

# Seniors stage prom for “seniors”

At the end of their junior year, Camas High School seniors and best friends Kaylin Seebald and Alex Engel brainstormed ideas for a senior project that would bring magical moments to others. Among the ideas—producing a prom for elementary students or another high

school. Then Alex thought of putting on a prom for older adults living in a retirement community.

The girls selected Waterford, which is near their school, and started working with Waterford Life Enrichment/Wellness Director Kellie Wagnild. “These girls did

selecting the theme (*Young At Heart* from Frank Sinatra’s song); making invitations with RSVP enclosure cards; arranging for a photographer (Camas High School senior Rachael Peterson); decorating the room; baking lemon bars, brownies, cookies, and Peter Pan treats as well as providing punch and coffee.



For Camas High School seniors and best friends Kaylin Seebald (left) and Alex Engel, prom season started early. The two friends staged a semiformal prom for residents at Waterford—complete with crowning a prom king and queen.

absolutely everything,” says Kellie. “They’ve put a lot of time, creativity, and energy into this special evening. I was so impressed, and it was really fun.”

The girls managed every detail, including

To ensure there were enough dance partners, the two also asked a few friends to attend. They even arrived early at Waterford to help women with their hair, makeup, and nails.

“We are glad we chose this project over anything else we’d be doing,” says Kaylin. “Even with the prom finished, we plan to spend time and volunteer at Waterford.” ■



KC MacKenzie (left) and Gene Sauls

(cont.)

(cont.)



Residents and staff join a conga line.



People take a spin on the dance floor. The theme for the event was *Young At Heart*, which was based on a Frank Sinatra song.



Lorraine and Joe McKay dance after being crowned prom queen and king.

## Why move to a retirement community?

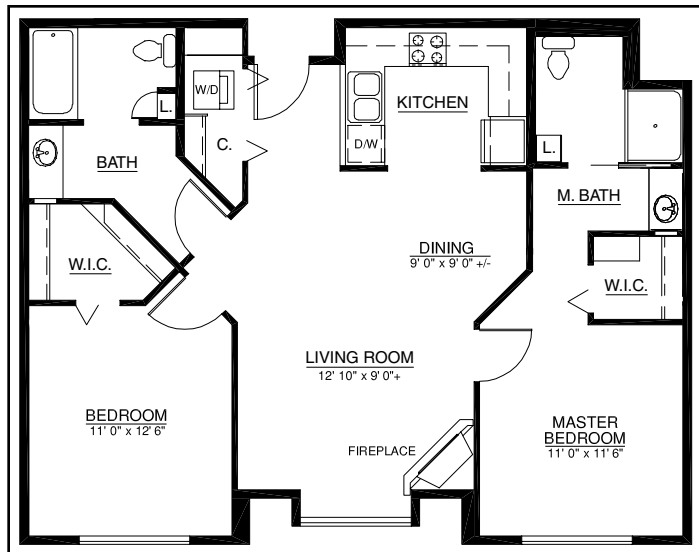
In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Waterford reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of (cont.)

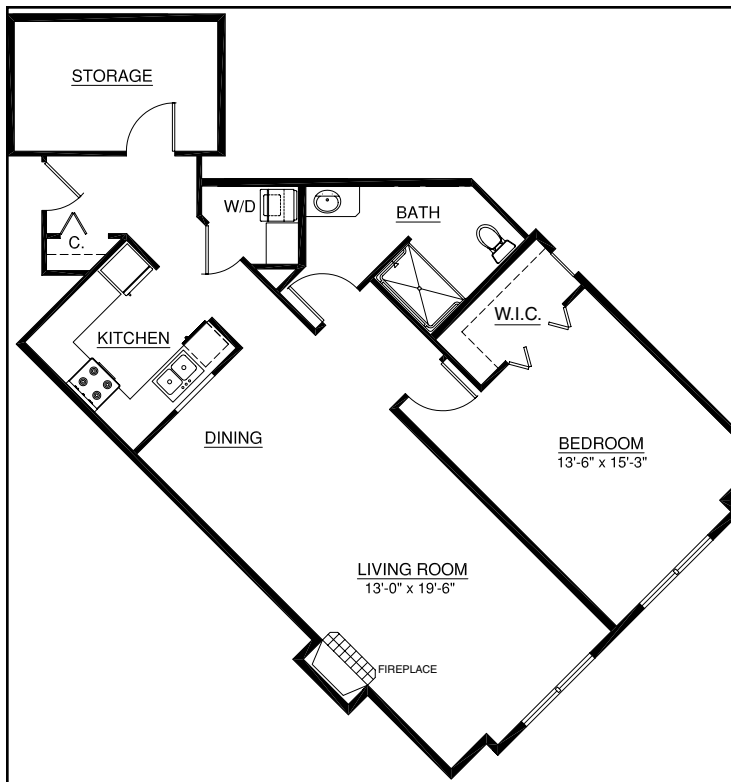
(cont.) Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Waterford Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at wine-tasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you're looking for an engaging retirement lifestyle that offers interesting social opportunities, call Eric Christensen to learn more about Waterford's lifestyle and available homes. ■



