



A Touchmark® community  
Est. 1980

# Waterford celebrates 10 years

Residents, team members, and friends of Waterford recently celebrated the community's 10th anniversary. People gathered for several fun events, including a fire and police appreciation barbecue and grand anniversary celebration.

## Waterford Art Gallery opens

As part of the anniversary festivities, Waterford held a grand opening for its Art Gallery. The exhibit of 18 pieces displays the talents of local and resident artists. At the opening, people were able to view the artwork while enjoying entertainment by pianist Jim Fischer, appetizers, and drinks.

Currently, the featured community artists include:

- Bev Birdwell of Arts Desire with two oil pieces titled *Magnolias* and *Spring Time Garden*;
- Mark Butler with two wildlife pieces, *Summer Jewels II* and *Looking for Lunch*, which are both limited editions;
- Leith Zeuterharst of Earth, Glaze, and Fire with four pieces, titled *Laundry Day*, *Small Church in Northern Norway*, *Garden Goddess*, and *Snowy Woods*.

The current featured Waterford residents include:

- Van Gibson with two oil pieces: *Families of Ducks* and *Coast Guard Training Vessel*;
- Virginia Johnson with *Small*



Glen Fields, Retirement Counselor Tracy Fields, and Ann Chambers honor Waterford at the 10-year anniversary celebration.



Waterford management team celebrates at the 10-year anniversary event. Back row, from left: Eric Christensen, Lynn Stone, Summer Purdy, Kim Lehmann, Kellie Wagnild, Susan Kergil, Gary Shapiro, Tracy Fields, Linda Schorr, and Jay Leo. Front row, from left: Jeremy Barnes, Anita Krivitzky, Paul Lemke, and Nichole Whitaker. (cont.)

(cont.) *Church in Norway* and *Sunset*.

The following residents are lending artwork to the gallery: Willard and Rosaline Mallory, Ed Johnson, and Mary Ellen Vaughan.

The Waterford Art Committee, which includes Mary Ellen Vaughan, Willard and Rosaline Mallory, Marion Beals, Virginia Johnson, and Nada Jarvis, helped make the gallery a reality. Committee members are in charge of all art gallery decisions, including selecting the art.

The Waterford Art Gallery uses the Arakawa Hanging Systems, which can be found in the Smithsonian.

The gallery's exhibits will be changed every three months. Some of the artwork is available for purchase. Artists also have the option of donating their artwork to the Touchmark Foundation.

To showcase artwork or get more information, contact Resident Relations Manager Nichole Whitaker or Life Enrichment/Wellness Director Kellie Wagnild at 360-254-2866.

The art gallery is open from 9 am to 5 pm, Monday through Friday. ■



**Featured artist Van Gibson in front of his picture *Families of Ducks* with his son Tom Gibson.**



**Featured artist Virginia Johnson in front of her picture *Small Church in Northern Norway* with Resident Relations Manager Nichole Whitaker.**



**Residents and staff thanked local emergency responders, including representatives from Vancouver police and Fire Station 89, at a barbecue.**

(cont.)

(cont.)

## A special thank you

During the 10-year anniversary celebration, several local businesses donated prizes and certificates to the Friends and Family Night. Their generous donations added to the excitement of the event. Special thanks to:

- di Tazza Gourmet Italian Coffee & Pastries
- Waterford Hair and Nail Salon
- Big Al's Bowling, Billiards, Arcade, Events, and Sports
- Trader Joe's
- Waterford Health & Fitness Club: Massage Therapy
- Applebee's®
- Dry Cleaning Station/Alterations Station
- Burgerville
- Blue Bird/Atlas® moving company



Apartment home 358 offers 775 square feet, two bedrooms, and one bathroom. It features bay windows in the bedroom and a charming balcony. Call today for a personal presentation or to join the waiting list for a cottage home.

## Get your 2009 Touchmark calendar

## Enjoy convenient, tasty meals

Good company, good conversation, and good cuisine can enhance a person's overall well-being and health. Not only can mealtimes provide people with nutrition to fuel their bodies, but mealtimes often offer a relaxed setting, where people can savor food and cultivate friendships.

