



A Touchmark® community
Est. 1980

Waterford to celebrate 10-year anniversary

More than 200 residents and 180-plus team members are part of the Waterford family today. The community will celebrate 10 years during the week of October 6. Residents and team members are invited to festive events that will honor the community's past, present and future:

Monday, Oct. 6, 3 to 5 pm— Waterford Art Gallery Grand Opening and Anniversary Happy Hour

The gallery features the artwork of local Vancouver artists and Waterford residents. People can enjoy hors d'oeuvres and drinks from the open bar. Concert pianist Jim Fischer will entertain.

Tuesday, Oct. 7, 5:30 to 8 pm— Family & Friends Open House & Dessert Social

Tour the community and model cottage homes; talk with representatives from each department and learn about their roles; watch a slide show of the

past 10 years; enjoy entertainment by piano player Jim Templeton; try the Nintendo Wii video game system; enter to win door prizes; and savor light appetizers, desserts, and beverages.

Wednesday, Oct. 8, 11:30 am to 1 pm—Fire and Police Appreciation Barbecue

Waterford will honor local public safety workers for their 10 years of exceptional service. Representatives from Vancouver Fire Station 89 will join the event. Notwithstanding an emergency, the fire truck will be available for residents and staff to tour. Members of the local police department will attend.

Wednesday, Oct. 8, 3 pm— Discussion of local history and a look at the future

Vancouver City Council member Pat Jollota will discuss the history of Vancouver and the future of Clark County. Jollota, formerly the Curator for Clark County Historical Museum, has published two books

on Clark County history.

Thursday, Oct. 9, 3 to 4:30 pm— Our Story: Waterford

A panel of staff and residents will share their stories and photos from the past 10 years.

Friday, Oct. 10, 4:30 to 7:30 pm — Grand Anniversary Celebration

Listen to the five-piece band Live Jazz Project while enjoying a cocktail hour with a stocked bar and robust hors d'oeuvres. The evening will continue with a ceremony honoring residents who have lived at Waterford for 10 years. Members of the company's leadership team will give a presentation, and Vancouver Mayor Royce Pollard will participate in the ceremonies. ■

Waterford to celebrate 10 years: "pioneers" share their thoughts

"Waterford is the ideal place for me to live. I have access to the services and activities provided, but I am not pressured to partake in them if I prefer not. The atmosphere is friendly and caring yet considerate of a resident's privacy. I can travel and know that my cottage and my cat are secure and well taken care of. When I am done traveling, I enjoy coming home to my Waterford family."

— Margaret Zuke, resident



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"As we get older, it's comforting to have a place like the Waterford to meet our needs. Thanks for so many wonderful employees across the years."

— **Warren and Esther Unzelman, who were presented with a plaque for being the first people to move to Waterford at Fairway Village**



"Waterford meets our needs and having a cottage is a bonus we had not expected."

— **Pete and Sue Thomas, residents**



"After more than 10 years, the challenge and satisfaction of my job has not changed. Helping new residents make the 'right decision' is still my personal reward."

— **Linda Schorr, Waterford Retirement Counselor**



"Great location, the cottages, Health & Fitness Club, wonderful employees, many opportunities to volunteer, additions of the Resident Relations Manager position and the Brain Exercise Classes ... also outstanding grounds contractor, Mike Updike, with his extra service with the Garden Club and Garden Plots."

— **Mac and Marge McClintock, sharing what they have enjoyed about Waterford**



"I cannot believe that I have been working at Waterford since November 18, 1997. Time does fly! I enjoy working at Waterford for several reasons. I do not sit at my desk for long. I am on the go, exercising, and setting up programs. I love Pet Therapy just for the smiles on residents' faces. I enjoy interacting with the residents, getting to know them and they knowing about me."

— **Anita Krivitzky, Waterford Life Enrichment/Wellness Assistant**



"I have yet to meet a man, woman, or staff member I don't like."

— **Hazel Eddington, who resides in the last cottage constructed**

Recent events



Members of the Stepping Out group walk the three-mile Salmon Creek Trail.

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During the Stepping Out walk, John Reynolds picks some berries near Salmon Creek Trail.



Maxine Bash (left) and Virginia Newbury join the Lunch Bunch trip to downtown Portland, where they dine at Fuji Grill and Sushi.



Violet Ohman (front) and Emma Powell admire the flowers at the Dahlia Gardens.



In honor of Active Aging Week, people participate in a variety of wellness activities, including a one-to two-mile walk around the Waterford campus. A drummer plays the drums to keep the rhythm while people start the walk, which was designed after the Alzheimer's Association Memory Walk in downtown Portland.

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Waterford Fitness & Wellness Specialist Cathy Lauder, PT, (left) leads a demonstration of a stretching and strengthening class during Active Aging Week. Mary Lou Williams (in red) and Norma Swanson are pictured.



Medical Director of the Cardiac Catheterization Lab at Southwest Washington Medical Center Margo Kozinski, MD, talks about women's heart health. Margo is sponsored by the American Heart Association and the Go Red for Women campaign.

