



A Touchmark® community
Est. 1980

Reduce your risk for falls

One in three Americans 65 and older falls each year, and 30 percent of them require medical treatment.

Waterford Health & Fitness Club offers a weekly Balance & Posture class that assesses participants' balance and then employs a variety of exercises and techniques to help reduce the risk of a fall.

Waterford Fitness & Wellness Specialist Cathy Lauder, PT, specializes in fitness for older adults and created the Balance & Posture class.

The class is part of Touchmark's (Waterford's parent company) award-winning Fall Reduction and Awareness Program, which was one of 10 programs recognized nationally by the Falls-Free Coalition at last year's joint conference of the American Society on Aging and National Council on Aging.

The Posture & Balance class meets Tuesdays and Thursdays at 10 am or Mondays and Wednesdays at 3 pm. To join a class, call the Waterford Health & Fitness Club today at 360-433-6400. ■



Waterford Fitness & Wellness Specialist Cathy Lauder, PT, (in blue shirt) leads a Balance & Posture class.



Cathy and a group work on an exercise during a Balance & Posture class.

Waterford launches redesigned Web site

Check out Waterford's updated Web site, WaterfordVancouver.com.

- Life Enrichment/Wellness calendar
- Slide show of homes
- Seasonal e-cards to send to friends
- Options for text size



Choosing how you spend your time

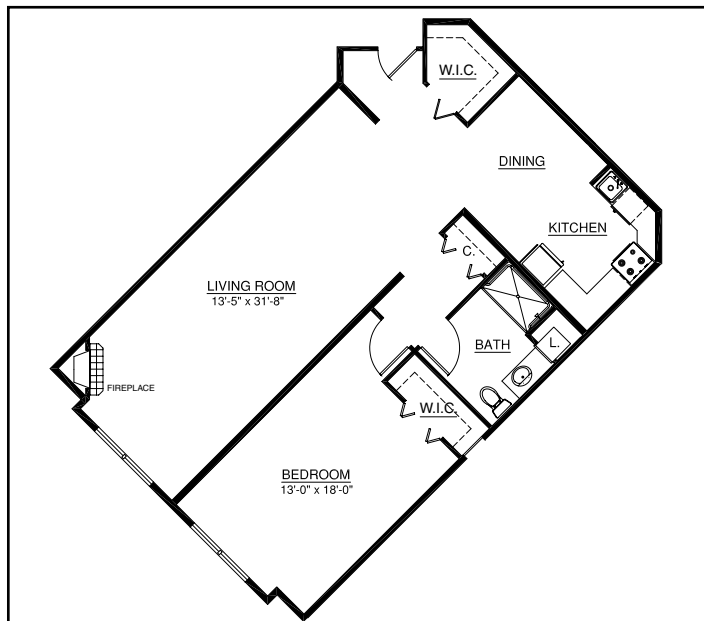
June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn't the case for the men and women who have made Waterford their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. "The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that's what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that."

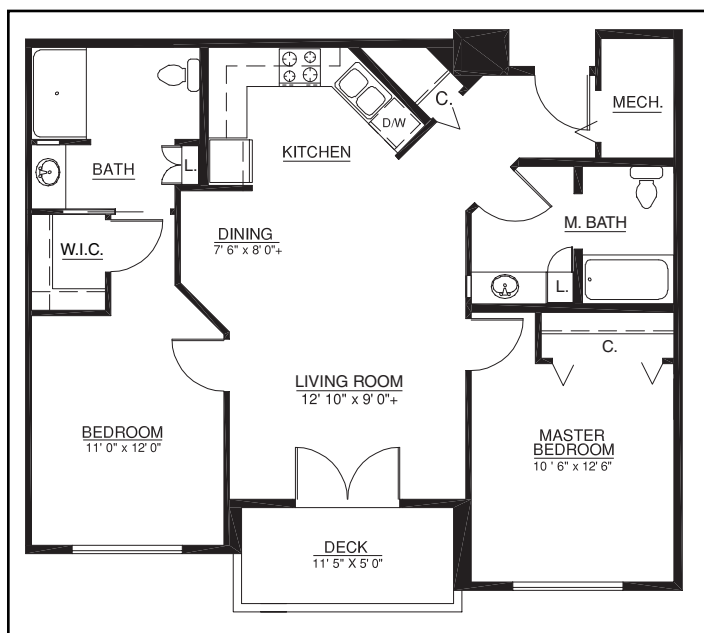
Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others' lives, and

travel. At Waterford, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 360-254-2866 today to learn more. ■



This 1,169-square-foot apartment is located on the fourth floor of the Terrace Building. The apartment features a lovely southwesterly view and a beautiful fireplace.



