



A Touchmark® community
Est. 1980

Enjoying an egg-ceptional day

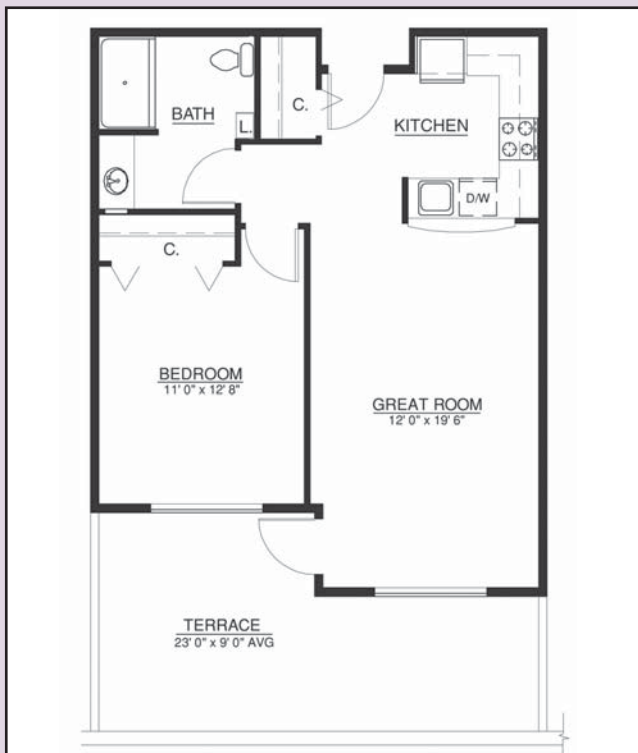


Staff, residents, and family members gathered for springtime fun and games. The Easter egg hunt featured 1,000 candy-filled eggs. Resident volunteers stuffed the eggs in record time, about 500 eggs in 20 minutes. The day of the event, more than 50 children, from babies to 12-year-olds, dashed and searched for the treats. The Easter bunny also made an appearance.

Welcome home!



This lovely 1,096-square-foot home features a walk-in closet in the master bedroom, washer and dryer, gas fireplace, and a balcony with a treetop view. With two bedrooms and two bathrooms, Apartment 270 offers spacious, comfortable living with all the amenities Waterford has to offer.



The convenient layout of Terrace home 218 leads outside to a gorgeous view of Mt. Hood. This 660-square-foot, one-bedroom, one-bathroom home offers independent living, just steps way from friends, neighbors, and all of Waterford's services and activities. This is your opportunity to experience the Waterford lifestyle!

Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

Example:

ASK _____

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

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O _____

P _____

Q _____

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V _____

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X _____

Y _____

Z _____

Celebrate activity—step into spring



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Vice President of Wellness & Programs,
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May is Exercise is Medicine™ month, and the American College of Sports Medicine (www.exerciseismedicine.org) and the World Health Organization Move for Health campaign www.who.int/dietphysicalactivity/ have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

“Birth certificates do not come with expiration dates.”

—Walter M. Bortz II, MD, healthy aging expert and author, *Dare to be 100*

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted

in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

Eight mysteries a month



A recent Mystery Trip featured the Woodland Tulip Festival. People toured the flowery fields, shopped, and took photos. “Community wide, we plan eight different surprise trips each month,” says Life Enrichment/Wellness Director Kellie Wagnild. “We look for variety of favorite highlights and new adventures, so people of all abilities can find something to enjoy.”

Get Started!

The American College of Sports Medicine has chosen May as the special recognition month for Exercise is Medicine™, a time to celebrate and recognize the important health benefits of physical activity.

Waterford is joining the focus on increased physical activity with “Celebrate Activity—Step Into Spring,” a renewed emphasis on the physical fitness opportunities available to all Waterford residents, and encourages you to Get Started!

It’s no secret that an active lifestyle has many benefits, not the least of which are that it can help you feel better, happier, healthier, and more energetic. It is important to keep moving in a manner that is suitable and enjoyable for you. The Waterford Health & Fitness Club is here to help!

Just Get Started!

Get Started by having a complimentary personal fitness assessment

Get Started by having a personal trainer evaluate

your existing plan

Get Started by attending an exercise class

Get Started by joining the club’s walking class at 8 am, rain or shine

Get Started by learning how to swim

Would you like to Get Started? The club’s fitness professionals will partner with you in ensuring you stay motivated toward reaching your goals.

Opportunities in the community

2009 Start! Greater Portland Heart & Stroke Walk

Join friends and neighbors Saturday, May 16 for a one- or three-mile walk to promote cardiovascular health. There is no charge to walk, but there are plenty of opportunities for fun, camaraderie, and giveaways! The bus leaves Waterford at 7:30 am.

Clara Jean Foundation Breast Cancer Walk & Health Expo

The goal of this event, to be held on May 30, is to raise awareness and benefit low-income and underserved breast cancer survivors. For more details please see Kim Lehmann in the Health & Fitness Club. ■

Coming Events

Thursday, May 21, 9:15 am

Outing to the Crystal Springs Rhododendron Gardens and lunch at the Woodstock Wine & Deli in Portland. Cost: \$5 for transportation; lunch on your own.

Saturday, May 23, 2:15 pm

The Vancouver Symphony performs works by Bernstein and Maestro Salvador Brotons. Skyview Concert Hall. Season ticket holders only. Cost: \$3 for transportation.

Monday, May 25, 11:30 am

Memorial Day barbecue. Courtside Dining Patio. No charge.

Tuesday, May 26, 1 pm

An evening of Pops favorites with The Oregon Symphony’s Laureate Associate Conductor Norman Leyden. Arlene Schnitzer Concert Hall. Cost: \$5 for transportation; \$24 for admission to the concert.

Thursday, May 28, 10:30 am

Outing to the Oregon Zoo in Portland. Cost: \$5 transportation; lunch on your own. Please dress for the weather.