



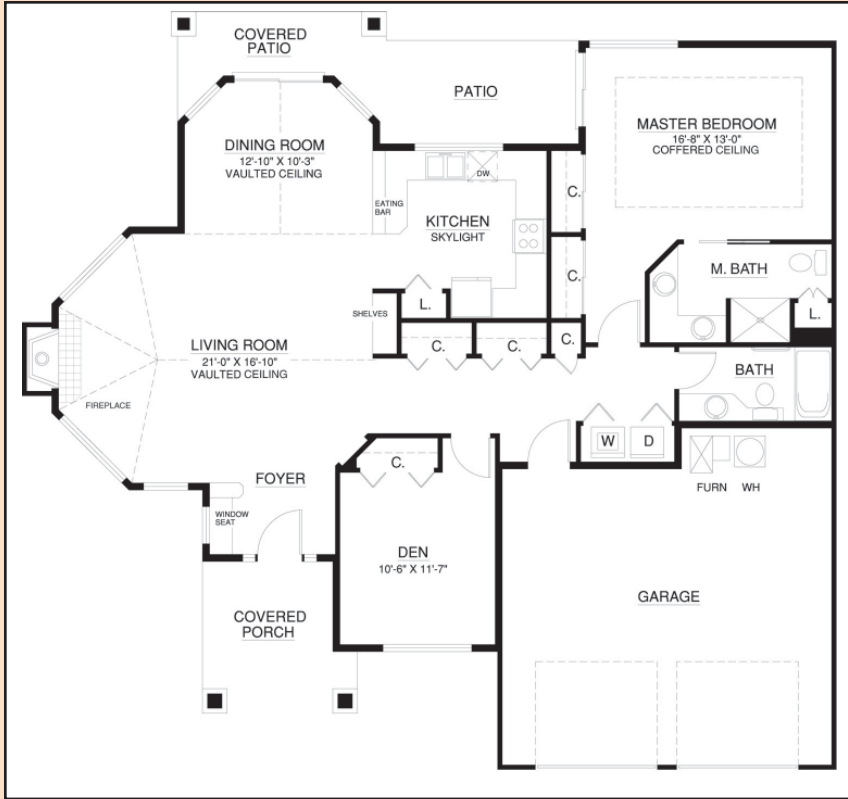
A Touchmark® community
Est. 1980

Celebrating health and well-being



Take a stroll with the Stepping Out club at the Vancouver Waterfront, visit Portland's Chinatown, join a mystery trip, or enjoy a meal at the scenic Lewis River Golf Course. Take a look at this month's coming event and join the fun. See more photos on page six.

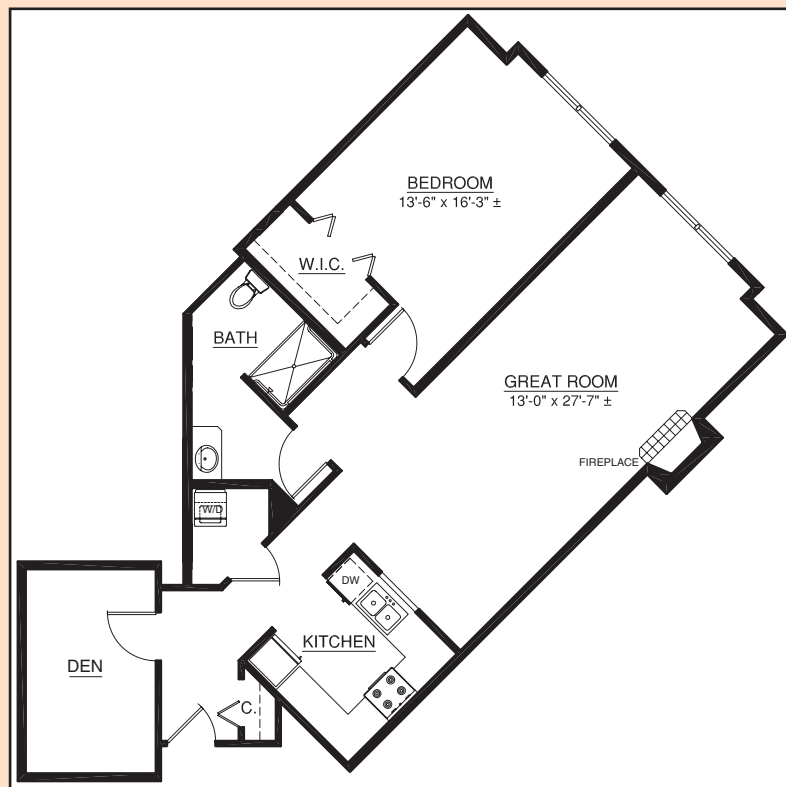
Cozy up to the Waterford lifestyle



The hardwood floors, granite countertops, and stainless steel appliances of this cottage home, located at 2919, add a touch of sophistication to this already-beautiful home. This 1,451-square-foot cottage offers one bedroom, a den, two bathrooms, and easy access to all the services and amenities Waterford has to offer. Call today and discover why “It’s a great day at Waterford!”