Relax in this 990-square-foot Terrace apartment, which includes two bedrooms, two bathrooms, vaulted ceilings, a fireplace, and a washer and dryer. The home also offers extra windows with a south-facing view that overlooks the Columbia River valley.



With 1,139 square feet, home 409 includes one bedroom and one bathroom. The apartment offers a large great room, upgraded carpet and paint, an upgraded kitchen, and a southwestern view.

## It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect (cont.)

(cont.) on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body's ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

**“When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”**

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center ([www.sciencedaily.com/releases/2007/12/071213152540.htm](http://www.sciencedaily.com/releases/2007/12/071213152540.htm)) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Waterford, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Director of Life Enrichment/Wellness Kellie Wagnild. ■

## Fitness specialist helps others add balance to life

Waterford Fitness & Wellness Specialist Cathy Lauder, PT, created the new Balance & Posture Class that is launching in Touchmark communities throughout North America. Cathy has specialized interest and training in the areas of fitness and balance for older adults, fall-reduction programs, and strengthening and flexibility programs with emphasis on osteoporosis. She holds a Bachelor of Education from Liverpool Hope University, which is located in England.



**Waterford Fitness & Wellness Specialist Cathy Lauder, PT, (far right) leads a Balance & Posture Class. Cathy specializes in fitness for older adults and created the Balance & Posture Class to help people reduce their risk of falls and improve their balance.**

Cathy has two associate degrees from Portland Community College: one in Applied Science in Fitness Technology and another in Applied Science in Gerontology. She also holds a Personal Trainer Certification from the American Council on Exercise.

Cathy was born and grew up in England but moved from her native country 20 years ago. She then lived in Holland, Ireland, and New Mexico before arriving in Portland, Oregon, nine years ago. “My three children are just about grown, and I proudly watch their new independence in their chosen paths,” says Cathy. (cont.)

(cont.) Cathy loves to garden and is looking forward to planning the yard around her new home. She also enjoys reading, quilting, and doing crafts. “I take every opportunity I can to share time with family, both close and across the sea.” ■

## Coming Events

**Thursday, Feb. 14, 11:30 am**

Lunch bunch at Shanghai Noble House. Cost: \$5 for transportation and bring money for lunch.

**Thursday, Feb. 14, 10 am and 2 pm**

Join us for a heart-healthy walk at 10 am. Walk to five locations around Waterford and gather helpful heart facts. At 2 pm, join us for the heart-healthy social. We'll have a prize drawing for those who participated in the walk, share some heart-healthy facts, and serve appetizers and beverages.

**Saturday, Feb. 16, 2:15 pm**

Transportation leaves for Vancouver Symphony Orchestra performance of Beethoven's *Fidelio Overture*, *Triple concerto piano, violin & cello*, and *Symphony No. 7, op 92* at Skyview Concert Hall. Show starts at 3 pm. Cost: \$3 for transportation and \$22 for a single senior ticket.

