



A Touchmark® community



Health & Fitness Club continues to grow



Message from
Patrick Bergin
—Executive Director

It's hard to believe that we're already halfway through the year! I hope everyone enjoyed celebrating National Senior Health & Fitness Day and our third annual Health and Wellness Fair. I appreciate all the staff who worked hard to plan the event, the vendors and speakers who shared their expertise, and the residents and guests who participated. I hope everyone came away with new and useful information on how to live a happier, healthier life. Although it takes a lot of energy and time to plan an event of this nature, we believe, because of our commitment to your health and wellness, it is well worth it!

Over the past several years, it has been fun to watch our Health & Fitness Club programs, offerings, and professional fitness staff grow. At the same time, it has been amazing to see the increase in the number of residents and members from the public who regularly use the Health & Fitness Club. We are proud to be Vancouver's only Health & Fitness Club dedicated exclusively to serving active older adults.

As the summer and warmer weather draws near, I encourage you all to take part in our various Life Enrichment/

Wellness program activities—such as outdoor gardening, the Stepping Out club, mystery trips, and fitness classes.

Watch for updated schedules for summer offerings at the club and in our community. Give us a call or stop by today to learn more. Be sure to remember to drink plenty of fluids, especially water and juice, in the warm weather. Happy days!

Connecting the generations

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

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have provided wisdom

**“One thing is certain,
and I have always
known it—the joys of
life have nothing to
do with age.”**

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—*May Sarton, poet*

and life experience to all of us via the political process, cultural enrichment, and critical thinking. In today's society, however, it seems that we have forgotten the contributions of our elders through the ages.

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and boredom

are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich each other’s lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Waterford to support ongoing relationships among residents and guests of all ages. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment Director Heather Clark.

from other caregivers.

Join the Alzheimer’s Support Group that is offered at Waterford. We meet every third Tuesday of the month at 7 pm in the forum. Meetings are open to the public.

Take time for yourself and learn about the many services available through the Alzheimer’s Association, including innovative treatment, caregiver education, and the love and support of a group who understands what you are going through.



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 June is “I remember when”

Coping and caring for a loved one with Alzheimer’s

by Dianna Stewart
—Sales

Although Alzheimer’s disease usually begins gradually, it eventually causes people to become totally unable to care for themselves. As a result, the role of caregiver oftentimes means making significant adjustments in the caregiver’s life. Since there are often enormous demands on time and energy, it is good to look at what responsibilities can be shared with others and to develop a support network that includes family, friends, and a support group.

Joining a support group offers many benefits and gives you an opportunity to:

- **Share your personal experiences of how the disease is affecting your daily life.**
- **Increase your feelings of self-worth as a caregiver.**
- **Decrease your sense of isolation.**
- **Learn from others about resources available to you.**
- **Receive encouragement and moral support**

What a prom night!

by Hazel Nervig
—Resident from Touchmark’s retirement resort in Sioux Falls, South Dakota

I remember when ... I was a junior at Watertown High School, and prom was coming up. My Latin teacher, Ms. Lister, met me in the hall and asked me why I wasn’t going to the prom.

“I don’t have a dress.”

“I have gone on several cruises, so I have a couple dresses that would be your size,” Ms. Lister replied.

“But I have no date!”

“Well, come on, let’s go to the date bureau!” she replied.

So I took the dress home and hung it up—above the heat register. The furnace blew up! So after a quick trip to the cleaners, Fred and I were finally off to the prom.

We enjoyed the night dancing to our favorite tunes, even though Fred’s shoes were pretty scuffed up! After prom, Fred and I hopped into his uncle’s car that he was borrowing. It then started to rain very hard. Not knowing the car very well, Fred had a hard time finding the button to turn the windshield wipers on. Before he could turn on the wipers, we ran into the curb and blew a tire!

“You stay here. I’ll go and get help,” Fred said.

“I’m not staying in the car by myself! I’ll go with you,” I replied.

