



A Touchmark® community  
Est. 1980

# Wine tour takes residents to Willamette Valley



Experiencing the beautiful, productive Willamette Valley, residents and staff tour Willamette Valley Vineyards, Archery Summit, and Eola Hills. Each location gave a different presentation about their winery and wines—plus winetasting. Here are photo highlights.

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## 'Tis the holiday season at Waterford

A quick stroll through the common areas and one thing is abundantly clear—the holidays are in full swing! Residents and team members volunteered to decorate eight trees and five mantles, string holiday lights both inside and out, and display a Chanukah menorah.

“Thank you to those who volunteered to make the holidays bright and festive for all who live, visit, and work here,” says Life Enrichment/Wellness Director Kellie Wagnild.

The December calendar is filled with opportunities to celebrate the season with friends and neighbors. Children from local schools and choir groups will stop by throughout the month to spread holiday cheer, and there will be outings to see holiday light displays and the Christmas Ship Parade. The celebration of Chanukah begins December 11 with the lighting of the first candle on the menorah. Residents can cross off many of their gift recipients on their list by shopping at Waterford’s Holiday Bazaar, December 12.

Opportunities for merriment are abundant. Check the monthly calendar or the week-at-a-glance flyer for times, dates, and additions. ■



**Resident Louise Wooden helps assemble ornaments for the Friends of Hospice Remembrance Tree.**

## Nurturing our spiritual selves



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

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

*“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”*

*—Thorson and Cook, 1980, National Interfaith Coalition on Aging*

How is it that we don’t quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report (*cont.*)

(cont.) they have a spiritual connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Waterford at Fairway Village encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment/Wellness Director Kellie Wagnild. ■

## What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!

## How do you spend the holidays?

*While traditions are as diverse as Waterford residents themselves, one common theme is spending time with family and friends.*

**Gen Summy:** "My daughter lives near Mt. Hood, and I have gone there every year since 1989 for Christmas Eve and stay there for a few days to enjoy the holidays with family. It is very beautiful there. I love the Christmas holidays."

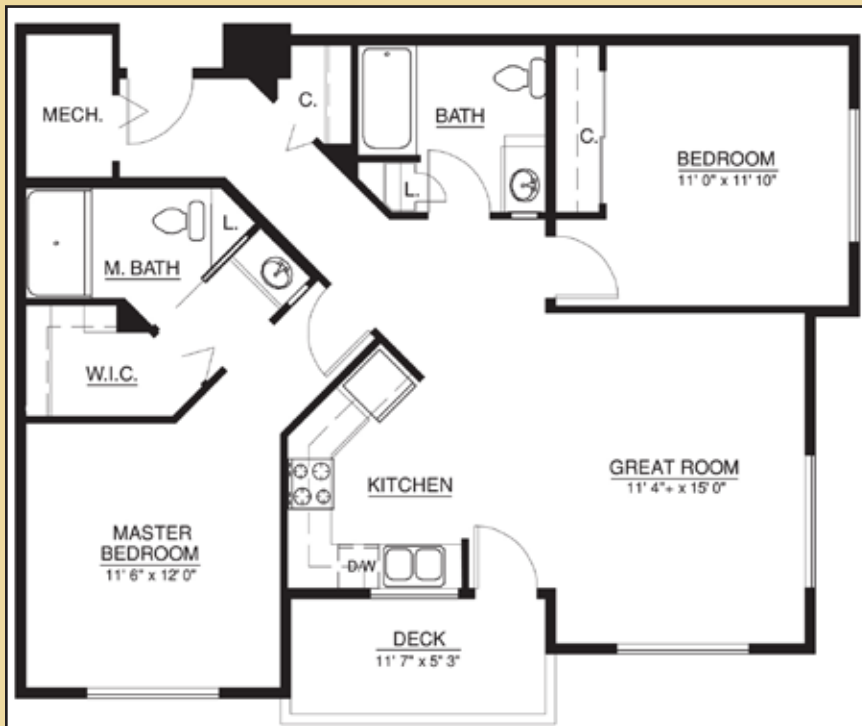
**Virginia Newbury:** "I am looking forward to seeing the Christmas lights on the boats and having Christmas dinner with the Waterford 'family.' In the past I have gone to see the Singing Christmas Tree, which is something I enjoy. I like to spend the holidays with family."

**Jim & Margaret Frew:** "We go to our daughter's home for Christmas Eve and Christmas Day. We have three grandsons, and we have given them a Christmas ornament every year since they were born. Although this year is a challenge for one grandson, who is 20 years old. We thought that he would be too old to receive an ornament but found out that he looks forward to receiving them and is expecting one this year. It is tradition."

