

Brain-building offerings expand

After participating in cognitive enhancement training and receiving their Geriatric Wellness instructor certifications last year, Waterford team members launched the now-popular Brain Builders class (which originally was called Brain Train).

The class has generated such positive feedback and interest that the Life Enrichment/Wellness team will offer a new level of the Brain Builders class starting Feb. 18, and the Waterford Health & Fitness Club will launch Brain Aerobics starting April 14.

Participants enjoy brain buzz and fun

Every Thursdays at 1:30 pm, a dozen-plus people meet for fun and brain-building activities. For a warmup, the class often does Brain Buzz. Participants count aloud and say “buzz” every time a person lands on a multiple of seven or says a number with seven in it. The direction reverses when someone says “buzz.” The group usually reaches 100 and now is trying to hit a higher number.

“I enjoy going to the class each week, because it is fun, and I want to keep my brain active. It is a good group of people, and I like learning,” says resident Mary Lou Williams. “It is one of my favorite things to do here.”

Dorothy D. Workman agrees,

saying, “It gives me a variety of ways of looking at the world. Some of which are unfamiliar to me. All experts say to try new things as a way to keeping your brain active.”

During one class, people found themselves laughing while trying to untangle a tongue twister. Participants had to say a tongue twister aloud while simultaneously writing it down using their nondominate hands.

The brain building continues throughout the week with homework, which the group reviews during the next class. “Homework is good. It is like having an additional two to three classes per week,” says resident Mac McClintock, who looks forward to attending class each week.

Join the buzz

The new 10-week class starts Feb. 18 and will be offered in the Claremont neighborhood. To join the class, people can show up at 2 pm for pretesting and registration. Residents can join the current class at any time. If people have questions or would like to join a Brain Builders class, they can talk with Kellie Wagnild, Life Enrichment/Wellness director.

The Waterford Health

& Fitness Club will blend heart-healthy fitness with brain-building exercise in its new 10-week Brain Aerobics starting April 14. The class incorporates physical movement with cognitive stimulation to increase participants’ coordination and improve their confidence. Additionally, the class provides people with the tools and skills to incorporate brain-building behavior into their lifestyle. The class is open to the public and will meet every Tuesday at 1:30 pm. Pricing for one class semester is \$75 per nonmember, \$50 per club member, and \$25 per resident. To register, people can stop by the club or call 360-433-6400. ■

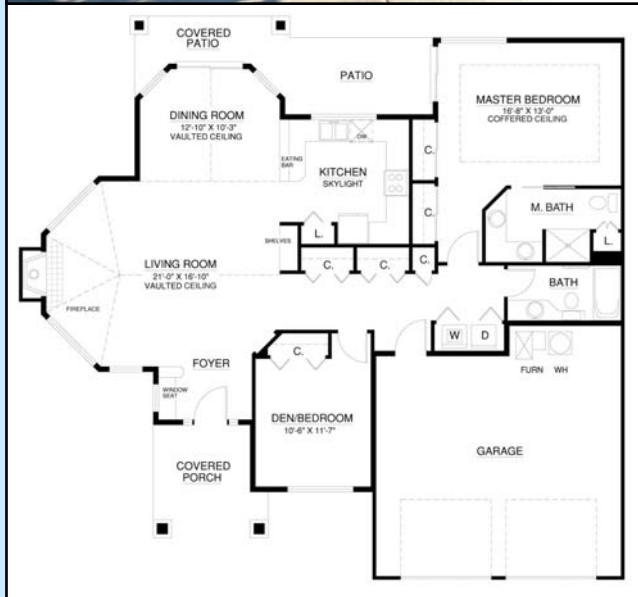
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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

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. See page six for answers.

Look what's available at Waterford!



This 1,461-square-foot cottage home offers two bedrooms and two bathrooms and is located at 2925. Enjoy the warm fireplace and sense of openness created by the soaring vaulted ceilings in the great room. The attached two-stall garage provides ample parking and storage space. Call today for a personal presentation.



Enjoy the view of Mt. Hood, the Columbia River valley, and Portland city lights! This beautiful fourth-floor Terrace apartment offers two bedrooms and two bathrooms in 980 square feet. A gas fireplace, vaulted ceilings, and washer and dryer round out the amenities of this home.

Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart Association, the Heart and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on *(cont.)*

(cont.) the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

At Waterford, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Kellie Wagnild, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

Dr. Marge’s Smoothie Recipe

Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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Celebrating the new year



From left: Dan Graff, Burton Curtis, Gene LaHusen, Jim King, Bob O'Sullivan, and Jim Frew do a Russian dance during the New Year's Eve party.



