



A Touchmark® community

Waterford at Fairway Village

January 2006



Warm wishes in the new year



Message from
Patrick Bergin
—Executive Director

With a new year under way, I would like to wish everyone 12 months of health, happiness, friendship, and rewarding experiences. It is a delight to work in such a special environment where people enjoy life and the company of one another.

Making a difference in people's lives is the reason we are here. Numerous features enhance the lives of residents, staff, family members, and others. Certainly among such a list is Waterford's caring and attentive staff; the fascinating people who live here and share their talents and interests; the warmly appointed and comfortable building—including the Health & Fitness Club; the delicious (and nutritious) food ... and the Life Enrichment program reflecting residents' dreams and desires.

I invite you to experience life at Waterford. Please join us for the many Life Enrichment events and activities that occur throughout each month.

Make this year significant and enjoy all of its months, weeks, and days.

Mind, body, and spirit: solutions not resolutions

Marge Coalman, EdD
—Wellness & Program Director, Touchmark

What is all this fuss about "mind, body, and spirit?" If one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote "holistic health" and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in "for sale" remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making "New Year's resolutions" it might be more productive to look for "New Year's solutions" to any and all concerns that create a feeling of ill-being, discomfort, or pain. Doing an individual inventory can be supported by the wellness professionals here at Waterford. If health care providers need to be involved, Life Enrichment staff can help with that referral or contact. This year do an *internal*

check-up, and let us help you find the resources you are seeking to make 2006 a year of good health, happiness, and well-being.

Is laughter really the best medicine?

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two resources for well-being in an article just published in the *Journal on Active Aging* (vol. four, issue six).

For a copy of her article, visit touchmark.com/MAC-IsLaughterReallyTheBest.pdf.

Join Waterford Health & Fitness Club in 2006

Carolyn McCann

—Life Enrichment Director

In January it is customary to take a few moments to look back over the previous year. How was your health in 2005? Did you have too many injuries? Perhaps you were sick more than in the past. In general how well did you feel most of the year? Take a moment to take an inventory and answer these questions. Now think about the new year. What changes do you need to make to ensure you have a year of good health and wellness?

Did you know the single most important thing you can do to improve your health and wellness in 2006 is exercise? Exercise does not mean you have to be an athlete. It simply means you have to get moving! So get off the couch, dust off those shoes, and walk over to the Health & Fitness Club and take advantage of our services. We

have something for everybody. There are classes in Tai Chi; Yoga; Pilates; Healthy Back; Posture and Balance; Deep Water Walking; and Aquatic Empowerment.

We also have a fitness room with great machines designed for folks 55-plus. Call us at the Health & Fitness Club, 360- 433-6400. Your body will thank you.

Upcoming events

Saturday, January 7, 1:30 pm—Enjoy music by pianist Stan Lasley. Fireside Lounge.

Saturday, January 7—Phil Hall Accordion Entertainment. Join us at 4:45 pm in the Heritage Dining Room or 5:15 pm in the Courtside Dining Room.

Wednesday, January 11, 3:30 to 5 pm—Sing-along with Lurene Ogston with Wes Davisson on Piano. Fireside Lounge.

Friday, January 20, 1:30 pm—Lyle Chaffee entertains. Fireside Lounge.

Call Heather Clark at 254-2866, ext. 1059 for more information or to register.

Meet Waterford Director of Professional Services

Louise Harmon is from Staten Island, New York, where she received her training as a registered nurse. Her lifelong commitment to the nursing profession has been in a variety of areas, including home infusion, clinical and supervisory capacity in home health, chronic pain and physical medicine, and rehabilitation in an outpatient clinical setting. She maintains certifications in gerontological rehabilitation and pain management nursing. She and her husband, David, live in Battle Ground with their very spoiled kitty, Delilah. They have four children and two (soon to be three) grandchildren. Louise also enjoys collecting antiques, especially dolls and art prints.

Calling all photographers, writers, and poets ...

Remember when baseball bats were made of wood, and coffee creamer was ... real cream? Nostalgia is one of several themes identified for Touchmark’s 2006 “Let Your Spirit Soar” program.

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark would like

to feature some of this talent and creativity in each newsletter.

Starting in February, at least one resident's submission will be published in the monthly newsletter. Since February is often known as "heart month," residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic "Heart-to-heart." Deadline for this issue is January 10.

For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Coordinator Heather Clark.

Waterford gives food to those in need

Heather Clark

—Life Enrichment Coordinator

Sixty-six was the magical number for the 2005 food drive at Waterford. We donated 66 food-filled boxes to the local YWCA and YW Housing. The shelter's director, Julie DeSmith, was thrilled to receive our donation. Stating through tears Julie shared, "This could not have come at a better time. Our food donations are severely down, and we were getting close to needing to turn people away."

With the many other worldwide and national tragedies that occurred recently, donations were down considerably from past years. Thank you for your contributions and for helping to better the lives of others in our community.

What others are saying

"My family could not have found a better place for me to spend the holidays while my husband is in the hospital. The people here are so nice and the decorations are beautiful. I have enjoyed all the musical entertainment also!"

Mary Christiansen

—Resident