



A Touchmark® community  
Est. 1980

# More than 800 admire classic cars at Waterford's car show



A colorful display of classic cars sits in the Waterford parking lot. Several car clubs, including Columbia River Camaro Club and the Oldsmobile Club of Oregon, showcased their vehicles at the event.



Resident Ron Richardson poses by a classic car.



More than 800 people attended the Classic Car Show, which featured classic cars, entertainment, and a complimentary barbecue.

*(cont.)*

(cont.)



Joanie Nelson peers into one of two classy cars.



Approximately 36 cars packed the Waterford campus.

## The greater good of all



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

**“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”**

—*Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served (cont.)

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The event is from Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Waterford’s Active Aging Week celebration. ■



(cont.) overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room (named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harrises, *As We Lived It* isn't just a war story. Rather, it's about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base.

The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.



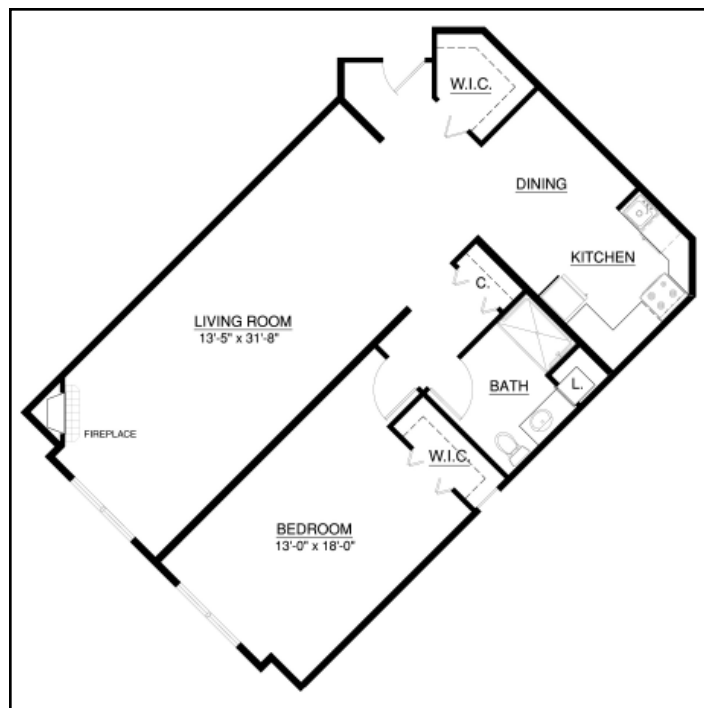
**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of the greater good of all. To learn more about opportunities to reach out to others, contact Life Enrichment/Wellness Director Kellie Wagnild. ■

