

Team members offer time and talents

A few months ago, Life Enrichment/Wellness Director Kellie Wagnild invited Waterford team members to help plan, organize, and facilitate some events and activities.

“Over 150 people work at Waterford,” says Kellie. “That’s dozens of unique individuals who can offer creative, fun ideas to help build up our program.”

Kellie explains that in recent months staff-inspired and staff-led activities have grown. “This is adding variety and dimension to our offerings,” she says.

For example, Business Office Manager Lynn Stone organized a

pumpkin-carving activity in early fall. The carved creations later decorated Waterford’s front entrance. Health Service Administrator Susan Kergil also has led some craft classes.

More recently, the Health & Fitness Club staff decorated one of the many holiday and Christmas trees. There was a residents-versus-staff pool tournament, which Housekeeping Manager Jeremy Barnes helped run. Director of Sales Eric Christensen and Dining Services Manager Paul Lemke also held a winetasting.

This month, part-time Information Technology team member

Brian D’Agostino is currently offering computer classes every Sunday at 1 pm in the computer lab.

“The staff are enjoying sharing their talents with residents. And it’s fun to see the already strong relationships among residents and staff grow even deeper,” says Kellie.

If you’d like to learn more about Waterford’s award-winning Life Enrichment/Wellness program, talk with Kellie. ■



Dining Service staff member Devin Peton takes aim at the eight ball during the residents-versus-staff pool tournament. Staff won the tournament, but there’s already been talk about having a rematch.



Resident Josie Meyer helps carve a pumpkin during a craft class organized by Business Office Manager Lynn Stone.

Make daily deposits in your bank of well-being



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

“The silence allows you to listen to the wind, your step, the fragrance of love.”

—Signpost along the “walk of silence” at Lake Orta

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

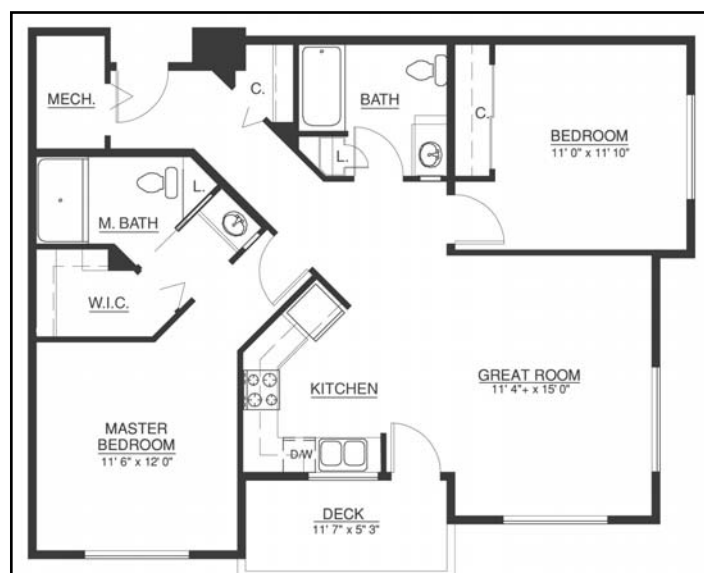
If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and

contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Waterford, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Waterford Life Enrichment/Wellness Director Kellie Wagnild for information on the program opportunities that will provide meaningful moments throughout your day. ■

Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from *(cont.)*



Located in the Terrace Building, apartment 221 offers 1,010 square feet, two bedrooms, and two bathrooms. This apartment features ample storage space and a balcony with views of the Portland city lights. Call today for a personal presentation or to join the waiting list for cottage homes.

(cont.) place to place. Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Waterford offers snow and ice removal and scheduled transportation.

Visit Waterford or call 360-254-2866 today to learn more about this winter's featured homes. ■

Waterford honors those affected by Alzheimer's disease

The Waterford community, family, and friends gathered for the sixth annual National Commemorative Candle Lighting. The Alzheimer's Foundation of America (AFA) sponsors these nationwide ceremonies each November, which is National Alzheimer's Disease Awareness Month.

"The Candle Lighting Ceremony was a very touching ceremony that brought back both happy and sad memories," says resident Marilyn Ross. "I was very impressed with the event and look forward to attending next year."

During Waterford's program, musician Denny Kelso led some songs, people held battery-powered candles, and there was the reading of names in recognition and remembrance of those affected by Alzheimer's disease.

"This event is close to our hearts at Waterford," shares Kim Lehmann, Waterford Health & Fitness director. "We have the honor of serving people who live with Alzheimer's disease and other age-related dementias."

