.

Spring Fling dancing



**Life Enrichment/
Wellness Assistant
Carol Castellano and
resident Jim Berry
“cutting a rug” at the
Spring Fling Dance.**



**Residents Margaret Zuke
and Phil Diamond take a
spin around the dance floor.**

Dining Services prepares for summer

by Paul Lemke
—Dining Services Manager

With summer around the corner, many of us are thinking of getting out more and enjoying this beautiful season in the Pacific Northwest. The Dietary staff are ready to help you get outdoors more. Our patio is about to come alive with some outdoor dining (weather permitting).

A new addition to our kitchen this summer is a new professional outdoor grill. We are looking forward to some fun grilling on the patio throughout the summer months.

The Dining Council and Culinary staff would like to take a moment to remind residents and guests of the dress code in the dining rooms. We would like to maintain the high standards at Waterford, and if you are unfamiliar with the dress code, please take the time to read it during your next trip to the dining room: It is posted just outside the dining room doors. (Please note that the code applies to residents and guests.) Thank you for your assistance.

International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its

own,” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system**
- **Maximize individual capacity—do as much as you can**
- **Make sure your “whole person” shows up every day**
- **Take on self-responsibility**
- **Choose optimism**
- **Recognize that life happens and make a decision to be positive**

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

