



A Touchmark® community

Waterford at Fairway Village

February 2006



Finding new beginnings



Message from
Pat Bergin
—Executive Director

The calendar says it's still winter, but bulbs have been pushing through the garden already. February seems to be a transition month. We move away from the short, dark days of winter to the longer—and warmer—days of spring. We look forward to the promise of new life and renewed energy.

I hear a similar sentiment from people when they move to Waterford. Often, they're leaving behind the chores of maintaining a large home and yard. When they move into their new Waterford home, they're excited about participating in the Health & Fitness Club and Life Enrichment offerings. They're thrilled to have so many conveniences under one roof ... hair salon, restaurant-style dining, bank, Medicare-certified home health agency, and library, to name only a few. I can't tell you how many times I've heard people say they wished they'd moved here sooner. Freed from many of life's household tasks, they have time to pursue lifelong dreams.

Whatever the season, hold onto the promise of—and pursue—new beginnings.

The heart of the matter

Marge Coalman, EdD
—Wellness & Programs Director, Touchmark

"The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart."
—Helen Keller

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: "**heart:** n. **1.** The chambered, muscular organ that pumps blood received from the veins into the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one's being, feelings, and emotions." How did one word get to be so "bipolar" in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

In today's world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less prominent risk factors all contribute to the viability of the body's most important organ in sustaining life. Further, there are multiple medications, surgeries, and treatments to improve the function of this hardworking muscle. Rating one's "heart health" via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine's Day and chocolates. The

offerings and activities of Waterford's Life Enrichment and Wellness program focus on providing educational and physical opportunities for residents, their families, and guests to know how to have a heart-healthy lifestyle. Check this month's schedule for a special emphasis on heart and health and the important aspect of emotional well-being. Our goal is to support optimal aging and well-being for every resident every day.

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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 February is Heart-to-heart.

Teacher's heart

Natalie Fitzpatrick

—Resident at Touchmark's resort-style retirement community in Butte, Montana

Few of us have ever created a life-defining moment in another's life as did Betty Hoffman, a retired music teacher in Deer Lodge, Montana. As a beginning teacher at a school in far western Montana, she heard an outstanding voice at the school choir practice. She identified the voice and had the owner sing a solo part. Not only had the students been unaware of the quality of his voice, but his parents confessed they had never heard him sing. Turns out that the only time the boy sang was with the radio at full volume as he washed the clanging metal milk cans in the milk house on their dairy farm, and no one could hear him above all the racket.

He continued to sing, graduated from the university with a degree in voice and went to Germany. There he sang in an opera, became interested in set design, and eventually became an opera director. He had a spectacular career doing something he loved—a long distance for a Montana farm boy!

I can perhaps name a handful of students whose lives I've touched in a positive way—the girl whose organizational skills I encouraged by putting her in charge of class projects, who became leader of an Emergency Medical Team; a lonely boy who went on a class hayride and confessed it was the only time he'd ever been with a group of kids and gone out for pizza; the boy I threatened to flunk in my typing class, who later became company clerk in the Army and used that skill to fund his way to law school.

Teachers are in a unique position to influence their charges, and most never really know whose lives they have influenced. All of us, however, in our dealings with others have the ability to touch someone in a positive way. A friendly smile and a few words to a lonely person, a trip to the nursing home to brighten the day for someone forgotten by so many, an introduction to your bridge or other card group to a new resident in your community, a phone call to simply visit with a homebound person, a share of your time as well as your money with the local charity or community group—these are the actions that matter.

I am not an overly religious individual, but as a teenager I adopted a two-fold goal in life: 1. to do as much good as I could and 2. to do the least harm to others. Like all goals, these are lofty ambitions, and I haven't always succeeded. I must confess that I'm neither perfect nor universally beloved, but I remember the line "I'm only human," and I do try—"one day at a time." From my heart to yours, I truly recommend a sense of humor, a light touch, and a real desire to be a friend—these are essential to a full and purposeful life.

The theme for March is Humor and Life Balance. Deadline for this issue is February 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Heather Clark.

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Waterford celebrates 2006



Residents Jane Buchanan and Lola Johnson ring in the new year Waterford style!

Therapeutic footcare available

As we age, our nails become dry, brittle, and distorted. Nail condition can worsen because of chronic disease. Therapeutic footcare maintains healthy, comfortable feet, which enhances overall health, mobility, and peace of mind. It will help prevent hospitalizations from wounds, infections, and foot complications related to diabetes.

Some examples of why individuals seek footcare are: arthritis, joint replacements, decreased range of motion, limited hand strength and dexterity, visual impairment, neuromuscular diseases, or simply as a delightful treat, which is guaranteed to make your day!

Information is available in the main lobby. If you want to sign up for footcare, please talk to the receptionist.

Meet Waterford's Health Services Administrator



Kristen Demmon, RN
Health Services Administrator

Kristen Demmon, RN, HSN, has been a registered nurse since 1974 and became a certified rehabilitation registered nurse in 1996. Her nursing experience has varied from the hospital setting to long-term care. She was a director of nursing at two communities for a total of 10 years. Her most recent position was as a care manager working in utilization review and prior authorization.

Kristen has five grown children and two grandchildren. She and her husband are involved in a major home remodeling project, which she believes will be their hobby for years to come. Kristen is thrilled to be a part of the Waterford family and invites you to visit her at any time. Her office is located on the second floor in the Claremont neighborhood.

It's time to make your reservation!



If you're interested in participating in Touchmark's Fall Foliage cruise, which sails October 21, 2006, it's now time to make a \$250 deposit to hold your room and guarantee the price.

The cruise is open to all Waterford residents, family, friends, investors, and staff. The special group rate is based on availability and is per person with double occupancy in each cabin:

- Outside cabin-\$1,585
- Outside cabin with balcony-\$1,785

The cost includes insurance, taxes, and round-trip transfers. (Travel to and from New York not included.)

The Star Princess will depart New York City for a stunning seven-night cruise that will take in the fabulous fall foliage of the eastern seaboard. Travelers will visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island. Brochures are available at Waterford with more details.

Sign up now for a colorful and memorable cruise. For more information and to make your deposit, call Edwards LaLone Travel at 800-288-3788.

Upcoming events

Tuesday, February 14, 2 to 4 pm—Valentine's Party and Dance. Courtside Dining Room.

Tuesday, February 21, 7 pm—Alzheimer's Support Group guest speaker Lee Paton, RN, PhD. Lee will discuss the effects of grief and losses felt by families and caregivers who care for individuals with Alzheimer's Disease and other dementias. Forum.

Thursday, February 23, 1:30 to 2:30 pm—Heart Health Lecture. Shaun Harper, MD. Forum.

Friday, February 24, 4 to 5:45 pm—Mardi Gras Celebration. Fireside Room.

Call Heather Clark for more information or to register.