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## Focus on health and fitness this summer



*Message from*  
**Jay Leo**  
—Executive Director

Summer is now here, and it is hard to believe that we are halfway through 2007. Recently, we celebrated National Senior Health & Fitness Day with great weather, exciting events, demonstrations, and vendors. I appreciate all the staff who planned the event, the vendors and speakers who shared their expertise, and the residents and guests who participated. I hope that everyone who attended came away with new and useful information on how to live a healthier and more active life. It takes a lot of time and energy to plan an event of this nature, but we believe that it is well worth it, because we're committed to your health and wellness!

Now that the warm summer weather is with us, I encourage you to take part in our extensive Life Enrichment/Wellness program and Health & Fitness Club offerings, such as outdoor gardening, barbecues in the courtyard, mystery trips, Stepping Out walks, and fitness classes. What a fantastic way to live a happier and healthier life! Keep an eye out for updated schedules for summer offerings at the Health & Fitness Club and throughout the Waterford community. Give us a call or stop by today to learn more.

## Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

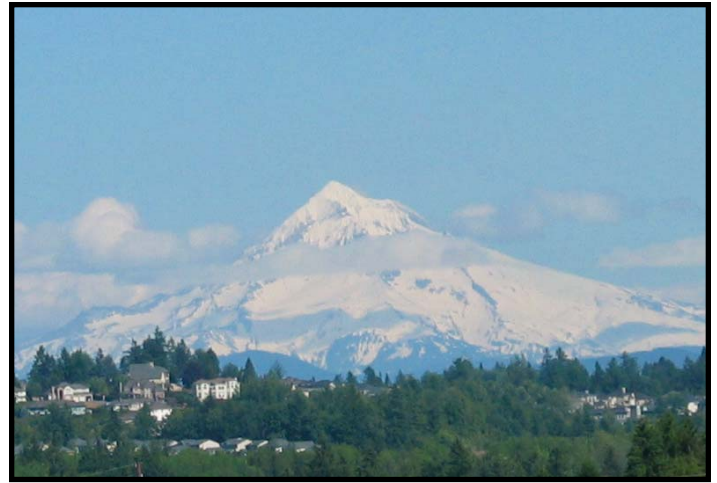
During my travels as vice president of Wellness & Programs, I visit all of Touchmark's communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

**“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”**

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—Maya Angelou, poet

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.
- People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.
- The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”



The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact the Life Enrichment/Wellness department. You are invited to be an architect of this intentional community.

On the way back to my office, I pondered life here at Waterford. If it’s possible to daydream while walking, I was doing it. I pictured my wife and I seated there on Lucile’s balcony—enjoying the morning paper, a good cup of coffee, and the view of Mt. Hood as the sun covered it in the softness of morning light. I pictured myself on the Fairway Village golf course next door, playing a nice leisurely round of golf with friends (No, I’m not any good, but I sure do enjoy playing.). And I pictured my wife and I having dinner in the Courtside Dining Room with friends in the evening—New York strip steak medium rare and then a bowl of savory peppermint ice cream.

Unfortunately, my daydreaming had to come to an end. I have a long way to go before retirement. I only can hope that the views will be just as good when I’m ready. I know for certain that my golf game won’t be any better. Visit today and discover the Waterford lifestyle.

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## Summer living at Waterford



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

The other day, I was finishing some new marketing material. On one of the pieces that describes our condo-style homes, there was a blank area that needed a photo. It was beautiful outside, and Mt. Hood was out in all its glory. I knew that a photo of Mt. Hood would fit perfectly. I grabbed my camera and headed to the Terrace Building. Standing on Lucile’s balcony on the third floor, I took a photo of this gorgeous mountain (pictured). I stood there for several minutes and admired the beautiful scene. And, to be honest, I was just a bit jealous of the view that Lucile is privileged to see every day.

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## Let summer begin!

“Our Memorial Day barbecue was truly a great event, and it was a perfect kickoff to summer at Waterford,” says Executive Director Jay Leo. The patio and dining room were decorated with festive red, white, and blue, and the new barbecue was put to the test and performed beautifully, producing delicious hamburgers and hot dogs. The buffet also included potato salad, baked beans, corn on the cob, and fresh, juicy watermelon.

The sun warmed mingling residents as acoustic guitar music filled the air. With the warm sun, the smell of food cooking on the grill, the sound of live music, and the enjoyment on everyone’s faces, you could tell that summer had arrived.



**Waterford started the summer season with a Memorial Day barbecue.**

Waterford is planning similar outdoor events throughout the summer. Come and have fun—and create great memories.

I sent my laundry home for mom to do.  
 The movies included a “newsreel.”

**I Remember When (still later)**

I had five kids and washed every diaper.  
 Phone calls to our folks were every other week  
 (We lived in seven states!).

I typed a letter every week to our folks and our brothers  
 (I typed on a typewriter that would, of course, be an antique today.).

