



A Touchmark® community



Spring is here!



Message from
Patrick Bergin
—Executive Director

The warmer, sunnier weather signals a transition from winter to spring. Here at the Waterford it means more outside activities, such as walking around Vancouver and Portland with the Stepping Out club or gardening in one of the recently built, raised outdoor garden plots. It also means taking advantage of the many Health & Fitness Club classes offered. You can choose tai chi, water aerobics, or other options. Whatever you decide, there is a fitness and aquatic program and class just for you.

That's what living at the Waterford is all about—a healthier choice for the mind, the body, and so much more. I encourage everyone to take advantage of the many Waterford offerings—and enjoy an active, fun spring!

Deadline looms to make cruise reservation



You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be made by April

10. This cruise is extremely popular and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. The rates for this spectacular seven-night cruise are \$1,585 for an outside cabin or \$1,785 for an outside cabin with balcony. (Travel to and from New York is not included.) A \$250 deposit will hold your spot for this colorful cruise on the Star Princess that sets sail from New York October 21, 2006. Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

Stewardship—it's more than managing money

by Marge Coalman, EdD

—Vice President of Wellness & Programs, Touchmark

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over 50. Social Security resources and retirement benefits provided

“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”

—Norman Lear, producer and playwright at age 65

in the private sector do not look as promising as they did even a few years ago. Most of us are going to need more resources than we originally planned.

A second major concern is premature retirement. Although 62 might have been the right age to consider retiring when the original Social Security system was enacted, most employers now are

hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring

us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward. To participate in Waterford Life Enrichment planning and programming, contact Life Enrichment Director Heather Clark. Your energy, wisdom, and life experience are welcome and appreciated.

Come grow with us!

by Heather Clark

—Life Enrichment Director

Spring has certainly sprung here at Waterford at Fairway Village! Just look around and you are sure to see the sun-colored daffodils, vibrant crocus, and various other beautiful flowers in full bloom. Many of the flowers we are enjoying now were planted during our garden club sessions last fall. After taking a break over the winter months, we have started digging again and are looking forward to even better experiences this year. Mike Updike, landscape gardener, is once again volunteering to take charge of the garden clubs. Yes, that is right: Club is plural this year. We are expanding the Gardening Program from the Devonshire Courtyard to the rest of the campus. The new club is meeting every Friday at 3 pm in the Activity Room. You are invited to come see what we have planned and join the fun.

Life Enrichment team can help you with postal services

Running a little low on stamps? Need to get that package out quickly? Looking for just the right greeting card? Waterford has a solution for you. Anita Krivitzky in the Life Enrichment Department has stamps available for purchase. She also will take your packages to the post office for mailing. You can find handmade assorted greeting cards by Marilyn Robb available for \$1.25 each in the Life Enrichment Department. The Coffee Shop also stocks greeting cards.

Next time you need any postal items or services, visit the Life Enrichment team on the first floor. They're happy to help!

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for April is a story.

The Theory of Relativity according to me

by Martha Lu Butler

—Resident at Touchmark's retirement resort in Spokane, Washington

When Albert Einstein developed his Theory of Relativity, I doubt if he thought much about birthdays entering into the equation. But, to me, birthdays definitely have a spot in there. So I thought I would help him out and develop my own theory.

Birthdays are, indeed, relative—each to the other and to birthdays of other people. When we are young and just beginning to be aware of age differences, usually about eight or so, we think of our parents as being old. Of course they are old; the reasoning goes, because all parents are relatively old. And so the thinking goes as long as our parents live.

When we have had about sixteen birthdays, we think we know just about everything worthwhile there is to know. So, relatively speaking, anyone younger is innocent and unsophisticated. Their expansion of knowledge must come from us who are far older than they.

When we reach that magical age of twenty one, we REALLY think we know everything there is to know about life and the world. Relatively thinking, there is no one wiser than we—perhaps older, but surely not as world wise. And those who are relatively so much younger will never be able to understand. But I recall when returning home at the end of my first year in college how amazed I was at how much my parents had learned in that short time! Thank goodness, their relative old age had not hindered their ability to absorb a little more knowledge.

When we reach forty and begin to worry that our lives are slipping away along with our figures, anyone relatively younger is very, very young indeed. Even those twenty-one year olds who think they know everything. And we realize all at once that our parents, who are so old, are a good source of advice on many fronts. Perhaps we should have listened more at that relatively young age of twenty-one.

Birthdays are a good reminder to have that annual physical checkup. On one of those dreaded occasions I suggested to the doctor that he be especially nice to me because it was my fortieth birthday, and I was definitely going down hill. To which he replied, "I've got news for you. You've been going down hill since you were twenty-one." Perhaps I should have absorbed even more knowledge than what I thought I had at that magical age.

At sixty, we like to think of ourselves as relatively young. Only our friends seem to be getting older and wrinkled. We like to think that we remain the same, have left all bad habits of our youth behind are ready to live life to the fullest. Relatively thinking, we are the picture of health. Only others continue to grow old. And since the age gap seems to be getting smaller and even though our parents are still relatively old, they seem to be doing well "for their age."

But even parents have their relativity. I recall when my father, at age fifty-eight, told us of an encounter with a friend he had not seen in a long while. He said, "He's an old pelter. He's dang near sixty." In his thinking my father was relatively young. His friend was relatively old.

At yet another birthday physical checkup the doctor said to me, after reading his charts, "I see you quit smoking a half century ago. That's marvelous!" His relativity stretched things a little too far. Fifty years does not seem so bad.

All theories must have at least one exception. In my theory, I see this as belonging to spouses. We tend to think of our spouses as being the same age as we, so relativity would not apply. However, my own spouse took delight in telling others that he married an older woman. Actually, he was right. Relatively speaking, he was dead wrong. The age difference is twelve days ...

Since I have not yet reached the century mark, and in spite of what my creaky bones tell me, I am inclined to think of myself as relatively young. Perhaps it is because I am still here.

For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Heather Clark.

Club hosts Arthritis Foundation training

by Carol McCann

—Director, Health & Fitness Club

The Waterford Health & Fitness Club recently hosted a special certification workshop for instructors wishing to be certified by the Arthritis Foundation to teach a special form of tai chi. The three-day workshop drew fitness professionals from as far away as Boston and from cities along the west coast and was coordinated with the Arthritis Foundation's Pacific Northwest chapter, based in Seattle.

Two levels of certification were offered. Fifteen participants were certified for Level I, and 22 received certification for Level II.

Nationally renowned instructor Troyce Thome of California led all workshop sessions. While there are several forms of tai chi, the type endorsed by the Arthritis Foundation was created by Paul Lam, MD, who firsthand knew the pain associated with arthritis. He and a team of prominent doctors specializing in arthritis developed the special program that addresses the specific needs of people with arthritis.

Individuals who have practiced this form of tai chi report that it's simple and safe—and that it improves their quality of life.

As a result of the workshop, the Waterford Health & Fitness Club has two certified instructors. For enrollment information about current and future tai chi classes, call 360-433-6400.

Upcoming events

Saturday, April 8, 1:30 pm—Musical performance by Pianist Stan Lasley.

Saturday, April 15, 1:30 pm—*Simian Trio*, featuring Michael Liu, MD.

Friday, April 28, 2 to 4 pm—Spring Dance.

Call Heather Clark for more information or to register.

