

Waterford to honor volunteers

Dedicated individuals from a variety of backgrounds participate in the volunteer program at Waterford, enriching the lives of many.

People around the United States will celebrate National Volunteer Week (April 27 – May 3) this month, and Waterford will honor volunteers with a Volunteer Recognition event Friday, May 2 at 2 pm.

“There are many volunteers who assist each and every day,” says Life Enrichment/Wellness Director Kellie Wagnild. “We want to thank everybody who volunteers. Their dedication, time, and thoughtfulness are greatly appreciated.”

Here are a few volunteer highlights:

- For more than eight years, **Jill Jenson** and her dog, Jake, have been visiting residents each week. Jake even does tricks for treats. When asked what she enjoys about volunteering, Jill says, “We both enjoy the people.”
- **Bill Robb** accompanies residents on outings, including the Stepping Out walks. He also helps with special events and decorating for the holidays.
- Local high school seniors assist with the Nintendo Wii games, put on a prom for residents, and help with the Balance & Posture class.
- Resident **Doreen Brandley** assists at the front desk twice a week and greets people who come to Waterford. “I enjoy staying active,” says Doreen. “Volunteering gives me something to do.”
- Resident **Jim Berry** assists Life Enrichment/Wellness Assistant Carol Castellano twice a week by escorting people to the Health & Fitness Club for classes. “I like volunteering, because it keeps me active, and I enjoy doing something for the community.”
- Resident **Margaret Frew** escorts new residents on the Waterford Welcome Walk, introducing them

to other people living at Waterford. Margaret also regularly visits residents in the Devonshire neighborhood. “I like keeping busy and doing something that is useful.”

- Resident **Carol Gross** leads the Needle Crafter’s Group, which meets every other week. People gather to socialize, work on projects, and learn new skills.

If you would like to meet new people, participate in meaningful activities, make a difference in someone’s life, and improve your self-confidence and self-esteem, then volunteering is for you. There are many volunteer opportunities available at Waterford. If you are interested in helping with seasonal decorating, event preparation, or starting/leading hobby groups, please call Kellie at 360-254-2866, ext. 1059, or Resident Relations Manager Nichole Whitaker at ext. 1049. ■



JoAnn Belknap (left) has been assisting the Dining Services staff in the Heritage Dining Room for nine years. She socializes with residents and brings seasonal centerpieces for the dining room tables.

Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem like a small contribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous.

The intergenerational programs at Waterford encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world by the Center for Intergenerational Learning at Temple University. They include improvements in:

- Academic achievement, school behavior, and life skills of middle-school youth;
- Reading skills of young children;

- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

If you're interesting in sharing your talents and changing a young person's life while making a genuine difference in communities, contact Waterford Life Enrichment/Wellness Director Kellie Wagnild. You'll find opportunities both on our campus and in the broader community. Program offerings

“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”

—Patrick Cullinane, MS

include one-to-one, small groups, and large sessions with children and youth of all ages. ■

Sign up for fitness classes

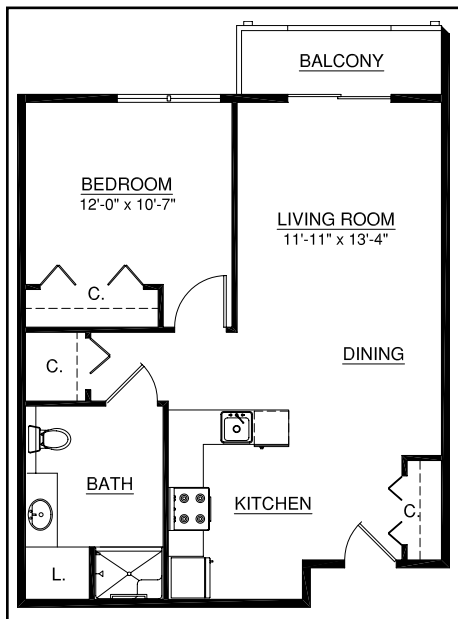
The Waterford Health & Fitness Club recently started a new series of classes, including Yoga, Aqua Hearts, Balance Challenge, Tai Chi, Seated Tai Chi, Balance & Posture, Belly Dancing, and many more. There's still time to sign up. Call 360-433-6400 today. ■

A lifestyle with heart

For more than 30 years, the country has celebrated National Volunteer Week in April. For residents, staff, and friends of Waterford, volunteerism is celebrated throughout the year.

Waterford at Fairway Village welcomes volunteers and provides opportunities for people to assist with programs and services, such as resident committees, musical entertainment, social events, and more. People use their unique skills and rich backgrounds to help create a vibrant community. *(cont.)*

(cont.) Read the story on page one to learn how Waterford volunteers are making a difference. Call today to learn more about Waterford's active lifestyle and spacious homes. ■



This apartment offers 722 square feet, a balcony with a view of the outdoor seating area, and an open kitchen and great room area. To learn more about this apartment or to join the waiting list for a single-level home, call 360-254-2866 today.

