

Military Health System grants Waterford certification

TRICARE, a component of the Military Health System, recently certified Waterford Rehabilitation & Aquatic Therapy to offer physical, occupational, and speech-language therapy to veterans.

“The Department of Veterans Affairs states that there are more than 24 million veterans in the US,” says Health & Fitness Club Director Kim Lehmann. “This is

a huge group of people who need services, and we’re excited to offer our expertise in serving these men and women.”

The Vancouver Business Journal recently interviewed Kim about the new certification. The article highlighted that Waterford is serving a population that not all clinics will help due to “longer recovery and rehabilitation periods.”

“We’re offering personalized therapy for as long as it’s needed,” reiterates Kim. “This is a unique opportunity to serve those who have served us.”

To learn more about Waterford Rehabilitation & Aquatic Therapy, call 360-433-6346. ■

The mind-body connection affirmed

“When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn’t just stick with traditional research.”

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. “Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn’t. We’ve simply provided irrefutable data showing that it is true.”

Felten’s field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body’s immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and main-

stream acclaim as the pursuit to strengthen the body’s resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to ‘just participate’ in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest (cont.)



(cont.) cycles. Instead of taking a pill, a dose of mind-body movement is recommended.

At Waterford, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Health & Fitness Club Director Kim Lehmann. ■

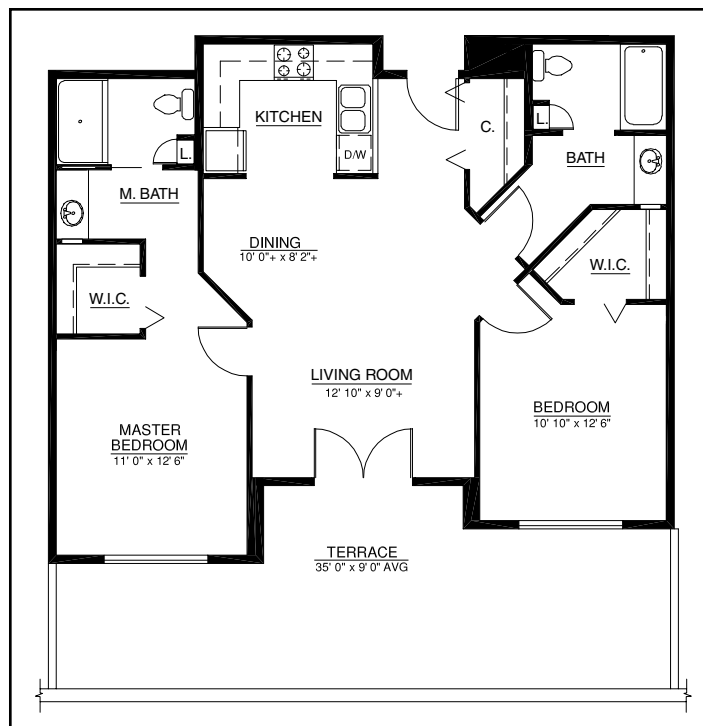
Fitness—a way of life at Waterford

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

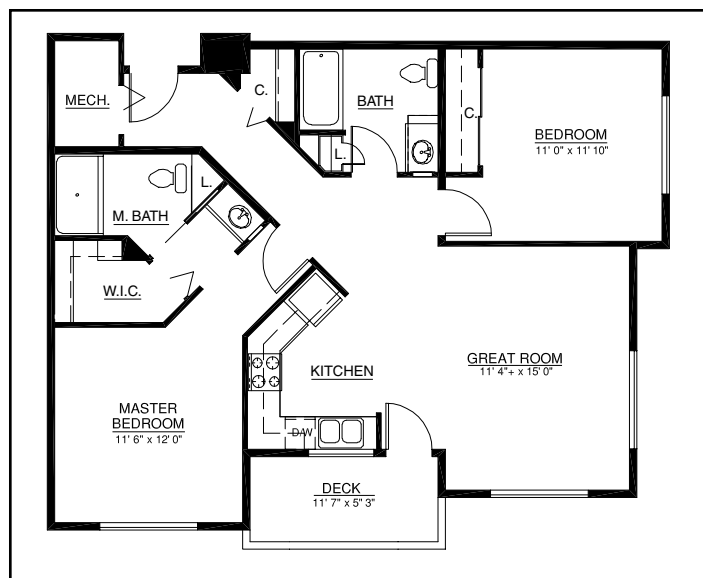
Waterford's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Waterford services and amenities, visit or call today.