All our kids were toilet-trained by the time they were 2  
 or soon after and stayed in a playpen until they could  
 climb out ... and guess what? They didn’t mind at all!

*For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 20. For a list of the guidelines, monthly themes, and deadlines, please contact the Life Enrichment/Wellness department.*

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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 June is an “I remember when ...” nostalgic story.*

**I Remember When ...**

*by Betty Cass*

—Resident at a Touchmark community in Bend, Oregon

**I Remember When (growing up)**

An ice-cream man came down our street.  
 The grocery man brought groceries to our door.  
 Aspirin was the only pill we took.  
 25 cents was a big allowance (if you got one).  
 We always “dressed up” for church.  
 I made paper dolls out of the people in the  
 Sears catalog.

**I Remember When (later)**

In college, Bill had a car with a rumble seat and a boarded up window.

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**A fitness club designed for you**

*by Kim Lehmann*  
 —Health & Fitness Club Director

Health and wellness—something we all strive for and sometimes take for granted. We all can benefit from regular exercise and activity, regardless of our age. Exercise isn’t something we have to do alone. We can all do it together! As the Health & Fitness Club director, I promise you that the team of instructors and specialists at the Health & Fitness Club will be with you for support and motivation. But you still may be wondering ...

**How can the Health & Fitness Club benefit me?** Your health and fitness club can help improve all aspects of your life. Not only can it benefit you physically by increasing flexibility, strength, and endurance, but it will benefit you mentally, as well. We’ll work with you to design a plan that emphasizes health and wellness for the mind, body, and spirit.

**What can I expect at the Club?** Members and guests can expect an inviting environment designed for active adults. Personal assistance will be available to each member. Qualified aquatic personnel will be available during pool sessions for safety and assistance.

**What does the Health & Fitness Club offer?** The club offers full-body, strength-training equipment; group and private exercise classes; equipment to increase cardiovascular endurance; areas for stretching to increase flexibility; a swimming pool for lap swimming and aquatic classes; a warm-water spa; showers and locker-room facilities; and a lounge area to enjoy the atmosphere and socialize with other members and guests.

Regardless of our age, our bodies have amazing potential to increase strength, flexibility, and endurance. Regular exercise and activity can positively affect conditions relating to aging, such as arthritis, cancer, heart disease, stroke, osteoporosis, diabetes, hypertension, and depression. Together, we can set health-related goals and plans to improve all aspects of your life. Please contact me at any time with questions or comments. Hope to see you soon!

## Upcoming events

**Tuesday, June 19, 11 am**—Kellie Huddleston in the Fireside Room.

**Thursday, June 21, 6:50 pm**—Laugh-In-Club in the Crystal Room.

**Sunday, June 24, noon to 2 pm**—Sunday Brunch.

**Friday, June 29, 4 pm**—Happy Hour with Magician Phil Crosson.

## Carpal tunnel syndrome—what is this common problem?

by **Melanie Serpa**

—**Waterford Rehabilitation & Aquatic Therapy Manager**

Most people are familiar with the medical term carpal tunnel syndrome, but few people know exactly what that means. Carpal tunnel syndrome is the name for a collection of symptoms (hence the word syndrome) that is caused by pressure on the nerve that crosses the middle of the wrist on the palm side. Our wrist forms a tunnel with the eight small wrist bones creating the bottom of the tunnel and a strong ligament making the top of the tunnel. This small tunnel has many structures running through it: eight tendons that control finger motions and

one nerve. The nerve is called the median nerve, and it is pressure on this nerve that causes the symptoms of carpal tunnel syndrome.

Common symptoms include numbness and tingling in the thumb and first two fingers, nighttime pain, and frequent dropping of items. Some people also have pain during the day in the wrist and hand. Often the pain gets worse when actively using your hand.

There are several ways that people get carpal tunnel syndrome. One is by using the hand and fingers in repetitive movements, like typing or grasping. Some people have symptoms after suffering a fall when they catch themselves with their hands or break a wrist, which can irritate the tendons and the nerve. Finally, some people can have problems even without any injury or repetitive movements; they are just prone to the problem.

**How is carpal tunnel syndrome treated?** A good medical evaluation is necessary to determine if you have Carpal Tunnel Syndrome. The most important aspect in treating this problem is education. People must be aware of how they use their hands, and they need to watch for proper positioning when typing, scrapbooking, or using tools. When caught early, the use of special wrist splints and therapy often can resolve the problem. If it progresses too far, then surgery is necessary to take pressure off the nerve.

If you have problems with pain, numbness, or tingling in your hands or wrist, talk to your doctor. If you have questions about hand therapy, stop by the Waterford Rehabilitation & Aquatic Therapy clinic to learn more. And most importantly, take good care of your hands!

*Melanie is a licensed occupational therapist as well as a certified hand therapist. She has more than 15 years of experience.*