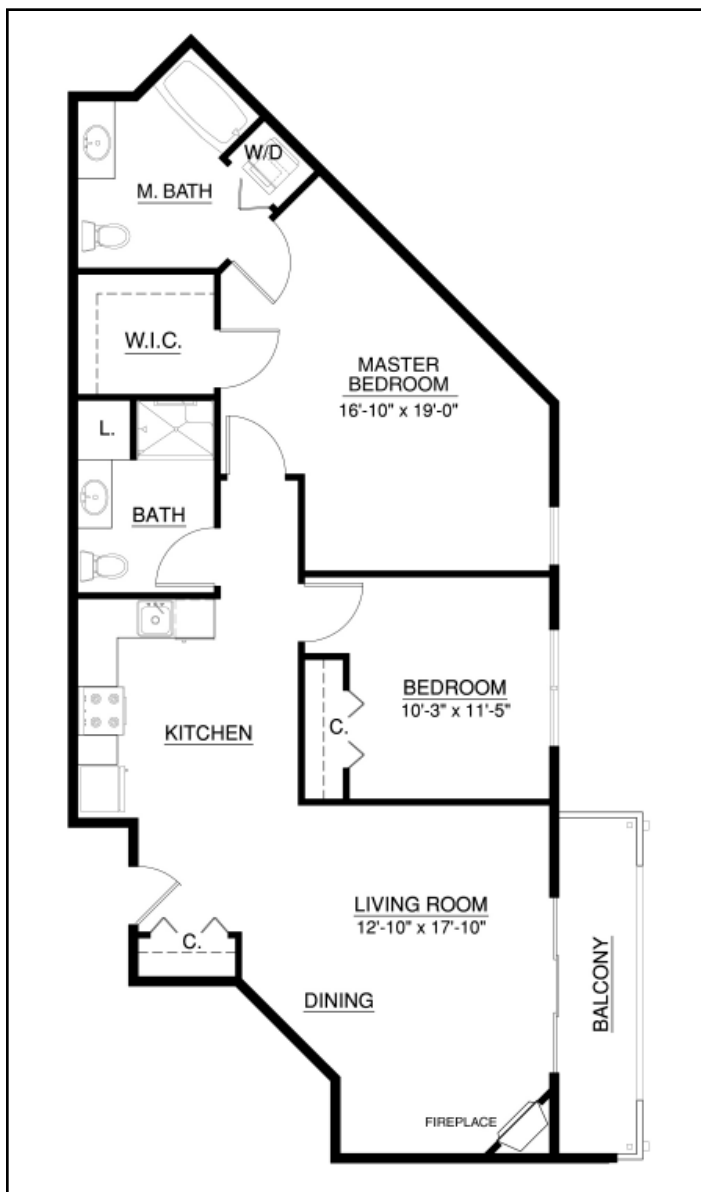
## Share celebrations in a vibrant community

Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Waterford, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Waterford, people take “ownership” of their own well-being, which (cont.)



**This 1,167-square-foot home features a large and comfortable living space. The home offers a spectacular view of the Columbia River valley and Portland city lights.**

*(cont.)*

**This 1,096-square-foot apartment is complete with fireplace, washer and dryer, large living area, and balcony. Call today for your personal presentation or to join the waiting list for a cottage home.**

includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer's celebrations with friends? Visit Waterford today to learn more about this vibrant community or call 360-254-2866 to learn more about the summer's featured homes. ■

## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

Life Enrichment/Wellness Director Kellie Wagnild took the workshop earlier this year and is certified as a Geriatric Wellness instructor.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified.

"These training sessions are a continuation of our mission—to enrich people's lives," says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. "Team members can gain specialized training and enrichment and, in turn, they can build up others."

## Experiencing personal discovery through writing

Writing coach and published author Christi Krug slides into a chair next to the table. She sets some vintage magazines in front of the group.

"As you look through the images in the magazines, think of your own life," says Christi, who continues to explain that the magazines are to help generate ideas. After some discussion, people grab their pens and start writing.

As the owner of Wildfire Writing, Christi teaches a variety of writing classes around the Portland metro area, and each Thursday, she leads the Writing *(cont.)*

(cont.) Our Memories class at Waterford. With this class, Christi helps residents share their stories with future generations. She aims to create a nonjudgmental, fun environment that allows people to recapture their memories and document them.

“Some of us think that our memories are limited, but once we begin writing, sharing, and exchanging ideas, memories begin to expand and grow more vivid,” says Christi.

Rachel Jones agrees, saying “Christi helps us remember things.” Alice Whitley echoes with, “She stimulates us.”

Other than magazines, Christi has brought a variety of writing prompts, including antique jewelry, scrapbooks, old-fashioned sassafras candies, radio broadcasts, photos, and popular song lists from the past. She uses printed writing prompts, as well.

At the end of each class, time is spent reading the memories aloud, applauding the efforts, laughing, and reminiscing over the stories.

“The writings that people complete are priceless gifts that they can share with families and friends,” says



**Participants in the Writing Our Memories class place their recollections in notebooks. From left: Writing coach Christi Krug, Alice Whitley, Phyllis Sheppard, and Del Lobb participate in a recent Writing Our Memories class.**

Christi. “And to participate, people don’t need polished writing skills or perfect grammar.”

Participant Alice Whitley shares her method of writing, “I write like I talk—just as if I were talking to my children and grandkids.”

