



A Touchmark® community
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Ideal dining experience a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a celebratory event for those who have access to food. The dining

experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Waterford supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Kellie Wagnild. Good food, good health, good company, and good conversation are the goals of the Waterford dining experience.



Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark's Full Life Wellness & Life Enrichment Program. Subtitled "Incorporating positive psychology into an older-adult wellness program: the Touchmark example," the page discusses Touchmark's various components. "The Touchmark program is designed to assure residents connect and form relationships within their new 'family of choice,'" points out Marge. "This connectivity is the key positive psychology element in the Full Life program."

She adds, "Positive psychology interventions may offer a promising new way to improve the well-being of individuals." To read Marge's article, visit Touchmark.com/community-involvement.htm.

Take advantage of amenities and services

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 24-hour concierge customer service.

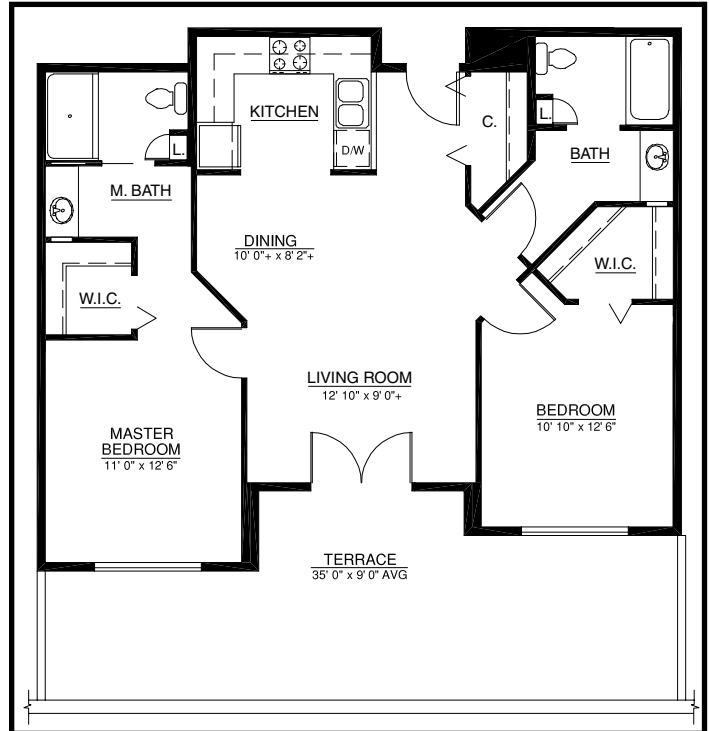
Enjoy Waterford living

The month, Waterford is showcasing Terrace home 216. This condo-style home features a view of Mt. Hood, the Portland City lights, and the Columbia River valley, which makes outdoor entertaining all the more enjoyable.

The home has southern exposure for maximum natural light and includes two bathrooms and two bedrooms with a split-bedroom design for greater privacy. There's a full-size kitchen with a refrigerator, four-burner stove, microwave, and garbage disposal.

The Waterford Health & Fitness Club is located just below the home, making it easy to take advantage of the Club's many classes and programs.

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.



Enjoy carefree living in your spacious Terrace home. This home won't last—so call today for your personal tour.

Waterford group plays in golf tournament



Thanks to the support of 134 players and 20 sponsors, the 2007 Touchmark Foundation golf tournament raised more than \$38,000 for nursing scholarships and programs to help older adults in need. This group of residents and staff participated in the event. From left: John Reynolds, Ron Richardson, Director of Sales & Marketing Eric Christensen, and Jim Cameron.

Hawaii visits Waterford



A performer demonstrates a dance.

The menu included Lomi salmon, curried shrimp, teriyaki chicken, Hawaiian sweet potatoes, rice, pineapple upside-down cake, Haupia (coconut custard), and macaroon cookies.

People gathered in the Courtside Dining Room and Patio for a festive celebration. The Tiki Bar served Mai Tias, Blue Lemonade, Rum Punch, and Waterford's famous Breeze.

The sun and live Hawaiian music by The Brothers Kaloku and Keawe added to the island ambiance. Hawaiian dancers performed, and later they taught the staff and residents the hula ku'i Moloka'i.

The Dining Services staff roasted a whole pig on an open pit. The



Life Enrichment/Wellness Assistant Anita Krivitzky (left) and Inez Ault, who is the grandmother of Life Enrichment/Wellness Director Kellie Wagnild, at the recent Hawaiian celebration.



The dessert table sported an extravagant pineapple tree.



Welcome to the Hawaiian luau!



People join the Hawaiian dancer and learn the hula ku'i Moloka'i.

Stay healthy—avoid the flu

by Nona Phelps, RN
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches,

nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

Upcoming events

Thursday, Nov. 22, 11:30 am and 12:30 pm—
Thanksgiving Buffet.

Tuesday, Nov. 27—Holiday Decorating Day.

Thursday, Nov. 29, 3:30 pm—Happy Hour with
Dover Weinberg.