Nutrition news—eat those blueberries



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

“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—Jeremy Spencer, PhD, Professor of Molecular Nutrition,
University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn't know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It *(cont.)*

(cont.) might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Waterford, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Life Enrichment/Wellness Director Kellie Wagnild or Dining Services Manager Paul Lemke. It’s never too late to make good dietary choices that support active aging. ■

Enjoy the assurance of 24-hour help

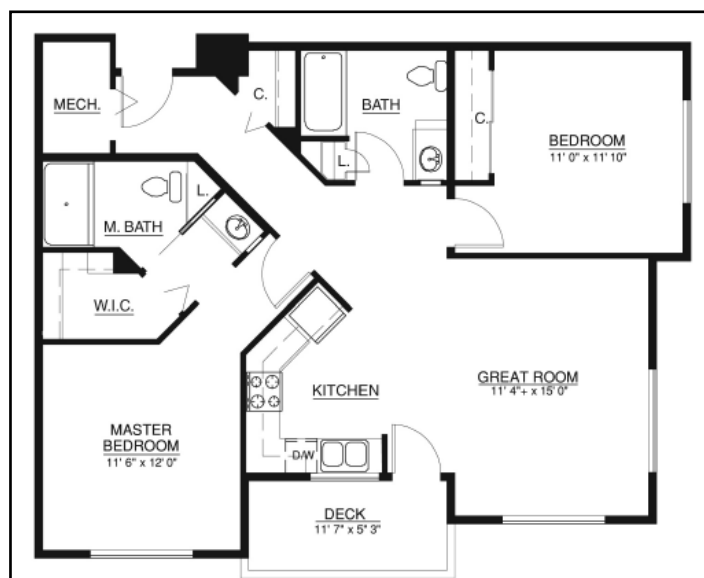
“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore, I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To

learn more about the Waterford lifestyle—and the fall’s featured homes—call 360-254-2866 today. ■



This apartment offers 1,010 square feet, two bedrooms, and two bathrooms. The home is a corner unit with afternoon sun exposure and beautiful views of the Portland city lights.



Apartment 276 features 895 square feet, one bedroom, spacious den, and one bathroom. This home offers a washer and dryer and balcony with a scenic view. Call today for a personal presentation.

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most ex-

pensive, while Las Vegas, Nevada, is the most affordable.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■

Coming Events

Monday, Oct. 6 to Friday, October 10

Waterford celebrates 10-year anniversary. Please see article for details.

Thursday, Oct. 9, 11 am

Lunch Bunch at Rheinlander German Restaurant. Cost: \$28 for transportation, lunch, and gratuities.

Saturday, Oct. 11, 12:30 pm

Oliver at Mountain View High School. Cost: \$12 for ticket and transportation.

Sunday, Oct. 12, 2 pm

Oregon Symphony Pops performs *A Tribute to Dorsey & Sinatra*. Season ticket holders only.

Thursday, Oct. 16, 9 am

Stepping Out at Round Lake in Lacamas Lake Regional Park. No charge. Please dress for the weather.

Saturday, Oct. 18, 2:15 pm

Vancouver Symphony Orchestra presents *The Barber of Seville* overture by Rossini. Season ticket holders only. Cost: \$4 transportation.

Thursday, Oct. 23, 9 am

Stepping Out at Lake Sacajawea Park in Longview, Washington. Lunch on your own at the Monticello Hotel, a

Washington landmark since 1923. Cost: \$5 transportation.

Friday, Oct. 24, 2 pm

Winetasting at English Estate Winery. Cost: \$2 for transportation.

Tuesday, Oct. 28

Pool tournament between residents and staff. The Cue trophy will be given to the winner. The Cue on 2nd Floor at the Waterford. Talk with a member of the Life Enrichment/Wellness staff to learn more.

Thursday, Oct. 30, 9 am

Stepping Out at LeRoy Haagen Memorial Community Park. No charge. Please dress for the weather.

Thursday, Oct. 30, 10 am

Annual Knowledge Beginnings Halloween Parade. Preschool children visit Waterford and show off their Halloween costumes.

Thursday, Oct. 30, 11:15 am

Powells Books in Portland, Oregon. Cost: \$4 for transportation.

Friday, Oct. 31, 3:45 pm

Annual Halloween Costume Happy Hour. Those who dress up could win prizes. No charge.

Waterford Health & Fitness Club offers new fall classes

- Sign-ups for new aquatic classes are under way. Options include Aquatic Flow Motion, Aqua Balance, and Water Volleyball
- New fitness classes include Walking Group at 8 am on Monday and Wednesday and Gentle Yoga.

The Supervised Exercise Program is now being offered

The Supervised Exercise Program (SEP) is a customized program provided to individuals who have completed their aquatic, physical, or occupational therapy and would like to continue receiving professional supervision

and assistance with their prescribed therapeutic exercise program.

“The purpose of SEP is to help people maintain or continue progress after they’ve completed therapy,” explains Waterford Health & Fitness Director Kim Lehmann.

Who can participate in SEP?

A physical or occupational therapist will recommend SEP to those who will benefit from continuing an exercise program under supervision. The therapist will notify our SEP coordinator, who will contact people to schedule an initial appointment.

How frequent are the sessions?

A physical or occupational therapist will recommend the frequency of SEP sessions. The recommended amount is usually

one to three per week, but is flexible, depending on one’s personal fitness goals.

Where do the SEP sessions take place?

Sessions can take place either in person’s home or in the Waterford Health & Fitness Club. Fitness specialists can escort a resident from his/her home to the club.

Is there a charge for SEP?

The fee is \$35 for a half-hour session, and \$55 for a one-hour session. Neither Medicare nor health insurance programs cover fitness program services. The SEP fee can be included on a resident’s monthly bill, charged to a credit card, or paid by check or EFT.

Call the club at 360-433-6400 to learn more. ■