



A Touchmark® community



Waterford opens outpatient therapy clinic



Message from
Patrick Bergin
—Executive Director

In a move designed to further promote wellness and to provide residents and the surrounding community with easy, convenient, on-campus access to valuable services, Waterford opened an outpatient therapy clinic.

The therapy clinic, formally leased and run by the hospital-based program Rebound, opened under Waterford management March 1 in the same space next to the Waterford Health & Fitness Club. We are excited to be taking this valuable program in-house and expand the program to eventually include aqua-therapy and women’s health.

The therapy clinic will provide physical therapy on an outpatient basis and will be available for residents and individuals from the surrounding community. The addition of this new service comes a year after Waterford opened its Medicare-certified home health agency. Waterford is the first and only retirement community in Vancouver that owns and operates these types of services. It’s another opportunity to create value and promote wellness for residents and the greater community. Call us if you have any questions or want additional information at 360-254-2866.

A life in balance: simplicity

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it’s time to simplify. Here are a few ideas to consider:

1 Just say “no.” Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don't hang onto things you don't want or need. Clean out the closet and drawers and throw or give things away. If it's broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Life Enrichment Director Heather Clark. It's never too late to simplify and make choices for well-being and a life in balance.

Upcoming events

Thursday, March 16, 10 am to 4 pm—Blood Drive in Forum.

Thursday, March 16, 2 to 4 pm—*Waterford Eyes are Smiling* St. Patrick's Celebration.

Thursday, March 30, 1 pm—Oregon Zoo Animal Presentation.

Friday, March 31, 2 to 3:30 pm—Wardrobe event sponsored by Chico's.

Call Heather for more information or to register.

Absorb a panoramic view from a premier apartment

Are you or a friend looking for just the “right” apartment? It's here ... at Waterford. Apartment 1-305 on the third floor is a spacious floor plan with a full kitchen, and it's close to the elevator. The apartment offers a sweeping view of the Northwest.

When you refer anyone, it is a \$500 credit to your account. Just think of the fun you will have introducing a friend to the Waterford lifestyle. Check with Linda in Sales for a tour and more information. Better yet, invite them to lunch, and we'll “pick up the check” and provide a VIP tour.

Health & Fitness Club offers services to fit your needs

by Carol McCann

—Director of Health & Fitness Club

The Waterford Health & Fitness Club offers many ongoing services. Personal training is available to residents, members, and staff. This one-on-one relationship provides support, guidance, and direction for each unique client. Residents who are not able to come to the fitness center can request that a personal trainer come to them. Additionally the Health & Fitness Club offers many aquatic and land-based classes. We have classes and offerings that include tai chi, Chair Yoga, Posture & Balance, Aquatic Empowerment, Arthritis, and Water Walking classes. There is something for every “body!” Our beautiful club is equipped with Keiser equipment designed especially for all levels of experience and all ages of adults. Our heated indoor 75' yard pool, licensed massage therapist, and qualified fitness staff are just steps away. Find out more about the professional services we offer by calling 360-433-6400 or stopping by for a visit.

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Chefs' creation—a sumptuous success

by Heather Clark

—Life Enrichment Director

Kudos to our five chefs and Executive Chef Nick LoCascio for the recent culinary creation of Orange Ginger Pork Shanks. This dish not only was delicious to the palate, but also was quite pleasing to the eye! This tasty addition to the Waterford menu was well received, and many people are looking forward to future “creations.”



Waterford chefs create a new, crowd-pleasing dish, Orange Ginger Pork shanks.

“We are always looking for new and different recipes to prepare ... there is a lot of talent among the chefs here, so we decided to come up with a few recipes of our own,” says Nick. (If you are interested in a copy of the recipe, please contact me in the Life Enrichment department.)

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 March is Humor and Life Balance.

For April, submit a story with a photo. Deadline for this issue is March 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Heather Clark.

Birthday surprise!

by Clara Lee

—Resident at Touchmark's resort-style retirement community in Fargo, North Dakota

I was taken a little by surprise to get a box of Jell-O for my birthday. But then, I guess I really wasn't ready for all of the surprises on my eighty-fifth birthday. I turned 85 last May and was excited to know that both of my daughters were going to be at Waterford to help me celebrate. It's not that often that the three of us are together these days, so I was looking forward to their visit. Little did I know what they had planned.

It all started innocently enough when my daughter Sue arrived midday on a flight from Chicago. Her sister Janet was driving from Minnesota and got to Fargo late in the afternoon. Sue and I had had dinner together, and we were visiting when Janet got to the apartment. I warmed up some food for her, and we enjoyed catching up with each other while she ate. At that point Janet asked Sue to help her bring in her luggage. They came back with much more than I expected!

The door to the apartment opened and the fun began! While singing "happy birthday," they wheeled in a large suitcase and plopped it in front of me. I wasn't quite sure what was happening, but they wanted me to open the suitcase. My birthday present was inside, they said. That was an understatement! There were 85 birthday presents inside! Yes, they had gotten me 85 gifts—one for each year! I know I looked confused, because it was almost hard to comprehend that I had so many gifts to open. As I unwrapped each gift, I giggled a little and occasionally checked with them to make sure they were really all for me. (After nearly 90 minutes I actually had to have some help with unwrapping!) It was a night I'll never forget!

So, yes, I got a box of Jell-O for my birthday, but also slippers, jewelry, stamps, tea, lotion, pens ... well, you get the idea!

Medicare Part D is in place, but many still have questions

by Winona Phelps, RN

—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled "BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

- ▶ **"How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.**
- ▶ **Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.**
- ▶ **If you are likely eligible for additional government benefits that can save you money on your medications.**
- ▶ **If it makes sense for you to start comparing the plans that are available in your area."**

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is www.SocialWorkers.org. And, of course, Waterford staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.