Terrace home 216 offers 985 square feet, two bedrooms, and two bathrooms. A spectacular view of Mt. Hood, the Columbia River valley, and the Portland city lights appears as you look out the window or stand on the large patio. This apartment is priced at \$3,995. To learn more or join the waiting list for a Waterford single-level home, call today.



An attractive corner apartment home with sunset views from both the great room and the second bedroom, Terrace Home 221 includes 1,010 square feet, two bedrooms, and two bathrooms. This apartment is available for \$3,895.

Guest instructor to teach at fitness club

Pauline Ivens, MS, holds a master's degree in Adapted Physical Education and is certified by Aquatic Exercise Association (AEA) and American Council on Exercise. She also is a training specialist for the AEA.



Aquatic fitness expert Pauline Ivens, MS, will teach Deep Dynamics and Ai Chi at Waterford Health & Fitness Club. Call 360-433-6400 to enroll.

Thursdays, 1:30 - 2:20 pm). Ai Chi is a simple, yet powerful, movement progression that uses breathing and slow, broad movements of the arms, legs, and torso. It combines tai chi concepts with Shiatsu and Watsu® techniques.

Pauline also will teach Deep Dynamics (Tuesdays and Thursdays, 12:30 - 1:20 pm.) This special aquatic class uses the water to promote healthy vertical movement. The emphasis will be on postural awareness, dynamic stabilization, and kinesthetic cuing. Moving without compression sets the body free and promotes healthy outcomes for all ages and abilities.

Call the Club to learn more or to sign up for a class.

As a Watsu® Practitioner, Pauline has helped people use the floating properties of water to ease chronic pain and work toward rehabilitation. In 1997, Pauline was awarded AEA's Aquatic Fitness Professional Global Award for excellence in aquatic fitness leadership and education.

Pauline will teach Ai Chi (Tuesdays and

Make wellness your New Year's resolution

When making resolutions, many decide to focus on exercising and good eating. These are important aspects of health, but picking a holistic resolution that encompasses total wellness (mind, body, and spirit) can lead to more growth.

At Waterford, the Life Enrichment/Wellness program encompasses eight wellness components:

- **Daily Exercise:** The Waterford Health & Fitness Club offers a variety of fitness and aquatic programs and classes seven days a week.
- **Mind/Body/Spirit:** A new program that started in January is a 10-week Bible study class with Norma Moore.
- **Community Partners:** Waterford is building a partnership with Union High School, which is a new school in the area. Student volunteers will be participating in future activities and events. Waterford also is creating a partnership with Clark College to offer a five-week class on American history and Abraham Lincoln.
- **Intergenerational:** The popular Lunch Buddy Program started last fall. Every Wednesday, a group goes to Marshall Elementary School to have lunch with students and participate in an after-lunch activity. *(cont.)*



Phil Diamond and Life Enrichment/Wellness Coordinator Anita Krivitzky lead the First Night of Chanukah celebration. The two worked together to plan the special event.

(cont.)

- Friendship Ambassadors/Welcome Home: The Welcoming Committee, Greeters, and Welcome Tour Guide invite people into the community and help them connect with others.
- Growing Together: The Garden Club, which is led by Mike Updike and Patty Cassidy, meets each week. (In January, the class meets Wednesday afternoons.)
- Lifelong Learning: A new program that starts this month is Art Appreciation by Lisa Provost, who will explore great landscape artists. Learn about art, artists, and activities related to the theme. Lisa is the Art Appreciation coordinator and holds a Bachelor of Arts in art and art history.
- Celebrations: Two students from Camas High School are doing their Senior Volunteer Project at Waterford and are putting on a resident prom, Jan. 19 from 7 to 9 pm.

Make a resolution that improves the mind, body, and spirit, and take advantage of the many programs and opportunities at Waterford. Talk with Kellie Wagnild, Life Enrichment/Wellness director, to learn more. ■



Louise Hanson (left) and Katherine Schraud decorated the tree in the Heritage Dining Room.