**Sadie Hayden,** who celebrates Chanukah with her family: "We light a candle for each night. Although sometimes in the past, we have gotten confused and had to figure out what day it was so that we could light the correct amount of candles on the menorah, and other times we have forgotten to light the candles. We would get together on Saturday or Sunday night to celebrate, give gifts, eat Potato Latkes or Potato Kugel."

**Phil Diamond** celebrates Chanukah: "We gave gifts every night, and I told the story of Chanukah to my children. I used to drive 42 miles one way to the synagogue to tell the story of Chanukah to the children of the congregation."

## Ring in the new year in your new home!



Leave worries about frozen pipes and snowy driveways behind as you live the good life at Waterford. Terrace home 321 offers 1,010 square feet of living space with two bedrooms and two bathrooms. With all the programs and events available through Waterford's national award-winning Life Enrichment/Wellness program, you can say "goodbye" to home maintenance and "hello" to fun, rewarding pursuits!

Apartment home 358 offers a lot in 775 square feet! With one bedroom, a den, and one bathroom, this home has everything you need for the retirement of your dreams. Call today for a personal presentation.



## What's happening at the club?

New winter session begins January 4, 2010  
Schedules are posted for winter session classes.  
Call or visit the club to sign up.

### Family Swim ~ Friday, Dec. 11, 7:30 to 9 pm

There is no charge to participate in this fun-filled, intergenerational activity.

~ Lifeguard on duty

~ Children must be accompanied and supervised by an adult. (Tight-fitting waterproof pants must be worn by any child still in diapers.)

~ Sign up by calling 360-433-6400 or stop by the club.

### Last day of classes for 2009

The current session closes December 19. See the posted schedule of new classes, which begin on January 4.

### Holiday closures

The club will be closed Dec. 25 and Jan. 1.

### Pool closures

The pool will be closed from December 30 through January 2 for annual maintenance. The exercise studio and other areas of the club will be open during regular club hours.

## *Give the gift of health and fitness*

Show your appreciation for the person who means so much to you—surprise him or her with a Waterford Health & Fitness Club gift card. Gift cards may be used for club services, including massage therapy, personal training, specialty classes, and more! Visit the club for details or to purchase a gift card.

## Coming Events

### Thursday, Dec. 10, 9 am

Stepping Out walk at David Douglas Park. Please dress for the weather. No charge.

### Thursday, Dec. 10, 11:15 am

Lunch Bunch outing to the Restaurant at the Historic Reserve. Cost: \$17.50 for lunch, \$3 for transportation.

### Friday, Dec. 11, 7 pm

Chanukah Celebration with Phil Diamond and Anita Krivitzky. Fireside Lounge. No charge.

### Saturday, Dec. 12, 10 am to 2 pm

Waterford's Holiday Bazaar featuring homemade crafts, jewelry, and much more!

### Monday, Dec. 14, 6 pm

Holiday dinner at Shenanigans Restaurant and viewing of the Christmas Ship Parade on the Columbia River. Cost: \$40 for dinner, \$5 for transportation.

### Wednesday, Dec. 16, 3:30 pm

Holiday Happy Hour. Stop by for holiday entertainment and pictures with Santa Claus. Fireside Lounge. No charge.

### Thursday, Dec. 17, 9 am

Stepping Out at our 6th Annual Walk Esther Short Park and Coffee / Tea at the Quay along the Columbia River with Marilyn Robb and Bob Del Priore.

### Monday, Dec. 21, 6:30 pm

Holiday Lights Tour. No charge.

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*(cont.)* **Wednesday, Dec. 23, 1 to 4 pm**  
Resident Holiday Open House. Tour residents' homes to see how your neighbors decorate for the holidays. Stop by the front desk for a list of participating homes.

**Wednesday, Dec. 23, 3:45 pm**  
Holiday Happy Hour with Santa Claus. Fireside Lounge. No charge.

**Thursday, Dec. 24, 10 am**  
Shopping at Trader Joe's. Sign up at the front desk.

**Friday, Dec. 25, 11:30 am and 1 pm**  
Seating for the Christmas Day Buffet. RSVP in La Petit Café. Cost: \$19.95 per adult guest and \$7 per child.

**Thursday, Dec. 31, 7 pm**  
New Year's Eve Party, complete with hors d'oeuvres, wine, delicious desserts, and champagne. Fireside Lounge. No charge.

## Recent events



Touchmark founder and CEO Werner G. Nistler, Jr. (second from right) talks with residents and Executive Director Eric Christensen (far right) during a recent happy hour and birthday dinner celebration.



Veterans Day festivities started with Webelos scouts from Pack 545 performing a flag-raising ceremony in front of the main building. Afterward, the community gathered for hot chocolate and coffee.