



A Touchmark® community
Est. 1980

Ring in the New Year

Revelers watch a “year in review” slide show while enjoying dessert, sparkling cider, and eggnog with rum. The 500 photos brought back fond memories of 2009, including recollections of the breathtaking views of the Columbia River Gorge from Skamania Lodge in January; an outing to the Rhododendron Gardens in May; the much-anticipated Classic Car Show in June; celebrating birthdays and happy hour with Touchmark’s founder and CEO Werner G. Nistler, Jr.; and honoring Waterford’s veterans on Veterans Day. The slide show lasted more than an hour. The evening included entertainment. Concert Pianist Jim Fischer played jazz and classical tunes while some danced and sung along.



Resident John Harrison volunteers to open the champagne.



Residents and team members celebrate the arrival of 2010 while watching the ball drop in Times Square.



Residents Sandra and Ken Johnson welcome the new year.

Hearts a beatin’ and minds a buzzin’

February celebrates more than romantic notions: it is **American Heart Month**. It’s well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University

of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, “This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is

especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research.”

If you’d like to learn more about Waterford’s fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our

preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Waterford, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

2010

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

This is the life!



Who says you have to leave home to go on vacation? Apartment 448 can be your year-round base camp for relaxation and adventure. This 1,058-square-foot home offers one bedroom, one bathroom, vaulted ceilings, a gas fireplace, and a view of the courtyard. Call today for a personal presentation.



Located in the main building, apartment 269 offers studio living with access to all of Waterford's services and amenities, including the national award-winning Life Enrichment/Wellness program. Call or stop by today for a tour.

In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.

A Food Valentine

Cabbage always has a heart;
Green beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care;
So Lettuce get together,
We'd make a perfect Pear.

Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips meet.

Don't Squash my hopes and
dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.

I'll Cauliflower shop and say
Your dreams are Parsley mine.
I'll work and share my Celery,
So be my valentine.

www.basicjokes.com



Coming Events

Friday, Feb. 12, 2 pm
Valentine's Day Social in
the Fireside Lounge.

Thursday, Feb. 18, 9 am
Stepping Out walk at the
Vancouver Waterfront.
Please dress for the
weather.

Thursday, Feb. 18, 1 pm
Behind-the-scenes tour of
the Port of Vancouver.

Friday, Feb. 19, 6:30 pm
Linda Appert from the
Voice Studio performs in
the Fireside Lounge.

**Saturday, Feb. 20,
2:15 pm**
Vancouver Symphony. Cost
for senior ticket is \$24 at
the door.

**Tuesday, Feb. 23,
1:30 pm**
Pool tournament: teams
of residents and staff
members.

Thursday, Feb. 25, 9 am
Stepping Out walk at
Haagen Park. Please dress
for the weather.

**Thursday, Feb. 25,
10:30 am**

Tour of Kobos Coffee in
Portland, Oregon, followed
by lunch at Meriwether's
Restaurant. Cost: lunch,
coffee are on your own.

Sunday, Feb. 28, 2:15 pm
Pops Sunday at the Oregon
Symphony—Motown's
Greatest Hits. Season
ticket holders only, please.
Cost: \$6 for transportation.

**Wednesday, Feb. 24,
4:30 pm**

Mix & Mingle Dining.
Each table represents a
particular wine variety. As
you enter the dining room
you will be given a name
of a wine, and that will be
your table for the evening.
An excellent way to meet
some of your neighbors!

*Contact a Life Enrichment/Wellness
team member for additional
details, including registration and
transportation information.*