



## Celebrating our nation's birthday



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

As Independence Day was observed and celebrated, it made me reflect how I am truly proud to be an American. Across the United States, friends, families, and even strangers came together to share in the celebration of this special event. People celebrate this slightly differently—barbecues, fireworks, parades, flying the national flag, outdoor outings, or visits to national landmarks. Whatever the actual activity, the meaning behind these events is the same for all—love and respect for the opportunity to live in a free and open society. On this day, we paid tribute to those proud individuals stationed in faraway places as well as those who have made such significant sacrifices in years past. I am grateful to our country's founding fathers, who created such a special country at great sacrifice; loyal patriots who supported the country through tough events, such as World War I, World War II, Korea, and Vietnam; and those helping us through turbulent times today.

I hope everyone had a happy Independence Day!

## We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War I” were recognized and interviewed. Those who are still alive are scattered around the world and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War I veteran, Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007), died at 115 and is the oldest authenticated veteran from any conflict. It is amazing that someone could survive through all the health epidemics, storms, disasters and challenges the last 115 years have presented to the human species. In today's world, everyone has a better chance for living a long, productive life

**“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”**

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on *centenarians still working*

than most of Emiliano's counterparts did in his lifetime. Improved health and sanitation, immunization, access to better shelter and more abundant food have increased the average adult's lifetime to the late seventies. The percentage of people over the age of 100 in North America is the

fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 than ever before. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Waterford is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Kellie Wagnild. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

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**The stuff that matters**

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



In the last few weeks, I've been doing a lot of thinking about what really matters. My wife and I are expecting our first child in October—and it seems that many soon-to-be-dads start evaluating their lives as the reality of a new baby looms. In just a short period of time, I've shut off the cable on the television, started eating healthier, increased the frequency of my evening walks with my wife, and begun working much harder on projects around the house that need to be completed before the baby arrives. It's amazing to me how a change in life causes a reevaluation of everything.

If you or a loved one is considering a move to Waterford, you may be going through a similar period of evaluation. Lately, I've noticed many of our prospective residents going through the same contemplation that I have. And as they evaluate, I'm finding commonality in what matters: family, friends, health, simplicity, and safety.

Waterford was created to help people focus on what really

matters. Our Life Enrichment/Wellness program and Health & Fitness Club were created to help people stay healthy and connected to others with similar interests. Our menus and dining programs constantly are reviewed and improved, supporting the health and social needs of residents. Every day at Waterford, staff focus on the security and well-being of each resident.

It's a great time to move to Waterford. Give us a call and let us partner with you as you consider what's important in life. We'll help you focus on what matters!

**Upcoming event**

**Tuesday, July 24, 3:30 pm**—Entertainment by Mollie Paige.

**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 July is a poem featuring patriotism and community service.*

**What patriotism means to me**

*by* **Annis Oetinger**  
—Resident at a Touchmark community in Bend, Oregon

My feelings about patriotism are well expressed in a lovely hymn, *This Is My Song*. It says that this is my country, my home, where my hopes and dreams are and [speaks] about the beauty of our country. It also tells us that other people in other lands feel the same way about their home countries. We love our own country and respect that love

in others for their homes.

*For August, please submit a recipe with a story. Deadline for this issue is July 23. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kellie Wagnild.*

# Health & Fitness Club offers summer classes

by Kim Lehmann

—Health & Fitness Club Director

Spring has passed and now the beautiful days of summer are here. Registration for the Health & Fitness Club's lineup of summer classes has begun.

We have made a few changes for this summer session that may be of interest:

- **Standing Tall**—Strengthen your bones and muscles in an effort to reduce the onset of osteoporosis and other illnesses. The class is being offered Mondays and Wednesdays or Tuesdays and Thursdays.
- **Summer Shape Up**—Enjoy a great low-impact workout for the heart muscle with easy-to-follow aerobics, strengthening, and a full-body stretching routine to increase flexibility. The class is offered Mondays and Wednesdays.
- There has been tremendous interest in the **Makin' Waves** aquatic class, and now we are offering an enhanced class schedule to meet the need. We also have Water Walking, Ai Chi, and Arthritis Aquatics (program endorsed by Arthritis Foundation).
- **Walking & Conditioning**—This is a great opportunity to start your day with a walk while slowly increasing your endurance. Guests are welcome to this class, which is Monday and Wednesday mornings.



Take part in aquatic classes at the Waterford Health & Fitness Club during the hot summer months. Call today to learn more.