If you'd like to enjoy a complimentary meal and tour Waterford's available homes, call 360-254-2866. ■



This year's calendar theme is Destination ... Discovery. Each month features a different Touchmark community and provides photos of some of the many fulfilling destinations and discoveries that residents, team members, and community partners enjoyed together in 2008. December highlights the work of the Touchmark Foundation. Residents and staff will receive copies of the calendar soon. Others interested in receiving a copy of the calendar can contact a member of the Sales team.

## Waterford staff help people “grow new brain cells”

“The scientific community widely accepts the idea of ‘use or lose it’ when it comes to maintaining cognitive function,” explains Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD. “We’ve learned that older adults are able to grow new brain cells and improve their memory ability with regular cognitive exercise.”

Rob led Waterford staff and invited guests through more than 10 hours of training, which ended with attendees taking and passing an exam that certified them as Geriatric Wellness instructors for a period of two years.

With this certification, team members from Waterford and its parent company, Touchmark, are part of an exciting new trend in brain research.

“Research about the brain, cognitive function, and aging is coming out at rapid speed,” explains Rob. “Touchmark is the largest company that has pursued this certification, and their staff members are now equipped to create and offer brain-building programs designed with this cutting-edge research in mind.”

### Buzz your brain

The Waterford Life Enrichment/Wellness team is offering several cognitive-focused programs, including the Brain Train class. One popular class activity is Brain Buzz. Participants count aloud and say “buzz” every time they land on a multiple of seven. The direction reverses when someone says buzz.

“This seemingly simple activity requires attention and uses the frontal lobes and the right parietal lobe; it builds the brain—and gets a lot of laughs,” says Life Enrichment/Wellness Director Kellie Wagnild. Other cognitive enhancement activities include Facts of the Day, word generation activities and games on the Nintendo Wii.

To learn more about Waterford’s brain-building classes, please ask Kellie. ■

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*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.**

## Memory Walk supports Alzheimer’s disease research, education, and care

The Alzheimer’s Association reports “10 million baby boomers will develop Alzheimer’s in their lifetime.”

To reduce these statistics Waterford recently participated in the Alzheimer’s Association Memory Walk® as well as an on-campus memory walk to raise awareness and support for the Alzheimer’s Association®.

In honor of the Portland Alzheimer’s Association Memory Walk, people participated on campus in a memory walk led by Executive Director Jay (*cont.*)

(cont.) Leo. People walked to the steady beat of drums played by Lou Chavez. Following the walk, people attended a Wellness Fair in honor of Active Aging Week with live entertainment by Earthquake Ethel's Roadhouse Jazz Band.

The following day, Waterford Walkers took part in the Memory Walk in downtown Portland. Thirty-three people participated, including staff members and their families. The Waterford Walkers raised more than \$1,100.

"According to the Alzheimer's Association, by 2050 the number of individuals 65 and over with Alzheimer's disease could range from 11 to 16 million," says Life Enrichment/Wellness Director Kellie Wagnild. "We're so thankful to have the support of Waterford staff, residents, and greater community." ■

## Celebrating, giving, and receiving



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

Once again, it's the season of celebration and for many of us a time of reconnection with family, friends, traditions, and celebrations.

Grief and sadness often are stronger during the holidays and shared celebrations. Over

the course of the year since the holidays were celebrated last, you or others may have experienced the loss of important relationships. Diminishing health, finances, and/or possessions also can be difficult to accept in a season known for giving and "good cheer."

**"Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."**

—*Marcel Proust*

Personal faith and spiritual practices provide solace and comfort to many who are coping with change. New friends, ceremonies, and celebrations are resources that also can give comfort and renew the spirit. Finally, there is a lot of research that shows reaching out to others—especially the disadvantaged or needy—offers consolation and solace to the giver/doer.

As the daylight hours grow shorter and fuller with preparations and planning for the holidays, take the time to do a personal assessment of your emotional health and reflect on the things that bring you comfort, joy, and peace. Take the time to do an inventory of your blessings and write a note to someone who is primary in your circle of well-being. For additional resources and opportunities for service and commitment, contact

Kellie Wagnild, Life Enrichment/Wellness director. Be a "charming gardener" and enjoy the fruits of celebrating, giving, and receiving. ■

## It's time for flu shots

Caused by viruses, the flu (or influenza) is a contagious respiratory illness that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Vaccine should be available in your location now.

