

Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2008, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health

Promotion Institute, which is part of the National Council on Aging. In addition, some team members received their two-year certification as Geriatric Wellness instructors.

During this past holiday season, Waterford gave team members the gift of giving to others. Each department received \$150 to use to help a nonprofit agency or family/individual in need.

With these team-built achievements as the foundation for

2009, I look forward to growing as a community and continuing to serve residents, their families, and the Vancouver community.

Join us for another exciting year!



A handwritten signature in black ink that reads "Jay Leo".

Jay Leo
Executive Director

Take fall reduction to the next step

The Centers for Disease Control and Prevention has noted that each year, one in three adults 65 and older falls. At this rate, by 2020, the annual cost of fall injuries is expected to reach nearly \$55 billion (in 2007 dollars).

On **Tuesday, Jan. 20**, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, will present *Fall Reduction: Next Steps* at 1:30 and 5:30 pm. There is no charge for the presentations, which are open to the public. They will be held at Waterford in the Forum. To ensure adequate seating, people are asked to call 360-254-2866 to reserve a spot.

Touchmark is Waterford's parent company. In 2007, the Touchmark Fall Reduction and Awareness Program was one of 10 national programs identified by the Falls-Free Coalition for creative programs and practices in home assessment and modification. The award-winning program is designed to educate and inform people of all ages how they can avoid falls.

"The essence of the program is the partnership created with people to enhance balance and mobility and support independence—thus reducing the risk of falls," says Marge.

At Touchmark, Coalman is responsible for developing and implementing programs that enrich people's lives through customized physical, intellectual, and spiritual activities. Additionally, she provides support and oversight for Touchmark's Assisted Living and Memory Care programs.

Marge received her doctorate in Education from Oregon Health Sciences University and holds a master's degree in Education from Portland State University. Her bachelor's degree is in Physical Therapy from the University of Washington.

A guest professor for Oregon State University, Portland State University, and the Oregon Gerontological Association, Marge is sought internationally as a conference speaker. She also is a contributing journalist to the International Council on Active Aging as well as a course developer and master trainer for the Oregon Health Care Association.

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Ten tips to help reduce falls

1. *Begin/maintain a regular fitness program*
2. *Have your vision checked*
3. *Make your home safer (e.g., providing better lighting, removing rugs)*
4. *Have your health care provider review your medicines*
5. *Wear good shoes*
6. *Stay hydrated*
7. *Take your time and don't rush*
8. *Eat balanced meals and maintain a healthy diet*
9. *Pay attention and be in the moment when you're moving*
10. *Use an adaptive device, if recommended by your physician or therapist* ■

Stepping Out with Waterford

Walking: a fundamental motion of the human body that is used as a mode of transportation, exercise, exploration, and even for mental clarity. At Waterford, the Stepping Out program recognizes that walking is all of these things—plus a fabulous social activity.

“We design our Life Enrichment/Wellness offerings around several components, one of which is daily exercise,” says Kellie Wagnild, Life Enrichment/Wellness director. “A few years ago, we launched the Stepping Out program, and it has been very popular ever since.”

The Stepping Out program is open to all residents and offers three Thursday morning walks a month. A group of roughly 15 residents walk



and explore area parks, trails, and other local hot spots. Each walk is about a mile in length.

“A little rain can't stop this group! They go out walking rain or shine,” says Kellie.

Under Kellie's direction, Life Enrichment/Wellness Assistant Marilyn Robb coordinates the Stepping Out program. Her mission: to keep the walks interesting by finding a variety of areas with natural beauty and often *(cont.)*



In 2008, the Stepping Out group visited and walked through 35-plus local places of natural beauty. During the trip shown above, residents walk part of Vancouver Lake Park.

(cont.) historic significance. “I usually scout out areas to walk before taking the group there,” says Marilyn, who shares that her husband, Bill Robb, also volunteers to help with the outings and enjoys getting to know the residents.

During the walks, Marilyn or Bill will lead the group while the other walks at the end of the group, making sure everyone is doing OK.

