



A Touchmark® community
Est. 1980



Summer is upon us



Message from
Jay Leo
—Executive Director

As we approach the dog days of summer, and the weather continues to get hot, it is a good reminder to stress the importance of drinking plenty of fluids. In last month’s newsletter, Director of Professional Services Karen Rice gave details about why this is important and what you can do to stay hydrated.

When it’s especially hot—like the triple-digit temperatures that we’ve experienced already—we have chilled water bottles available for residents. During this beautiful weather, we hope that you take advantage of the outside activities; just remember to keep yourself hydrated.

During the month of July, Waterford welcomed a new member to the employee family. Nichole Whitaker joined the team as Resident Relations manager. (see article, page 3) When you see Nichole, please take a moment to welcome her. This month, we’re welcoming Lynn Stone as the Business Office manager. Lynn lives in the Camas-Washougal area and is very excited to join the Waterford team.

We’re excited to continue adding members to the family in order to service residents with convenience and care.

Leisure—it’s more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

“Leisure is a form of silence, not noiselessness. It is the silence of contemplation such as occurs when we let our minds rest on a rosebud, a child at play, a Divine mystery, or a waterfall.”

—Bishop Fulton A. Sheen

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald’s Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says

to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Waterford, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Kellie Wagnild about how they define leisure—both individually and collectively.

.....

Can you use an extra \$2,000?

by Eric Christensen
—Director of Sales & Marketing

Every year about this time, our phones start ringing off the hook with people who want to move to Waterford. As the rainy fall approaches, it's a perfect time to make the decision to move to Waterford.

To help you with that process, we are giving away \$2,000 checks. These checks can be used to help pay for the cost of a professional mover or an assistant to come and help you downsize your home. Or it can be a credit for monthly services at Waterford. However you want to spend it—make the move to Waterford by September 30, 2007—and the \$2,000 check is yours.

There never has been a better time to move to Waterford. We've been working hard to ensure Waterford remains the best retirement community in Vancouver. If you still have

questions about moving or are unsure if Waterford is the place for you, give us a call. We'd love to have you come visit and help you see why so many older adults are proud to call Waterford their home!

.....

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 August is a recipe with a story.

Sweet Potato Casserole

by Norma DeGroot
—Resident from a Touchmark community in Sioux Falls, South Dakota

I was at Elderhostel five years ago in Alabama. They served this dish several times throughout our stay, and everyone enjoyed it so much. By the time we were ready to go home, they had the recipe for all of us to take home. I took it and shared it with Food Services Manager Randy Austin, and it is now a fall favorite on the menu at Waterford.

Mix the following ingredients and put into a baking dish:

- 4 cups mashed sweet potatoes
 - 3/4 cup milk
 - 3/4 cup sugar
 - 1 1/2 tsp. vanilla flavoring
 - 3/4 cup butter or margarine
- Topping:
- 1 1/2 cup brown sugar
 - 1/2 cup flour
 - 2/3 cup butter or margarine
 - 1 1/2 cup chopped pecans

Mix first three topping ingredients, spread on top of sweet potato mixture, and top with pecans. Bake in a preheated-350-degrees oven for 35 minutes.

For September, please submit a book review of your favorite book. Deadline for this issue is August 27. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Kellie Wagnild.

A special thanks to Waterford

by Nichole Whitaker
—Resident Relations Manager

In early July, I joined the Waterford team as the new Resident Relations manager. I want to say a special thank you to all the staff members who have been so generous and for sharing their time and knowledge with me in my first few weeks here. Thank you as well to all the residents for your kindness. I look forward to getting to know each and every one of you.

As the *Resident* Relations manager, residents are my number-one priority. I am here to assist whatever way possible, whether it be when moving in, returning from a hospital stay, relocating to another area in the Waterford community, or simply needing assistance finding a solution to a problem.

If there is anything I can help with, my desk is located across from the reception desk near the main entrance. Please feel free to stop by, even if it is just to say hello.

.....

Celebrating summertime

Waterford celebrated the Fourth of July with a barbecue and entertainment. According to the Dietary staff, it was one of the biggest turnouts they have had.

Festive red, white, and blue decorations adorned the area. The menu included juicy hamburgers, hot dogs, baked beans, corn on the cob, watermelon, and strawberry shortcake.

People enjoyed the warm day, tasty food, and the entertainment by Denny Kelso. “Thank you for those who attended and to the Dietary staff for making this such a success,” says Executive Director Jay Leo.

Upcoming event

Friday, August 31, 1 pm—History presentation by author Pat Jollota. Pat has served as the curator for the Clark County Historical Museum and currently is a member of the Vancouver City Council.



Residents who are members of the Stepping Out walking group stop during a walk to swing at the park.

