



A Touchmark community
Est. 1980

Join the Waterford Walkers for the Alzheimer's Association Memory Walk®

According to the Alzheimer's Association, more than five million Americans are living with Alzheimer's disease, and as of today, there is no cure. In an effort to battle this disease, the Memory Walk helps raise money and awareness for Alzheimer's research, care, and general support. The funds raised are used locally.

Joining the fight

Waterford is joining the fight against Alzheimer's disease by participating in the local Memory Walk.

"Last year's event was a big success with 25 team members

raising more than \$2,500 through fund-raising and donations," says Life Enrichment/Wellness Director Kellie Wagnild. "This year, we hope to raise at least \$2,000, and we're inviting the whole community to come support this great cause by either walking and/or donating."

On Sunday, Sept. 28, the Waterford Walkers will join hundreds of people for the Portland Memory Walk. The three-plus-mile walk starts at 9 am by Pioneer Courthouse Square.

"Last year's Memory Walk was a lot of fun," says resident Louise Wooden. "Plus, we supported a

good cause."

Before the Portland walk, the Waterford Walkers are inviting family and friends to participate in a mini walk, which will raise funds for the Alzheimer's Association, as well.

Mayor Royce Pollard of Vancouver will lead the walk at Waterford, while a drummer plays the drums to keep the rhythm—just like during the walk in downtown Portland.

If you'd like to support or join the Waterford team, call Kellie at 360-254-2866. ■

Recent events



Ann Chambers (left) and Louise Wooden take in the splendid smells, sounds, and sights at a local farm in Brush Prairie, Washington. Residents enjoyed tasty refreshments and were able to see the animals (chickens and goats).

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Lavender released a sweet fragrance at the farm in Brush Prairie.



From left: Cecila Ryan, Mary York, and Katherine Schraud pause for a photo after enjoying a picnic near the Port of Camas-Washougal along the Columbia River.



The Stepping Out group enjoys a walk near the Columbia River.

Living with intention



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

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life

to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Waterford, the Life Enrichment/Wellness program focuses on providing social environments where residents, families, and staff can develop (cont.)

(cont.) relationships and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

- “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

- “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop

Alzheimer’s, on average, over four years later in life than people who only know one language (Bialystock et al., 2007).”

- “People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

**Join Waterford for
Active Aging Week
Sept 22 to Sept 28**



How does help with your housekeeping sound?

Living at Waterford enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

Waterford’s maintenance-free homes offer housekeeping services. In addition, a variety of amenities and services, like maintenance assistance and scheduled transportation, are included.

At Waterford, people have the opportunity (cont.)

(cont.) to fully embrace an active lifestyle. Visit Waterford or call 360-254-2866 today to learn more about this summer's featured homes. ■



Apartment 448 offers 1,047 square feet, one bedroom, a fireplace, galley kitchen, and a beautiful view of the Cascade foothills. For a personal tour or to join the waiting list for a cottage home, please call Waterford today.

Coming Events

Saturday, Aug. 2, 10:30 am to noon

Trip to Vancouver Farmers Market. Cost: \$3 for transportation.

Wednesday, Aug. 6, 11:45 am to 5 pm

Beaver Baseball game at PGE Park. Cost: \$3 for transportation and \$9 for ticket.

Thursday, Aug. 7, 9 to 10:30 am

Stepping Out walk at the levee near the Port of Camas/Washougal. No charge.

Thursday, Aug. 14, 9 to 11 am

Stepping Out walk at Vancouver Waterfront Park. No charge.

Thursday, Aug. 14, 11:30 am to 2 pm

Lunch Bunch at Fuji's Grill & Sushi in Vancouver. Cost: \$3 for transportation and money for lunch.

Thursday, Aug. 21, 9:30 am to 12:30 pm

Shopping at Columbia Gorge Premium Outlets in Troutdale, Oregon. Cost: \$5 for transportation.

Friday, Aug. 22, 10:30 am to 12:30 pm

2008 Safeway Classic at Columbia Edgewater Country Club in Portland, Oregon. Cost: \$4 for transportation and \$10 per ticket.

Thursday, Aug. 28, 9 to 11 am

Stepping Out walk at Salmon Creek Park. No charge.

Summer fitness offerings are in full swing

Join a class

Summer classes, such as tai chi, Posture & Balance, and Strong Bodies, are still available for summer enrollment. Would you like to improve your balance, strength, and agility?

Partner with the Waterford team to discover your Prescription for Wellness. Call 360-433-6400 to learn more.

Do you know how to swim?

Learning how to swim as an adult can provide a great sense of accomplishment and personal satisfaction. When starting lessons, the activity can feel very challenging. However, once the skills are developed, the rewards of the accomplishment are immeasurable. Would you like to learn how to swim or sharpen your swimming skills? Take a look at these offerings from the Waterford Health & Fitness Club.

- **Beginning adult swimmers:** Confidence is the key to becoming an independent, active swimmer. “There is no need to be uneasy about swimming,” says aquatic specialist Sheri Bottelberghe, who specializes in helping people overcome their fear of the water. “We start lessons in a shallow part of the pool, where swimmers are able to gain confidence and work their way to the deeper water.”
- **Experienced adult swimmers:** Sheri also works with more experienced swimmers or masters and triathletes. “I evaluate all aspects of a swimmer’s stroke—breathing, body position, streamline, underwater work, kick, arm pulls, turns, efficiency—and then design a program to help that person reach

his/her goals,” says Sheri, who also mentions that aquatic activities can offer fun social opportunities, too. “Being in the water tends to bring out the social side in each of us, and knowing how to swim also will help you enjoy a variety of other aquatic activities, such as boating, snorkeling, and fitness classes.

Coming event

Join the Waterford Health & Fitness Club for a presentation on *Heart Health* Wednesday, August 20 at 10 am. This educational event is presented by the American Heart Association and sponsored by American Medical Association and Walgreens®.

Member survey results

Recently, members took part in a Waterford Health & Fitness Club Member Satisfaction Survey.

“I want to thank everyone for taking the time to fill out the surveys,” says Health & Fitness Director Kim Lehmann. “We appreciate the feedback.”

Highlights from the survey include:

- Fifty-nine percent of the surveys returned rated the staff as “exceeds my expectations” in the category of professional, helpful, available, and friendly.
- One-hundred percent of responders said “yes” when asked if they would renew their membership when it expires.
- One-hundred percent of respondents answering the final question said “yes;” they would recommend the Waterford Health & Fitness Club to a friend. ■