The Stepping Out group averages about 36 trips a year. Some of the interesting places they’ve explored include David Douglas Park, Round Lake in Camas, Lake Sacajawea in Longview, Burnt Bridge Creek trail, Skamania Landing in the Columbia River Gorge, Vancouver’s Waterfront and Central Park, Tidewater Cove, Orchards Park, Vancouver National Historic Reserve, Salmon Creek Trail, Frenchman’s Bar, Esther Short Park, Washougal Levee, Vancouver Lake, the Vancouver Land Bridge, and the Washington State University Vancouver campus trail.

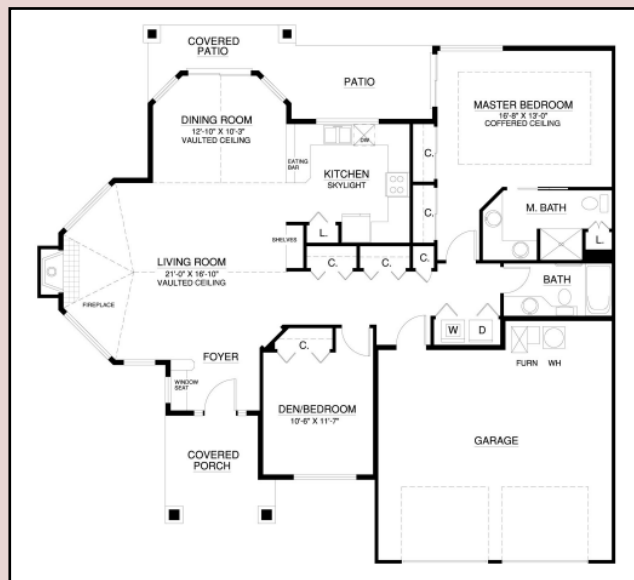
“I’ve heard from those who participate in the walks that they enjoy the fun, the social time, the outdoor beauty, and the benefits of exercise,” says Kellie. “I’d really encourage others to join the group and experience the lovely local area.”

To learn more about Stepping Out, talk with Marilyn or Kellie. ■



Rain or shine, the Stepping Out group hits the trail, including this recent outing to Tidewater Cove.

Tour these homes today!



Located at 2925, this 1,461-square-foot cottage home offers two bedrooms and two bathrooms. A cozy fireplace and soaring vaulted ceilings created a sense of openness and warm in the great room. There is ample room for a vehicle and storage in the attached two-car garage. Call today for a personal presentation.



Enjoy the sweeping views from Terrace 416. This home offers much in its 990 square feet, including two bedrooms, two bathrooms, vaulted ceilings, gas fireplace, and a washer and dryer. The real show-stopper of the apartment is the view ... enjoy seeing Mt. Hood, the Columbia River valley, and the city lights of Portland from the comfort of this home. Call today for a personal presentation.

Celebrations!



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

“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

—John Burroughs, naturalist and essayist

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

The intent is multifaceted. Of course, we’ll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have published books. Part of Touchmark’s ongoing Let Your Spirit Soar activities, the series will be featured

in newsletters and on the Touchmark Web site (Touchmark.com).

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment/Wellness Director Kellie Wagnild at 360-254-2866. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

Get involved! Enrich your life!

Participate in the various Life Enrichment/Wellness events and activities, and continue or start your pursuit of whole-person wellness this year.

“We design events and activities that focus on each resident’s abilities, needs, and interests,” says Life Enrichment/Wellness Director Kellie Wagnild. “If residents have thoughts about additional or new events, I’d like to hear their ideas.” Kellie adds that there are 60 residents who volunteer on committees or even help lead programs. “If you’d like to learn more about available volunteer opportunities, talk with me.”

Stay informed. Stay involved.

Waterford offers several ways for residents to stay informed of all the Life Enrichment/Wellness events available. Monthly calendars are distributed at the beginning of each month, supplemented by the week-at-a-glance flyer, which highlights programs and notifies residents of any changes or additions to the regular calendar.

Another way to stay informed is to tune in to the Waterford internal television station, channel 28, to view daily programs that are offered and important messages. ■

News from the Waterford Health & Fitness Club

January is Fall Reduction Awareness Month at Waterford at Fairway Village

In addition to the *Fall Reduction: Next Steps* presentation January 20 (see page one for more details), Waterford at Fairway Village and Waterford Health & Fitness Club invite residents and club members to participate in the following programs during Fall Reduction Awareness Month.