Recent events



Andrew, the son of Waterford Executive Director Jay Leo, talks with the Easter bunny during the recent Easter celebration.



Residents and staff wear green and enjoy tasty treats at the St. Patrick's Day party.

What is spaced retrieval?

As the population ages, more people are experiencing memory loss associated with stroke, dementia, Alzheimer's disease, and head injury.

With this impairment of memory skills, individuals have difficulty learning and retaining new information. As a result, the memory impairment is a roadblock to remembering important information like safety, orientation, basic daily routines, and communication. In an effort to help people recall these key elements and skills, Waterford speech therapist Julie Goggin, MS, CCC, can help people learn the "Spaced Retrieval technique."

How does Spaced Retrieval work?

Spaced Retrieval uses techniques that tap into the procedural memory system, which happens to be the strongest and most available memory system in individuals with dementia. Therefore, it is possible



Julie Goggin talks about Lee Silverman Voice Treatment (LSVT) during a recent presentation. Julie is a certified LSVT and speech language therapist and can travel to people's homes in the Vancouver area, bringing them this innovative, whole-body approach to speech-language therapy. On Tuesday, April 29 at 10 am, Julie continues her informative presentation series and discusses Spaced Retrieval technique. For more information, call 360-433-6346.

for people with dementia to learn and recall new information, if taught and used in a specific manner. The use of these techniques can improve the safety and quality of life for an individual with memory loss.

Who does Spaced Retrieval training?

Spaced Retrieval is a therapy technique used by speech therapists. Once the training is complete, family members and caregivers continue the practices.

Would you like to learn more? Call Julie at Waterford Rehabilitation & Aquatic Therapy at 360 433-6346. ■

Make your retirement lifestyle healthy and fun

Geriatric professional Paul Gowen, MD, sees clients at Waterford on Thursdays from 8:30 am to 4 pm by appointment. His office is located at the Waterford Rehabilitation & Aquatic Therapy clinic.

Life offers a series of transitions, and many people experience significant changes when they retire. At this juncture, remembering the importance of physical well-being, a balanced social life, and good medical care can help improve the quality of your retirement lifestyle.

What about physical well-being?

Before retiring, the routine, daily activities can be sufficient to keep people physically active. Working, taking care of the home, interacting with family, and attending social events keep people moving. With retirement, people have the freedom to be more selective about daily activities, and the challenge is to select and plan events that promote physical health. These recommendations can help you stay active:

- Seek medical advice before starting a new fitness program, especially if you have heart or lung problems.
- Find the best fitness plan with the help of a fitness specialist.
- Make exercise a planned event. Try 30 minutes most days of the week. (*cont.*)

- (cont.) • Vary your exercise/activities to maintain a good balance between strength training and cardiovascular exercise.
- Pain should not prevent you from doing basic exercise or activities. Seek medical assistance if you find pain limits your ability to stay with a reasonable exercise program.

What's important about social connectedness?

Retirement gives people more time to expand social circles and create opportunities for new relationships and interests. As you maintain current relationships, expand into new frontiers. Research has shown that social activity benefits the mind, body, and soul.

- Try volunteering (see the article on page one).
- Maintain a regular schedule with a group of friends, like meeting for meals or special outings.
- Stay involved in professional societies, clubs, church, or support groups that have been part of your lifestyle in the past.
- Reestablish relationships with past friends, family, or colleagues.
- Take a class, read, or start a new hobby.

Talk with a member of Waterford Life Enrichment/Wellness team to get more ideas on enriching your retirement lifestyle.

How is medical care connected to retirement?

Regular, preventative health visits can promote good health and limit the effects of aging, which can affect the quality of your retirement lifestyle. For a healthy lifestyle, try these tips:

- Annual visits to your doctor are a good investment in the future.
- Education and awareness of common medical problems can help you and your doctor discover problems early and maximize treatment, if needed.
- Understand the indications for medications and the problems that can occur when medications are not taken.

- Involve your family and close friends in your medical care. They can be an invaluable source of information and support when needed.

Talk with Life Enrichment/Wellness and Waterford Health & Fitness Club team members to get more ideas on enriching your retirement lifestyle. ■

Coming Events

Thursday, April 24, 9 am

Stepping Out walk at Lacamas Lake Park in Camas, Washington. There will be photo opportunities. No charge.

Thursday, April 24, 1:30 pm

Trip to the Hulda Klager Lilac Gardens in Woodland, Washington. Cost: \$5. Remember to bring your camera.