According to the CDC, yearly flu vaccination should begin as soon as the vaccine is available and can continue into the spring. For people not able to get their influenza vaccine in the fall, vaccination in December, January, and beyond is beneficial in most years.

Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

If you have questions about the flu or how/where to get a flu shot, contact your health care provider or visit [www.cdc.gov/flu](http://www.cdc.gov/flu). ■

## You said it!

*“Everything at the Waterford is great! The only complaint I have is that I should have moved here a long time ago!”*

**Irma Lien**

—Resident

## It's harvest time!



Anne Chambers (left) and Jean Stulbarg look over the produce at Kruger's Farm on Sauvie Island.



Kathleen Flabetich (left) and Violet Ohman joined other residents for the recent mystery trip to Kruger's Farm on Sauvie Island. The farm sells a variety of seasonal produce and has a five-mile corn maze.

## Hydro Massage Therapy comes to Waterford

Licensed massage practitioner Gayle Scott is adding a Hydro Massage Therapy service. Hydrotherapy has many benefits when used alone or in conjunction with a massage. “Hydrotherapy increases circulation, removes toxins from the body, and promotes relaxation and well-being,” says Gayle. “This therapy ensures long-lasting relief from stiffness and muscle pain.”

Gayle has relocated to a newly redecorated massage therapy room, which includes a spa. Visit her new location during November and receive a small gift. Gayle is available Monday, Tuesday, Thursday from 9 am to 4 pm.

## Great American Smokeout® is in November



Thursday, Nov. 20 marks The American Cancer Society's Great American Smokeout. The day is intended to encourage people to quit smoking for the day, which hopefully will encourage them to quit for good. To find out about local events or to gather resources, visit [www.cancer.org](http://www.cancer.org).



Smoking is a key contributor to memory loss. During November, the Alzheimer's Foundation of America is organizing National Memory Screening Day (Nov. 18). To learn more, visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org).

# Waterford already using new Physical Activity Guidelines for Americans

Adults gain substantial health benefits from two-and-a-half hours a week of moderate physical activity each week. Activities should include aerobic activities, which make the heart beat faster and strengthen the heart, lungs, and blood vessels, and strengthening activities that make muscles do more work than usual. Both are needed each week, according to the new Physical Activity Guidelines for Americans. In early October, the U.S. Department of Health and Human Services (HHS) released the comprehensive set of recommendations for people of all ages and physical conditions.

## Waterford introduced new guidelines last year

A year ago, the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) released similar guidelines. “As soon as ACSM and AHA

released their guidelines, we modified our fitness programs,” says Vice President of Wellness & Programs, Touchmark, Marge Coalman, EdD. “Essentially, Touchmark has been following the latest guidelines for the past year.”

The new HHS guidelines include several recommendations just for older adults. These are:

👉 When older adults cannot do two-and-a-half hours of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

👉 Older adults should do exercises that maintain or improve balance if they are at risk for falling.

👉 Older adults should use relative intensity to determine their level of effort for physical activity.

👉 Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

According to the guidelines, inactive persons can begin to gain health benefits as they increase their

physical activity—even before they reach two-and-a-half hours each week of moderate-intensity aerobic activity. Plus, research shows the benefits of physical activity outweigh the risks of injury and heart attack.

To learn more about the HHS guidelines, visit [www.health.gov/paguidelines/adultguide/default.aspx](http://www.health.gov/paguidelines/adultguide/default.aspx). ■

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7	5	9	3	2	8	6	1	4
8	6	4	7	5	1	3	9	2
3	2	1	4	9	6	5	7	8

Answers to the Sudoku on page 4

## Coming Events

**Thursday, Nov. 20, 10 am**

Shopping at Westfield® Shopping Center.  
Cost for transportation: \$3.

**Sunday, Nov. 30, 2:15 pm**

Oregon Symphony presents *Von Trapp Family Christmas*. Arlene Schnitzer Concert Hall. Cost: transportation \$5; season ticket holders only.