Please consider joining the Waterford team for the Memory Walk®, which benefits The Alzheimer's Association. The Walking & Conditioning class can help you get ready for this short two-mile walking event. Read more about the Memory Walk® in the next article.

We have recently expanded our hours of operation in the Health & Fitness Club to be more accessible. The new hours are: 7 am to 8 pm during the week and 8 am to 5 pm on weekends.

Enjoy the summer, be safe, and remember to make every day a fitness day! I look forward to seeing you at the club.



## Be a participant in the Memory Walk® 2007

by Kellie Wagnild

—Life Enrichment/Wellness Director

Waterford will be participating in The Alzheimer's Association Memory Walk® this fall to raise money for the fight against Alzheimer's disease. The walk will be held Sunday, October 7 in Portland, Oregon. For those unable to attend, we will have a walk Thursday, October 4 here at Waterford.

This year, in hundreds of communities across the country, more than 200,000 participants will be on the move to end Alzheimer's disease. The Memory Walk® is designed to raise awareness about the disease, and it is one of the largest national fund-raising events in the fight against Alzheimer's. The funds raised will be used locally to support those with the disease and their families. The Alzheimer's Association provides hope and help to individuals through a 24-hour helpline, advocacy for changes in public policy, information/referral services, education about the disease and how to cope with it, support groups, and the Safe Return Program.

It is never too early to start talking about the Memory Walk®. Waterford is looking for participants to join and support the Waterford team. Also, the Health & Fitness Club has a Walking & Conditioning class to help you prepare. If you are interested in walking and supporting the Waterford team, please call me at 360-254-2866.

# Take care this summer—stay hydrated

**by Karen Rice, RN**

—Waterford Home Health & Home Care Director of Professional Services

Summer is here, and already we have had some hot days, with many more to come. It is important to understand how to keep ourselves healthy and hydrated during this time.

Dehydration is even more of a risk as a person gets older. This may be caused by decreased muscle mass, decreased mobility, a lowered thirst response, and medications.

**Some signs and symptoms of dehydration may include:**

- rapid weight loss
- increased thirst
- dry mouth
- lightheadedness
- weakness
- darkening of the urine
- decreased urine output
- confusion

To stay hydrated, keep water handy and drink it throughout the day. Having juices, popsicles, and gelatin available can make getting enough fluids more enjoyable. Take a water bottle with you outdoors and maintain a healthy temperature indoors. It may be necessary to switch your thermostat from heat to air conditioning, but remember to keep your windows closed when running the air conditioner. It is important to drink adequate liquids to hydrate your body. Check with your health professional for specific recommendations for you.

To learn more about how Waterford Home Care can help you during these hot summer months, please call 360-253-3855 for more information.

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## Special therapy for Parkinson's disease

**by Melanie Serpa, OTR/CHT**

—Waterford Rehabilitation & Aquatic Therapy Manager

Speech-Language therapy services have been a valuable part

of rehabilitation for many years. A new treatment called Lee Silverman Voice Treatment (LSVT) is a proven speech program that restores oral communication in individuals with Parkinson's disease beyond what current interventions can offer. LSVT has been scientifically studied over 15 years in a five-million-dollar research program through the National Institutes of Health, and recently, it has been used successfully to help individuals with different diagnoses, including multiple sclerosis, stroke, aging voice, vocal-fold paralysis, and swallowing problems.

Waterford Rehabilitation & Aquatic Therapy offers a speech therapist who is certified to provide the treatment program on an outpatient basis or for those who are homebound.

If you would like additional information, please feel free to stop by the Waterford Rehabilitation & Aquatic Therapy clinic, located near the Waterford Health & Fitness Club, or call 360-433-6346.

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## Welcome aboard SS Waterford

**by Susan Kergil, RN**

—Health Services Administrator

One of my favorite getaways is cruising. I relax, meet new people, eat well, exercise, see the sights, and enjoy the company of others. There are always places on a ship to explore. I can find a comfortable seat in the library, bask in the sun, work out in the gym, and swim in the pool.

I have been an employee of Waterford since last November, and I realize that I have the pleasure of spending my time in a place that reminds me of my cruise ship experiences. The employees who I work with have that great spirit of service you experience on the finest ships. Residents and their guests have the right to expect the best. They in turn share their life experiences with us and make our lives richer for knowing them.

Enjoy spending your time at Waterford. Employees and residents love to welcome new sailors aboard.