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Take in the beautiful view of the Portland city lights from apartment 409, which offers two bedrooms, one bathroom, and 1,139 square feet. A gas fireplace keeps the home cozy as fall returns upon the Pacific Northwest, and the soaring ceilings add a sense of spaciousness. Feel like cooking? The well-appointed kitchen will make meal preparation a joy. Or, if you'd rather have someone else do the cooking, visit one of our dining rooms for a delicious chef-prepared meal. Your choice! Call today for a personal presentation.

Fall ... a time for change



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

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the "autumn years." Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one's goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group

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(cont.) changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to your well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Waterford, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Kellie Wagnild. ■

It’s flu season

—Winona Phelps, RN
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it’s helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

Coming Events

Thursday, Oct. 8, 10:30 am

Lunch Bunch outing to Bonneville Hot Springs Resort in the scenic Columbia River Gorge. Cost: \$5 for transportation, lunch on your own.

Sunday, Oct. 11, 2:15 pm

The Oregon Symphony presents *The Great Gershwin* at the Arlene Schnitzer Concert Hall in Portland. Season ticket holders only.

Thursday, Oct. 15, 9 am

Stepping Out walk at the Historic Reserve in Vancouver. Please dress for the weather.

Thursday, Oct. 15, 1:30 pm

Outing to Pendleton Woolen Mills in Washougal. Cost: \$3 for transportation.

Tuesday, Oct. 20, 9 am

Senior Day at the World Forestry Center in Portland. Cost: \$8.50 for entrance fee and transportation.

Thursday, Oct. 22, 9 am

Stepping Out at Round Lake in Camas. Please dress for the weather.

Saturday, Oct. 24, 2:15 pm

The Vancouver Symphony Orchestra presents *Cello Concerto* at Skyview Concert Hall. Cost: \$5 for transportation, \$24 for

senior admission.

Thursday, Oct. 29, 9 am

Willamette Valley Winetasting Tour led by Waterford Executive Director Eric Christensen. Transportation cost: \$10. Please bring money for winetasting and lunch. Sign up by front desk.

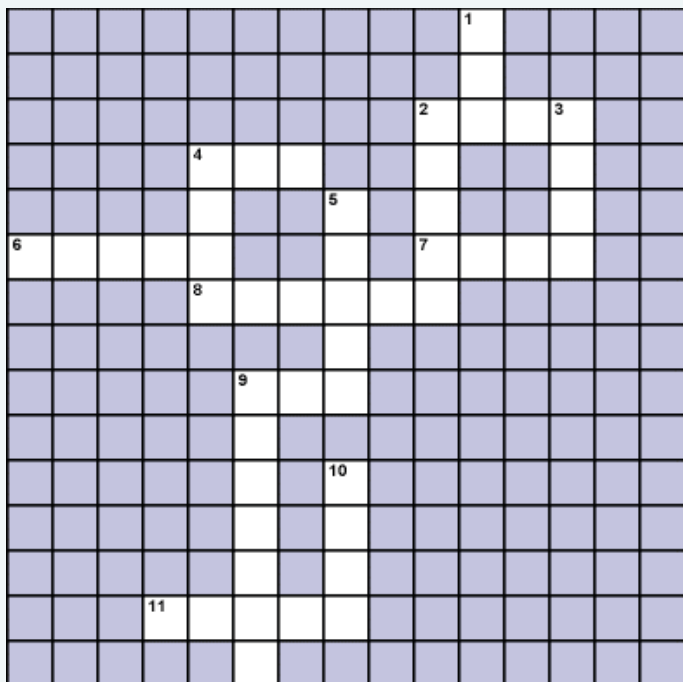
Friday, Oct. 30, 10 am

Halloween parade featuring the children from Knowledge Beginnings. Come see the children in their costumes.

Friday, Oct. 30, 3:45 pm

Halloween costume party and happy hour. Fireside Lounge.

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

Across

- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

Down

- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

Answers: Across: 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their. Down: 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

Answers

(continued from page one)



Waterford celebrated Active Aging Week with a variety of offerings focused on preventative brain health. The celebration included presentations and engaging activities, computer training sessions, a Brain Builders class, and a Waterford Memory Walk, inspired by the Alzheimer's Association Memory Walk®.



Focus on fall reduction and awareness

As the days turn cooler, you probably find yourself spending more time indoors. This is an important time to focus on fall hazards, mobility, and personal strength.

Waterford Health & Fitness Club offers Fall Recovery classes that meet twice a week for four weeks. The classes are part of Touchmark's national award-winning Fall Reduction and Awareness Program, developed by Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

For a \$65 fee, participants in the small-group classes

learn strategies for getting up off the floor after a fall and doing upper-body strengthening exercises. September's class filled quickly. Hurry to sign up for October and November classes, as there's limited room.

Please stop by the club's front desk for more information or call 360-433-6400.

Health & Fitness director receives certification



Kim Lehmann

Kim Lehmann recently received her American College of Sports Medicine Certified Personal Trainer certificate after she completed and passed the required exam. ■