Coming Events

Thursday, Jan. 17, 9:30 am

Trip to Evergreen Aviation & Space Museum. See the Spruce Goose and more than 50 other aircraft. Cost: \$20 for transportation and trip. Bring cash for lunch at The Spruce Goose Café.

Saturday, Jan. 19, 7 to 9 pm

Two students from Camas High School will put on a prom for the residents. Frank Sinatra's *Young at Heart* song will be the theme. Enjoy desserts and beverages and take pictures. Residents can talk with a member of the Life Enrichment/Wellness team about getting their hair done prior to the event. The attire is dressy. Courtside Dining Room.

Sunday, Jan. 27, 2:30 to 5 pm

Camas Performing Arts presents *The Stolen Sweets*. Joyce Garver Theater. Cost: \$2 for transportation and \$18 for a single senior ticket.

Thursday, Jan. 31, 10 am

A visit from The Oregon Zoo. Enjoy a slide show and meet several small animals, which many include chickens, rabbits, ducks, and snakes. The Forum. No charge.

WOW! Waterford Offers Wellness

January kicks off a yearlong celebration of wellness at Waterford.

“The entire Waterford staff is participating in the WOW campaign,” says Executive Director Jay Leo. “Our goal is to inspire people to stay healthy throughout the year.”

One part of the WOW campaign is the many offerings at the Waterford Health & Fitness Club. The Club already has started winter session classes, but there’s still time to sign up. Call 360-433-6400 today. Winter classes run until Friday, March 28. In addition to regular fitness classes, the Club also has additional events. Peruse these offerings, and select ones you’re interested in pursuing:

Seated Tai Chi

Mondays at 2 pm. This class is for those who are not able to stand for extensive periods of time. Taught by Tai Chi Master Jai Ma.

Belly Dancing

Tuesdays at 1:30 pm. Enjoy the art of belly dancing. Learn Egyptian and Arabic movements, isolations, and shimmies.

Stretch & Flex

Tuesdays and Fridays from 10:45 to 11:35 am. Focuses on releasing muscular tension. Exercises will improve range of motion.

Posture & Balance: Levels I, II, and III

Waterford’s Posture & Balance Class is designed for everyone, regardless of mobility. Please contact the Club for more details.

Family Swim

Second Friday of every month from 5:30 to 7:30 pm.

Water Volleyball

Thursdays, Jan. 17, Feb. 7, and Feb. 14 from 5:30 to 6:30 pm. Open to all members.

Power Aerobics

Tuesdays and Thursdays from 6:15 to 6:45 am or Mondays and Wednesdays from 5:30 to 6 pm. Enjoy a fun 30-minute cardiovascular workout.

Power Abs

Mondays and Wednesdays from 6:15 to 6:45 am. Strengthen your abs during this 30-minute class, which is a great follow-up to Power Aerobics.

Other offerings and events

- Fall Recovery class. Taught by Waterford Rehabilitation & Aquatic Therapy Manager Melanie Serpa, OTR/CHT, and Cathy Lauder, PT. Individuals: Jan. 24 from 10:30 to 11:30 am. Couples: Feb. 21 from 10:30 to 11:30 am. Space is limited in both classes, so call today to register.
- Advisory Nurse Judy Cole, RN, is available for consultations Tuesdays from 9 am to noon in the Wellness Room. No charge and no appointment necessary.
- Geriatric professional Paul Gowen, MD, will present *The Risks of Falling* Jan. 22 at 2 pm and *What is Heart Failure?* Feb. 19 at 2 pm. Both presentations will be in the Forum.
- On Thursday, Jan. 31, the Stepping Out Club will walk around the city of Vancouver.
- Play the Nintendo Wii with friends every Tuesday at 4 pm in the Forum.

To learn more about WOW, talk to a staff member!

Destination ... Discovery



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

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

"I didn't realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of." This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social

contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person's days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

"If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time."

—Ann Davlin, dancer at 93 years of age

"There are so many things to do all the time; it's hard to choose one." It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Waterford's various events and offerings. To support your development of new "destinations of discovery," contact a member of the

Life Enrichment/Wellness team.

May 2008 bring you good health and much happiness. ■