National Commemorative Candle Lighting is one of AFA's ongoing initiatives to raise awareness of Alzheimer's disease and related illnesses. For more information about AFA, call 866-AFA-8484 or visit www.alzfdn.org. ■

Celebrating 10 years of service



Waterford recently honored team members for their years of service during the annual Pewter Party. For each year of service, each team member receives a piece of pewter, which eventually completes a 10-piece set. Last year, the event was expanded, and now residents attend the celebration to honor staff. From left: Senior Vice President Brian Pryor poses with Waterford Retirement Counselor Linda Schorr, Life Enrichment/Wellness Assistant Anita Krivitzky, Assisted Living Caregiver Bonnie Moore, and Waterford Executive Director Jay Leo. Linda, Anita, and Bonnie each have been with the community for more than 10 years.

Coming Events

Thursday, Dec. 11, 9 am

Stepping Out walk at Tidewater Cove. No charge. Please dress for the weather.

Thursday, Dec. 11, 11 am

Lunch Bunch trip to the restaurant at the Historic Reserve. Cost: \$20 for transportation and lunch.

Friday, Dec. 12, 1:30 pm

Rojo the pet-therapy llama visits Waterford. No charge.

(cont.)

(cont.) **Friday, Dec. 12, 4:30 pm**
Dinner at Shenanigans. Watch the holiday boats. Cost: \$40 for dinner and transportation.

Saturday, Dec. 13, 1:30 pm
Entertainment by Pianist Stan Lasley. Fireside Lounge. No charge.

Thursday, Dec. 18, 9 am
Stepping Out walk at Esther Short Park. Bring money for treat at the Quay.

Friday, Dec 19, 10:45 am
Prairie High School holiday choir performance. Fireside Lounge. No charge.

Sunday, Dec. 21, 7:30 pm
Chanukah celebration. Fireside Lounge. No charge.

Wednesday, Dec. 31, 3 pm
Entertainment by Concert pianist Jim Fischer. Fireside Lounge. No charge.

Wednesday, Dec. 31, 7 pm
New Year's Eve party with dessert, champagne, and slide show. Fireside

boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREATBIGTHANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online (TouchmarkFoundation.org) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation
Attn: Holiday Food Box Project
C/O Waterford at Fairway Village
2911 SE Village Loop
Vancouver, WA 98683-8103

Waterford recently donated 500 boxes to the Camas Fire Department, which will fill the boxes with food, toys, and Goodwill coupons as part of a holiday assistance program. Families in need with children in the Camas School District will receive the boxes around December 20.

Order your pie today

Waterford offers a variety of catering options, from small in-home parties to large group events. This holiday season, let Waterford help you prepare for the festivities. Order a freshly made pie today. Pumpkin pie or apple-crumble pie: \$8 each. Pecan pie: \$9.

Please call 360-433-6500 or stop by any of the Waterford dining rooms for more information.

Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others? Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food

Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

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

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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.

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.

Recent events



Virginia Newbury (left) and Marilyn Ross took part in the recent Stepping Out walk at Lake Sacajawea Park in Longview, Washington.

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(cont.)



From left: Joanie Nelson, Stella Mae O'Connell, and Joanie's sister-in-law Kathryn Hogan show off their costumes at Waterford's annual Halloween Costume Happy Hour.

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

Answers to the puzzle on page 5

News from the club

Sign-ups are under way, and there's still time to register. The winter session starts January 5 and continues through March 27.

Additional classes offered during this session include Belly Dancing, Healthy Back, Strong Bodies II, and Deep Water Flow. Regular classes, such as Tai Chi, Posture & Balance, Flow Motion, Smooth Moves, and Water Volleyball also will be available.

Swim Challenge winners

Congratulations to the following Swim Challenge participants:

- 25 miles: Pam F., Linda R., Vic V., Jim B., Tommie E., and Barb H.
- 50 miles: Elaine W., Twila E., Karen P., and Nana P.

Family Swim night

Join us for an evening of swimming Saturday, Dec. 13 from 5 to 7 pm. Please RSVP by calling 360-433-6400.

Try the Concept2® Indoor Rower

The Concept2 Indoor Rower is a new addition to the Waterford Health & Fitness Club. The machine provides a low-impact workout. Talk with a member of the club staff to request an orientation.

Some areas to close for renovation

The club will be replacing the floor of the men's locker room, private changing room, and lifeguard offices later this month. At the same time, the club is planning to resurface the therapy spa. As a result, the pool and spa area will be closed for club members from Monday, December 22 to Sunday, January 4. The pool will be closed for therapy clients from December 24 through January 4. Because there are no classes scheduled during this time, there should be minimal disruptions. The exercise and conditioning room will remain open during this period. ■