

National training sharpens skills, promotes exchange of ideas



During April, Life Enrichment/Wellness teams and fitness specialists from around North America gathered in Portland, Oregon, for yearly training. Tom Rutlin (in front, wearing white hat)—often referred to as the “father” of Nordic walking—led an Exerstrider Leader Training Certification Workshop at Waterford Health & Fitness Club. Tom is recognized internationally for his pioneering work in fitness walking that uses specially designed poles to augment the health benefits of walking. During the four days of presentations and workshops, Life Enrichment/Wellness Director Kellie Wagnild (pictured right) participated in the group presentations and discussed how to enhance Brain Builders and Brain Aerobics. Chuck Adams and John Rochford of Plus50 Inc., gave the keynote presentation on *Rediscovering Your Passions and Pursuing Purpose In Your Life*.

2010 in 10

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.

- Write a poem.
- Count your blessings.
- Make a cup of tea.
- Take a picture.
- Take a bubble bath.
- Brush your teeth for at least two full minutes.
- Let someone cut in front of you in a line.
- Clean out your refrigerator.
- Park at the far side of the lot and walk to the store.
- Write a note to someone special.

Join in the walking fitness and fun!

Unless noted otherwise, the following activities will be held at Waterford Health & Fitness Club, 2927 SE Village Loop, Vancouver:

Waterford Health & Fitness Club walking groups

- Wednesdays at 4 pm ... local parks
- Saturdays at 8 am ... transportation provided for destination walks

Exerstrider Workshop

- May 25 at 1pm
- Walking poles will be provided for those who need them.
- Cost: \$20 per person for a 90-minute session.
- Registration required.

Exerstrider Training Walking Group

- Thursdays at 10 am from May 27 to July 1
- Small-group Exerstrider training led by certified Exerstrider trainer
- Cost: \$45 per person for six-week session.
- Location: Beaches Restaurant, 1919 Southeast Columbia River Drive, Vancouver

10-Week Walking Challenge Rally – Celebrating the Milestone

- Saturday, June 26 at 8 am
- Ceremonial walk with Challenge participants; awards; prizes; celebration.



Tom Rutlin presents an Exerstrider Method Nordic Walking workshop for the public and Waterford Health & Fitness Club members. The visit is Tom's first time to the Vancouver-Portland area.

Check out the *Flaming crepes with Brian* video on YouTube. Brian Pryor, Touchmark director and executive vice president, and Resident Relations Manager Caitlin

VanDerSchaaf make crepes with Dining Services Manager Paul Lemke.



community. Waterford is now on Facebook!

Join the online

facebook

Unexpected consequences



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

“Some kids are so busy they have no time to play. Others have no place to play and no one to play with. Some kids spend so much time front of TV and computer screens that they forget how to play.”

— Anonymous, wall mounting in children’s art exhibit area, Museum of Glass, Tacoma, Washington

School budgets continue to be cut. Physical education and recess already are long gone in many elementary schools in North America, and art and music services are being trimmed. It seems that test scores are the only measure many school districts are paying attention to in the quest for high-tech geniuses.

Imagine having the opportunity to nurture relationships and physical activity, creativity, communication, and learning in today’s children.

Touchmark understands the need to address childhood obesity; to nurture communication (without the aid of computers and text messaging) in children and young adults; and to foster caring relationships with trusted older adults. The intergenerational programming at each Touchmark community is designed to influence all of these areas and provide lasting moments of pride and fun for participants.

As research results continue to be shared, we realize that we are raising a generation of individuals who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact Life Enrichment/Wellness Director Kellie Wagnild. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

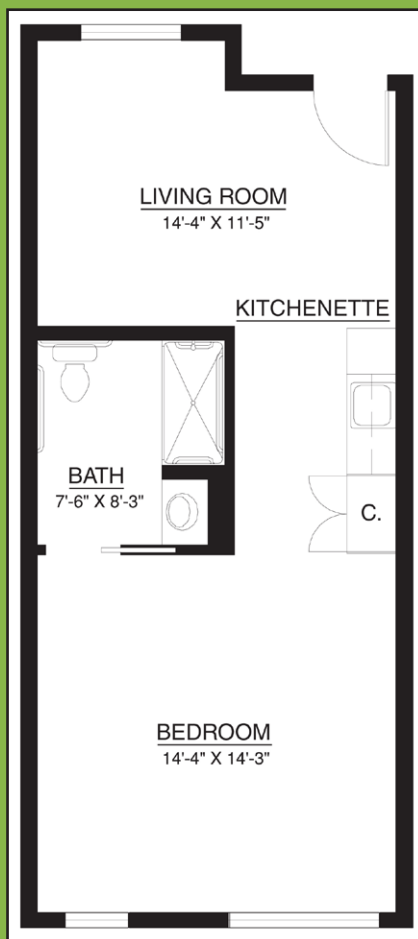
Did you know?

Facts about children’s brain power

- The brain is the most unfinished organ at birth.
- The brain grows to 90 percent in the first 3 years.
- 700 new synapses (neural connections) are made every second in the first year.
- By age three, a child’s brain is twice as active as an adult’s.
- By age six, “linguistically rich” children have 20,000 words.
- When children feel secure, serotonin production helps their brain cells connect.
- When children are stressed, cortisol production activates the fight or flight part of their brains.

—The above information is drawn from research done by Harvard University’s Center for the Developing Child. For more information about children’s brain development, visit: <http://developingchild.harvard.edu/>

The grass is greener at Waterford!



Experience the Waterford lifestyle from apartment 410. There's one bedroom, one bathroom, a den, and 934 square feet. With vaulted ceilings and laundry hookups, this home combines form and function. Call or stop by today for a personal presentation.

Studio apartment 202 offers 530 square feet of living space, nine-foot ceilings, and access to Waterford's Assisted Living services. Call or stop by today for a personal presentation.

Just for laughs!

Technical Terminology

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.

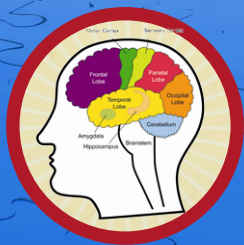
One co-worker said the programming we had ordered was delayed, because the vendor was suffering from a "severe nonlinear waterfowl issue."

Curious, the team leader raised his eyebrows and asked, "What exactly is that?"

The programmer replied, "They don't have all their ducks in a row."

This month's feature is from MyCleanHumor.org.

Brain Builders



List possible uses for old cereal boxes. Be as creative as possible.

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Coming Events

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

Thursdays, May 20 and 27, 9 am
Stepping Out walks. Please dress for the weather.

Thursday, May 27, 10:30 am
Trip to Rose Garden in Portland and lunch at Stanford's at Jantzen Beach.

Saturday, May 29, 2:15 pm
Voices of Spring Vancouver Symphony Orchestra performance at Skyview Concert Hall. Season ticket holders only.

Recent events



Residents volunteer to fill 1,000 Easter eggs for the holiday egg hunt.



Stepping Out walking group walks by the The Restaurant at the Historic Reserve. Later, the group stopped for coffee at the Java House.



Marilyn Ross leaves the gift store at Shorty's Garden & Home after making a purchase.