Thursday, Jan. 22, 10 am

Taking Steps to Reduce Falls. Presentation and open discussion with Health & Fitness Director Kim Lehmann. Forum.

Tuesday, Jan. 27, 11 am

Fall Recovery, presented by Waterford Rehabilitation & Aquatic Therapy Manager Melanie Serpa, OT. Health & Fitness Club Studio. Please register in advance.

New session under way

The club's new class session started January 5 and will run through March 27. There still is space available in some classes; please visit the club's front desk for details.

Sign up for Home Safety Assessment

Sign up for your complimentary Home Safety Assessment at the Waterford Health & Fitness Club front desk or call 360-254-2866, ext.1027. The assessment is part of Fall Reduction and Awareness Program. ■

Helping those in need



In the spirit of the holiday season, residents and staff once again gathered to pack and place nonperishable food items in holiday food boxes. Each year, the community has joined with the Touchmark Foundation and other Touchmark and Waterford communities around North America to create hundreds of food boxes for families in need.



A rain and snow mix started falling when the Waterford team delivered the 75 food boxes to The Salvation Army.

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Each box contains enough food for meals over three to five days.

Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____
2. a eyeliners town sour = _____
3. weathering rye inn = _____

*Answers:
1. happy new year 2. new year resolutions
3. ring in the new year*

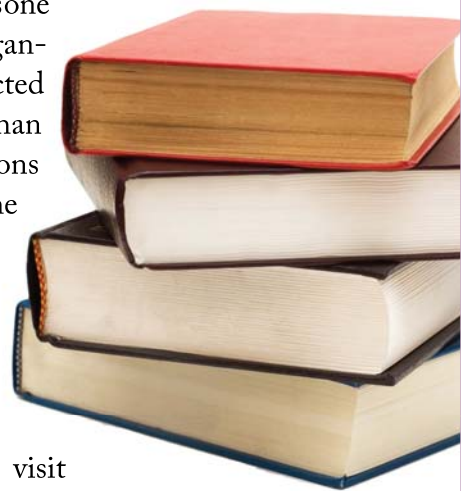
Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark’s award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. “I was surprised by the number of authors we discovered once we announced the project,” she says. “Literally, there are dozens of published authors living at Touchmark communities.”

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark’s resident authors, visit touchmark.com/authors-in-residence.



Recent events



A group traveled to Portland and dined at Shenanigans' Steaks and Seafood.



During the holidays, Waterford was blanketed with snow bringing smiles to people's faces and drawing them to the festive decorations and fireplaces.

Coming Events

Tuesday, Jan. 20, 1:30 and 5:30 pm

Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, will present *Fall Reduction: Next Steps*. There is no charge for the presentations, which are open to the public. They will be held at Waterford. To ensure adequate seating, people are asked to call 360-433-6400 to reserve a spot.

Thursday, Jan. 22, 9 am

Stepping Out walk at Tech Center Walkway. No charge.

Thursday, Jan. 22, 1:30 pm

Tour of the Port of Vancouver and maritime facilities. The US Coast Guard requires official photo identification, such as a driver's license, passport, or state identification card, for all port visitors over the age of 18. No cameras are allowed on the secure terminals. Cost: \$3 for transportation.

Sunday, Jan. 25, 3 pm

Oregon Symphony's *Bright Lights of Broadway* production. Season ticket holders only. Cost: \$5 for transportation to and from the Arlene Schnitzer Concert Hall.

Thursday, Jan. 29, 9 am

Stepping Out walk at the Vancouver Land Bridge. This 40-foot-wide, earth-covered pedestrian bridge connects the Columbia River waterfront with historic Fort Vancouver. No charge.

Thursday, Jan. 29, 1:30 pm

Clark College 47th Annual Jazz Festival. Vocal jazz ensembles and jazz bands from high schools in Oregon and Washington are invited to participate in this competition to be held in Gaiser Hall. Cost: \$5 admission, \$3 transportation.