Offering 990 square feet, apartment 211 is the last two-bedroom available in the Terrace Building. The home includes a great view of the courtyard. Call today for your personal presentation or to join the waiting list for a single-level home.

Team members attend training

In mid-spring, members of the Life Enrichment/Wellness teams from around North America gathered for yearly training. The theme for this year's training was *Destination . . . Discovery*.

Life Enrichment/Wellness Director Kellie Wagnild attended the two-and-a-half day training seminar, where she gathered practical information from speakers and made a presentation about the successful *Young At Heart* prom. Two local high school seniors managed almost every detail of the prom and worked closely with Kellie to finalize the event.

"I'm hoping we'll be able to do the prom event again," says Kellie.

"The Life Enrichment/Wellness professionals across the company are a talented and energetic team with a common purpose—to enrich people's lives," says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. "The annual gathering promotes the exchange of new ideas." ■



Life Enrichment/Wellness Director Kellie Wagnild presents at the training in Portland, Oregon.

Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their "personal" definition of leisure, there is a life satisfaction benefit that is unlike any other.

"He enjoys true leisure who has time to improve his soul's estate."

—Henry David Thoreau, *journal entry, February 11, 1840*

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- "Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair."
- "Rising early to stand in the meadow and bird-watch with other devoted birders."
- "Going on a cruise."
- "Writing [my prose/poetry/journal]."
- "Traveling to a destination that I have longed to see or revisit."
- "Baking with my grandchildren and their friends."

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

To find out more about the pursuit of leisure through life enrichment and wellness program offerings (*cont.*)

(cont.) and events at Waterford, contact Kellie Wagnild, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Thinking spring—and summer

Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking shoes and head out for a walk or hike is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one’s body, mind, and spirit.

However, the commitment to a group-exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known

benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose.

As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■

Watch for summer events

Memories of childhood summers invoke recollections of lemonade stands, baseball games, vacations, and fishing.

To celebrate summer, Waterford has planned a variety of events, such as the classic car show, trips to Beavers baseball games, shopping at the farmer’s market, barbecues, beach trips, outdoor concerts, art shows, winetasting, multicultural events, picnics, and scenic Stepping Out walks.

Check the Life Enrichment/Wellness calendar for upcoming

programs, and join friends and family during this sunny, fun time of year. ■

Sign up for fitness classes

Summer session started June 23, but you can still register. Try some of the aquatic classes, such as Deep Dynamics or the fitness classes, including Balance Challenge, Tai Chi, Seated Tai Chi, Belly Dancing, Yoga, and Strong Bodies.

The club will continue offering adult swim lessons and Masters Swim practices. Call 360-433-6400 or stop by the club to learn more.

Special congratulations

- Waterford Fitness & Wellness Specialist Cathy Lauder, PT, received her American College of Sports Medicine certification.
- Rehabilitation Administrative Assistant Kellie Turner recently gave birth to a healthy baby boy, Kennedy.

Recent events



A group from Waterford boarded the Portland Spirit yacht for a cruise on the Columbia River.



Gene Sauls and KC MacKenzie tour the tulip fields at the Woodland Tulip Festival during a Waterford Mystery Trip.



From left: Roger Cunningham, Gen Summy, and Maxine Bash pose as flowers at the Woodland Tulip Festival.

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Skeet and Stella Mae O'Connell at the Western Night dinner.

Coming Event

**Thursday, June 26,
11 am to 2 pm**

Lunch at The View Point Inn in the
Columbia River Gorge. Cost: \$5 for
transportation and money for lunch.



Walt and Margaret Mortlock ride the Mount Hood Railroad train and view the scenic Hood River Valley.