**Thursday, Feb. 21, 1:15 pm**

Tour of Stash Tea factory. Learn about premium loose-leaf teas, see a large variety of teapots, and enjoy a customized tea tasting with tea experts. Cost: \$5 for transportation.

**Thursday, Feb. 28, 1:30 pm**

Shopping at Pendleton Woolen Mills and a tour of the Two Rivers Heritage Museum in Washougal. Cost: \$3 for transportation.

## In honor of Valentine's Day ...

Harry and Sadie Hayden celebrated their 68th wedding anniversary in late January. They first met when Sadie was 7 years old. She was a flower girl at the wedding of Harry's sister and Sadie's uncle. Then just after high school, they reunited again in Portland, Oregon, where Sadie lived. Harry, who lived in Salt Lake City, Utah, was bringing his cousin to Portland. After seeing each other for the first time in years, Harry and Sadie saw each other exclusively during the summer. In August, Harry asked Sadie to marry him.

On January 21, 1940, they had a traditional Jewish wedding at Sadie's parents' house.

“Some of the memories I have are of our first apartment in Salt Lake City,” says Sadie. “We used a lot of coal as a heat source. It left a sooty residue, and it was hard to keep things clean.”

Then they bought their first home. Sadie was excited when Harry bought her a dinette set and a buffet to go with the house. Although when she came home one afternoon, she noticed that the set and buffet were gone, as Harry had sold it. He was in the furniture business, and Sadie remembers thinking to herself, “is this how married life is going to be.”

Harry and Sadie moved to the Northwest in 1947. In 1948, Sadie bought Harry a Japanese maple for (cont.)



Sadie and Harry Hayden

(cont.) his birthday. That tree has been with them ever since, and they continue to enjoy it each day, as it is planted in their backyard.

“We’re very close to our family,” shares Harry. The couple has three children (two sons and a daughter), six grandchildren, and seven great-grandchildren. They continue to stay active and involved with their family and their leisure interests. Harry enjoys golfing, playing gin, watching the Trail Blazers, and painting ceramic clowns. Over the summer, the couple had a gathering at their cottage, and Harry gave each person a clown that he had painted. Sadie enjoys reading, playing Maj-Jong, and going to stage shows.

When asked what is the secret to having a happy marriage, Sadie said, “not to go to bed angry and remember that opposites attract. Marriage is a partnership full of commitment, dedication, and work to make it stronger each day.” ■

---



---

## A Q&A on heart health

*February is American Heart Month—a time to raise people’s awareness about how to maintain a healthy heart and avoid heart disease and stroke. Recently Waterford Rehabilitation & Aquatic Therapy Manager Melanie Serpa, OTR/CHT, spoke with Robert S. Djergaian, MD, about heart health.*

**Q:** Is there a relationship between heart health and stroke? If so, what is the relationship?

**A:** Yes, there is a relationship between the health of your heart and the risk of having a stroke. Both heart disease and stroke have many of the same risk factors, and it is very important to know your risk factors.

**Q:** What do you mean by risk factors?

**A:** Several pieces of health information can help determine your risk for heart disease and stroke. They include smoking, weight, family history of heart disease

or stroke, high cholesterol, high blood pressure, and diabetes.

**Q:** What if a person has a problem in one of those areas that you just mentioned? What should he/she do?

**A:** It is important to have a relationship with your primary care physician and discuss your risk factors. You also should have regular medical checkups to monitor your health and, if needed, do tests to determine your risk factors. Your primary care physician can help you understand and manage these risk factors to help reduce the possibility of having heart disease or stroke. ■

## Stay active with Waterford

Check out these activities that are happening at Waterford Health & Fitness Club.

- Water Volleyball—Thursday, Feb. 14 from 5:30 to 6:30 pm. Open to all members.
- Family Swim—Second Friday of every month from 5:30 to 7:30 pm.
- Fall Recovery class for couples—Feb. 21 from 10:30 to 11:30 am. Taught by Waterford Rehabilitation & Aquatic Therapy Manager Melanie Serpa, OTR/CHT, and Cathy Lauder, PT. Space is limited, 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 *What is Heart Failure?* Feb. 19 at 2 pm. Presentation will be in the Forum.