When people finish their notebooks, Christi types the stories, prepares the notebooks, and returns them to the writers.

The Writing Our Memories class is open to residents and is held Thursdays at 11 am. There is a fee of \$3 for each class attended. Christi also leads two other writing classes at Waterford that are open to the public. To learn more, please visit [www.christikrug.com](http://www.christikrug.com). ■

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## Courtside Patio opens for summer dining

With the summer season full of sunshine, the Waterford Dining Services staff have officially opened the Courtside Patio for meals.

“Summer means it’s time for barbecuing and outdoor dining,” says Dining Services Manager Paul Lemke. “Like last year, we’ve planned several fun outdoor activities and barbecues for the summer, which will take place on the patio located off the Courtside Dining Room.”

Courtside Patio dining will be open for meals from now until mid-September. If you’d like to know more about upcoming dining events, talk with Paul. ■

## Discover your Prescription for Wellness

Waterford Health & Fitness Club helps people 40-plus maintain their independence by offering fitness plans designed specifically to preserve health and avoid illness.

“People can think of exercise as a preventative medicine that adds enrichment to their lives,” says Health and Fitness Director Kim Lehmann. “We can partner with you to develop a fitness program that meets your goals and translates into daily function improvement.”

Using the Senior Fitness Assessment, which offers recommendations for classes as well as tools to track daily progress, a Waterford fitness specialist can design a personalized program based on your individual needs. To track progress, the assessment is given at the time of orientation and quarterly.

### Classes that fit your needs

Waterford’s fitness and aquatic programs and classes are designed to help improve balance, strength, and agility. Some classes you might add to your personalized fitness plan may include:

- **Tai chi** uses deep breathing and increased range of motion to enhance relaxation and mental acuity and balance. This class is offered in assorted levels.
- **Gentle Yoga** is a beginning yoga class that will bring ease and relaxation to the mind, stretch and strengthen the body, and is geared toward the beginning and returning student. This class will

focus on yoga along with fundamental breathing techniques.

- **Posture & Balance** is intended to reduce the risk of falls and improve balance. Work on basic balance, flexibility, posture, strength, and coordination.
- **Strong Bodies** strengthens bones and muscles in an effort to reduce the onset of osteoporosis. The class also helps maintain and enhance muscle and joint function.
- **Easing Arthritis** class uses the water to increase motion and muscle strength and decrease pain due to arthritis or arthritis-like conditions.
- **Deep Dynamics** is a deep-water class that improves balance and an overall feeling of tranquility. The class uses the water to promote healthy vertical movement.
- **Going with the Flow** incorporates the basics of water exercise. The class offers a low-impact, total-body workout intended to improve balance, coordination, agility, strength, and flexibility.
- **Fun & Fitness** incorporates numerous aquatic exercises, including water volleyball. The class focuses on fun and socialization while getting a good workout.
- **Smooth Moves** features exercises that are easy on joints and muscles.

Partner with the Waterford Health & Fitness Club to discover your Prescription for Wellness. Call 360-433-6400 to learn more.

## **Coming Events**

### **Thursday, July 17, 9 am to noon**

Stepping Out walk at Skamania Landing. The group will stop for coffee at Bonneville Hot Springs. Please bring money for coffee.

### **Thursday, July 17, 1:30 to 4 pm**

Trip to the Portland Japanese Garden. Spend a peaceful afternoon strolling through five formal garden styles. Cost: \$13.

### **Wednesday, July 23, 4:30 to 7 pm**

Party for resident volunteers. Enjoy entertainment by The Live Jazz Project.

### **Thursday, July 24, 9 am to 11 am**

Stepping Out walk at Frenchman's Bar Trail. Enjoy a walk or bike ride in the park along the Columbia River. No charge.

### **Thursday, July 31, 9 am to 5 pm**

Day trip to Cannon Beach. Cost for transportation: \$15. Please dress for the weather.

### **Thursday, July 31, 7 pm**

An evening of entertainment with the Battleground Community Band Concert. Courtside Patio. No admission fee.