So I hiked up my dress, and we went sloshing up to the nearest fill station. After many hours passed, we got the tire fixed. Fred finally got me home about 3 am, and I haven’t seen Fred since. But the funny thing about my prom night was—my parents believed the entire story!

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Heather Clark.

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Touchmark’s unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don’t have e-mail, you can still communicate with them electronically by using Web e-mail. Here’s how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you’re on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message** to a Resident.
- Write your message.
- Click **Send**. You’re finished!

The message is sent to a designated staff member, usually in Social Services or Life Enrichment, who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden’s father lives at Waterford at All Saints in Sioux Falls, South Dakota. “My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love.”

If a resident wishes to reply to an e-mail, he or she can

contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response.

Residents living in Touchmark communities also can take advantage of several computers located in Touchmark libraries or business club rooms. For more information, please contact the front desk.

Upcoming events

Friday, June 9, 11 am to 3 pm—Garments on the Go.

Thursday, June 15 at 2 pm through Saturday, June 17 at 1 pm—Resident Art/Collection Show.

Call Heather Clark for more information or to register.

Welcome Eric Christensen, sales manager

by **Patrick Bergin**
—Executive Director

Eric is a confident, goal-oriented individual with a variety of experiences that demonstrate his integrity and ability to work well with people. Recently Eric was a successful director of Client Acquisition for a contracting company, where he was responsible for lead generation and lead conversion and training and managing sales teams; in 2005, he increased revenue by 240%.

He has also held positions as a pastor of Student Ministries for a local Vancouver church and was associate pastor for four years in Des Moines, Iowa. Eric has a Bachelor of Arts degree in Art, Psychology, and Biblical Studies as well as a master’s degree in Divinity from Western Seminary.

Please join us in giving Eric a warm welcome.

Norovirus update

by **Edie Geniuch, RN**

—Health Services Nursing Administrator

We have been following the media accounts about the recent Norovirus outbreaks. Since this virus can spread quickly, we're taking extra precautions to help protect Waterford residents and staff. For example:

- We are working closely with our regional nurse consultant and our infection control consultant.
- We are following the Centers for Disease Control and Prevention guidelines for preventing the spread of the Norovirus.
- We have done an in-service with all staff about proper hand-washing, hand hygiene, and the use of personal protection (gloves, gown, mask).
- We are disinfecting all common surfaces in the building and kitchen areas with a dilute bleach solution.
- If someone is sick, we're making sure that the surrounding area is kept clean with hot water and soap and sanitized with a bleach solution.
- As a precaution, we have temporarily removed the salad bar from the dining room.
- We are on heightened awareness of Norovirus-like symptoms from residents or staff.

People can decrease their chance of becoming ill by frequently washing their hands with soap and water, especially after visiting the toilet and before eating or preparing food. Also, it's a good idea to carefully rinse all fruits and vegetables before eating them.

We ask that everyone experiencing cold or flu-like symptoms refrain from visiting here while ill, which is actually a good idea any time you are ill. We're hopeful that, with these measures, we'll be able stay strong and healthy this summer.

When items go missing ...

Occasionally, people report that something is missing. When they do, we first help search for the item—and in most cases, we find it. Sometimes, we can't explain what might have happened; in those cases, we thoroughly investigate the matter as well as notify the proper authorities.

To help maintain a comfortable and secure community, Waterford reminds everyone of the following helpful tips:

- If you see any suspicious activity, please immediately report it to the front desk receptionist. Our reception desk is staffed 24 hours a day, and we will investigate the situation right away.
- Always lock your door, especially at night and when you leave your home—even for only a few minutes.
- Keep large amounts of money in your bank and store valuables in a safe deposit box.
- Insure your belongings with renter's/home insurance.
- Don't leave wallets, purses, or cash lying around in open view of others.

Increasing awareness—and taking preventative measures—will minimize the chances that something will go missing.

