



A Touchmark community
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People can affect onset of progressive memory loss

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer’s disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is “if it’s good for the heart it is good for the brain.”

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the

“Older adults have more control over their cognitive vitality than they may realize.”

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—Elizabeth Stine-Morrow,
*Professor of Educational Psychology,
University of Illinois*

area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain’s region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked

to brain cell growth and enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow’s research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don’t need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Waterford are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Kellie Wagnild.

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Don’t let cooler weather impede your fitness routine

With the weather cooling, it’s easier to lapse into a sluggish fitness schedule. Instead of foregoing your workout, stay active with Waterford Health & Fitness Club’s classes and continue reaping the benefits of physical activity.

The Club offers a variety of fitness and aquatic programs

and classes. People can receive personal counseling to help them achieve their goals, take part in periodic special events with emphasis on health and wellness, and use the equipment specifically designed for older adults. The Club also offers massage therapy services.

To learn more about the Club, call 360-433-6400 today.

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Find more time for friends and hobbies

A recent study by the U.S. Bureau of Labor Statistics found that older adults spend anywhere from 1.9 to 4.5 hours a day on household work, depending on age and employment. At the minimum of two hours per day, a person could spend approximately 14 hours per week on housework. Are you spending time on housework instead of enjoying activities and people?

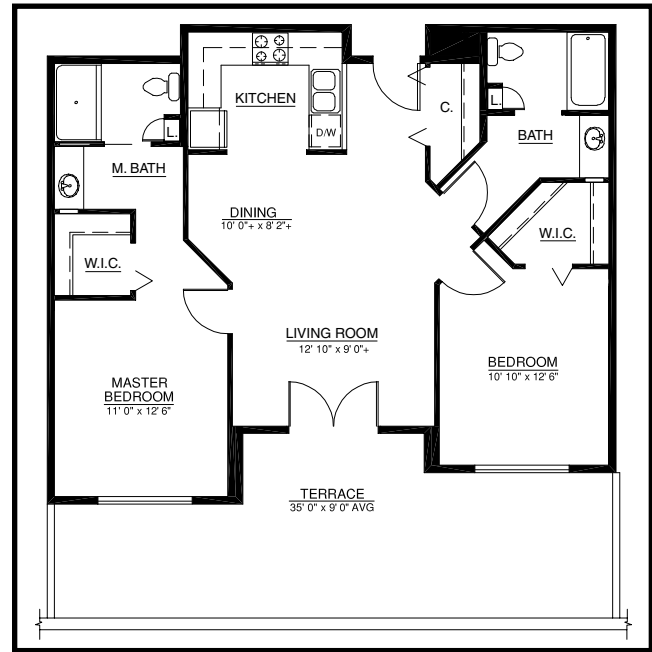
Take advantage of amenities and services at Waterford and discover more time for the people and activities you love. Let Waterford staff care for your home. Spend time savoring your meal instead of cooking and cleaning. Take advantage of a dynamic Life Enrichment/Wellness program, scheduled transportation, and housekeeping.

Waterford is highlighting Terrace home 216, which is move-in ready. This lovely two-bedroom, two-bathroom condo-style home features a full-size kitchen with a full-size refrigerator, a four-burner stove, oven, and dishwasher. The spacious walk-in closets provide extra room for clothes, and the large patio offers a lovely view of the Columbia River valley.



View of Mt. Hood from the Terrace Building.

To learn more about this home, call 360-254-2866, or if you're interested in a Waterford single-level home, call today and join the waiting list.



Call about this home today!

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Join Waterford in supporting the Alzheimer's Association

Waterford invites you to join the Waterford Walker team in the upcoming Memory Walk, which helps raise awareness and support for the Alzheimer's Association. The Waterford Walker team is made up of residents, staff, families, and friends.

“We’re inviting people to help us join the fight against Alzheimer’s disease by joining our team or sponsoring our participation in the Memory Walk,” says Life Enrichment/Wellness Director Kellie Wagnild.

The team will participate in the area-wide Memory Walk at Pioneer Courthouse Square in Portland, Oregon, on Sunday, October 7. Check-in is at 9 am, and the walk begins at 10 am. The event is a two-mile walk through downtown Portland.

The Waterford bus is available for those who need transportation. Please call and sign up for transportation.

To learn more about the Memory Walk or to make a donation online, visit mw07.kintera.org/pdx. People also can hand their donations to Waterford's team captains, Kellie or Waterford Health & Fitness Club Director Kim Lehmann. Checks should be made payable to the Alzheimer's Association and are tax deductible.

If you have any questions about the Memory Walk or the work of the Alzheimer's Association, please call Kellie at 360-254-2866.

Waterford celebrates staff at annual barbecue

In late summer, staff members and their families met in Waterford's courtyard for the annual staff barbecue. Executive Director Jay Leo and Director of Sales & Marketing Eric Christensen showed off their grilling skills, cooking hot dogs and hamburgers while the dining room staff created a spread of delicious foods.

Children also enjoyed the event. If they weren't dunking their parents in the dunk tank, they were taking a swing at the piñatas or hopping toward the finish line during the three-legged races. The Health & Fitness Club pool was open all afternoon for everyone to enjoy.

The hit of the day was the dunk tank, as staff members took aim to try and dunk each other. Executive Director Jay Leo even took a turn as the target on the dunk tank. Luckily, the day was warm with 85-degree heat, and everyone dried off quickly.

"This was an important day to celebrate the staff and honor the great care and service they provide every day," shares Jay.

Recover in the comfort of your own home

If you've had a recent illness, surgery, or temporary decline in health, let the team at Waterford Home Health & Home Care help you recover in the comfort of your own home. The Waterford team understands that staying in your home is a priority.

"We take great satisfaction in knowing that we can help make a difference in people's lives," says Executive Director Jay Leo.

The Home Care staff have years of experience, and they are able to provide several kinds of assistance, such as personal care, light housekeeping, laundry, meal preparation, respite, running errands, cooking, and more.

If you have a task in mind, a Waterford staff member would be glad to discuss it with you. Caregivers are available from two hours to 24 hours per day. Waterford residents are able to get a discount on the hourly rate.

The Home Health team is able to provide nursing, physical therapy, occupational therapy, speech and swallowing therapy, some social services, and bath visits. The Waterford team can advise you on whether this program is right for you and how you may qualify to have these services paid by Medicare.

Waterford Home Health & Home Care serves clients in the Waterford community as well as the greater Clark County area. Call 360-253-3855 for more information.

Upcoming event

Sunday, October 7—Memory Walk at Pioneer Courthouse Square in Portland, Oregon. Check-in is at 9 am, and the walk begins at 10 am.

