



A Touchmark® community  
Est. 1980

## Celebrate *active* aging!

Waterford invites residents, family members, and the general public to celebrate Active Aging Week with a variety of events that promote fitness, learning, health, and fun.

### Monday, Sept. 21, 1:30 pm

Nintendo® Wii tournament.

### Tuesday, Sept. 22, 9:30 am

In honor of the upcoming Alzheimer's Association Memory Walk® in Portland, take part in a Waterford Memory Walk and fund-raiser.

### Wednesday, Sept. 23, 9 am to 2 pm

Work your neurons at the Waterford Health & Fitness Club Brain Health seminar and exhibit. As part of Active Aging Week, the day will feature presentations and

exhibits focused on preventative brain health and tips on maximizing cognitive ability.

Andrea Nakayama, CNE, will discuss *Eating for a Healthy Brain*. Peter Greenfield, DCH, CHT, will present *Our Subconscious Mind*.

An exhibit area will feature local vendors with products, services, and tips related to nutrition, brain safety, and brain challenges. Participants can exercise their brains with games, puzzles, and cognitive challenges.

### Thursday, Sept. 24, 2 pm

Brain Builders class.

### Friday, Sept. 25

11 am: Sudoku class for all levels.

1 - 3 pm: Computer classes with Information Technology team

member Brian D'Agostino. Sign up soon. Space is limited.

Completion of daily "homework" exercises enters you in a drawing for a variety of prizes!

*Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■*



## Fun happenings



Residents walk through a portion of the 311-acre Lamas Park.

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Every month, residents gather to savor and taste a variety of wines. Past winetastings have featured Napa Valley Reds and Tuscan, Argentinean, and Chilean wines. The recent gathering compelled participants to “see” all the bold flavors of five Cabernet wines without reading the names of each wine. The blind tasting featured Charles Shaw and Beaulieu Vineyard, Chateau Ste Michelle and Raymond, and Kenwood Vineyards. Executive Director Eric Christensen, who leads the monthly gathering, poured the wines right before residents entered the room. As people tasted, they tried to (1) determine which wine was which and (2) pick their favorites without knowing the name. “I thought that people would prefer the more expensive wines. But I guess the joke was on me, as people picked Charles Shaw—often called ‘two-buck Chuck’—over the more expensive wines,” laughs Eric, who says the group will continue to try wines from a range of prices.

## Picture yourself at Waterford!



Conveniently located on the first floor of the main building, apartment 177 boasts vaulted ceilings, a gas fireplace, washer and dryer, and walk-in closets. This 895-square-foot home offers two bedrooms, two bathrooms, and easy access to all the amenities Waterford has to offer. Call today and start experiencing the Waterford lifestyle!



Apartment 325 is available and ready. Offering 735 square feet of living space, you'll have plenty of elbow room—whether relaxing in the spacious living room or enjoying a meal in the kitchen. This home offers one bedroom, one bathroom, and access to assisted living services.

## Proactive aging



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

**“Today, gerontologists are discovering that age in years doesn’t necessarily correlate with physiological age. In fact, normal physiological aging is quite variable.”** —*Baltimore Longitudinal Study of Aging*

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual’s environment, a belief that it is too late to change, and a lack of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Waterford’s Life Enrichment/Wellness programming:

Access to programs and services is evaluated and improved on an ongoing basis;

Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;

Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical

choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week, September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

For information on Waterford at Fairway Village’s event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

## Get fit this fall

Waterford Health & Fitness Club’s fall session is just around the corner, with the new schedule starting Sept. 14. Sign up now for new and favorite classes. Some fall classes include Adult Swim (multiple levels), Balance on the Ball, Posture and Balance, Splash!, and Tai Chi. Stop by the club or visit [WaterfordVancouver.com/hfc](http://WaterfordVancouver.com/hfc) for complete schedule details.

### A new face in the water

The club extends a warm welcome to Aquatic Instructor Andrea Sexton, who will teach Deep Water Flow, Flow Motion, Splash!, and the new Fibromyalgia class. Andrea is certified by the Aquatic Exercise Association and has been a group fitness instructor for over 16 years. She enjoys dancing, cooking, and most importantly spending time with her grandchildren. ■

## Coming Events

### Thursday, Sept. 10, 9 am

Stepping Out walk at the Vancouver Waterfront along the Columbia River.

### Thursday, Sept. 10, 11 am

Lunch Bunch outing to Shenanigans, located inside the Red Lion Hotel on the River-Jantzen Beach, with a beautiful river view. Cost: \$5 for transportation, lunch on your own.

### Mondays, Sept. 14, 21, and 28, 10 am

Bridge games, coordinated by Mary Ellen Vaughan. Hoyle Room.

### Thursday, Sept. 17, 9 am

Stepping Out walk at Vancouver Lake.

### Friday, Sept. 18, 3 pm

My Story with Bob Del Priore from the Transportation/Life Enrichment department. Forum.

### Saturday, Sept. 19, 6:30 pm

Misty River Band at Camas Performing Arts Concert Series. Cost: \$3 for transportation and \$18 per senior ticket.

### Monday, Sept. 21 through Friday, September 25

Active Aging Week. See page one for details.

### Thursday, Sept. 24, 10:45 am

Lunch at the Lewis River Golf Course. Transportation cost: \$5. Please bring money for lunch.

### Monday, Sept. 28, and Tuesday, Sept. 29

Overnight trip to Seaside, Oregon, staying at the Shilo Inn Suites Oceanfront Hotel with rooms overlooking the world's largest ocean. Cost: \$100 for double occupancy rooms with a view, transportation, and breakfast.

## Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.