Dancing to the song *New York, New York*, (from left) Jane Buchanan, Mary LaHusen, Rosaline Mal-lory, Joanie Nelson, Mary Ellen Vaughan, Shirley Lovell, Margaret Frew, and Anne Chambers celebrate the new year.

Coming Events

Thursday, Feb. 12, 1:30 to 3 pm

Shopping at Trader Joe's and other nearby stores in Vancouver. Transportation cost is \$2 per person.

Friday, Feb. 13, 2 pm

Valentine's Day party. Fireside Lounge.

Saturday, Feb. 14, 2:15 to 5 pm

The Vancouver Symphony performs works by Brahms, Oltra, and Stravinsky. Skyview Concert Hall. Season ticket holders only.

Thursday, Feb. 19, 9 am

Stepping Out walk in the park along the Columbia River. View the big ships heading into Portland at Frenchman's Bar in Vancouver. Please dress for the weather. No charge.

Thursday, Feb. 19, 10 am

Tour of Bob's Red Mill in Milwaukie, Oregon, to see how its products are made and enjoy lunch at the restaurant and bakery. Transportation is \$5, and lunch is on your own.

Thursday, Feb. 26, 9:30 am

Stepping Out walk on the Clark College campus. No charge. Please dress for the weather.

Thursday, Feb. 26, 10:30 am

Visit the Clark College campus and stay for lunch. Transportation is \$3, and lunch is on your own.

February is American Heart Month

According to the American Heart Association and the American Stroke Association ...

- Coronary heart disease is the “largest major killer of American males and females.”
- “About every 26 seconds, an American will suffer a coronary event, and about every minute someone will die from one.”
- “When considered separately from other cardiovascular diseases, stroke ranks No. 3 among all causes of death, behind diseases of the heart and cancer.”

This heart-healthy month is an ideal time to make the choice for greater vitality, health, independence, and quality of life. Learn more. Stop by the club today, call 360-433-6400, or visit WaterfordVancouver.com/HFC.

2009 Start! Greater Portland Heart & Stroke Walk

Slip on your walking shoes and start training for the 2009 Start! The Greater Portland Heart & Stroke Walk will be held at Vancouver Landing on May 16. Waterford at Fairway Village is a proud sponsor of the walk, “an annual celebration that promotes physical activity and heart-healthy living.”

If you are interested in joining our one-mile or five-mile team of Waterford Walkers, making a donation, or assisting in one of our fund-raisers, please contact Health & Fitness Director Kim Lehmann. To learn more about the walk, visit www.portlandheartwalk.kintera.org/faf/home/default.asp?ievent=285558.

Know your numbers!

Knowing your risk factors for heart disease is the first step in reducing your risk. Representatives from Legacy Salmon Creek Hospital will visit Waterford to provide personalized measurements and analysis of:

- Cholesterol (Total, HDL, LDL, Triglycerides)
- Blood Glucose
- Blood Pressure
- Body Composition

Tuesday, March 3

Waterford at Fairway Village

7 am to 10 am (appointments scheduled every 15 minutes)

A nurse will be available to answer questions and discuss stroke prevention and how to recognize stroke symptoms.

To participate, people need to schedule an appointment in advance by calling 360-487-3500. There is a \$30 charge for the screening, which is payable at the door (check or exact cash, please). Please note that fasting is required. ■

Here's the rest of the story ...

The previous newsletter featured an article about the Waterford community helping those in need by providing food boxes filled with nonperishable food items. Here's the rest of the story ...

Residents and team members joined together to make Waterford at Fairway Village's annual food drive a success. During the fall, team members paid \$4 for the opportunity to wear jeans to work on Fridays, with the proceeds going to the food drive. Team members also brought in nonperishable food items. Employees received the gift of giving from Touchmark. Each department was given \$150 to donate to a charity of its choice. All departments decided to put their money toward the efforts of the food drive.

Residents generously provided additional nonperishable food and monetary donations for the effort. Combined contributions added up to an impressive \$2,000 to spend on food. Three Waterford team members went to WinCo and purchased the food.



Members of the Waterford community collected, purchased, and donated food that filled 70-plus food boxes, helping local families in need.

Team members from each department and 20 residents came together to box the food, and in less than one-half hour they assembled 78 boxes, which were delivered to the Salvation Army the next day. Resident Mary Lou Williams described the food-boxing event as “very smooth, well organized, and it felt good to do something for someone else.” ■

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Answers to the puzzle on page one