

# Welcome 2010

For Waterford, as well as the whole country, 2009 offered its challenges with the recession. Even so, fun events filled the year. This past summer, over 1,200 people attended the Waterford car show, which included 61 cars. For the holidays, we enjoyed the Holiday Bazaar and the First Night of Chanukah celebration, to name just a few activities. The new year already is off to a great start with many Life Enrichment/Wellness opportunities.

Recently, we held a retirement party for Retirement Counselor Linda Schorr. Residents and team members wished her well and thanked Linda for more than 10 years of service. It also was a pleasure to host Memory Care training for our team members as well as those from Waterford on South Hill in Spokane. I was able to slip in a few times; I could sense the compassion and

energy coming from the group. It is inspiring to work with such caring team members.

The year ended on a fun high note. We received notice from Google that Waterford is a “favorite place on Google.” For those who have “Googled” our name and haven’t visited, I invite you to come and experience the Waterford community and make it your favorite place, too.



A handwritten signature in black ink that reads "Eric Christensen".

**Eric Christensen**  
Executive Director

## Stepping out—rain or shine



Rain-free skies welcomed members of the Stepping Out group as they walked through paths near the Waterford community. Inset: Drizzle covers the camera and participants during a walk near Esther Short Park. After the walk, hot coffee at the Quay warmed everyone.

## There's "snow" place like home!

This two-bedroom, two-bathroom apartment is located in the Terrace. Offering 980 square feet, apartment 310 features a master bedroom with a walk-in closet. Call today for a personal presentation.



Leave behind worries about frozen pipes and drifting snow as you live the good life at Waterford. Located in the main building, apartment 251 offers 855 square feet, one bedroom, and one bathroom. Call today for a personal presentation.

## Joy and delight mark the season



Team members and residents gathered to decorate and prepare the community for the holidays.



Chanukah and Christmas decorations surround resident Anne Chambers (left) and Life Enrichment/Wellness Assistant Anita Krivitzky. Anita assumed the role of Santa's helper during the Holiday Happy Hour.

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Left photo: As a holiday thanks, several residents volunteered to serve at the staff holiday party. Bob O’Sullivan (left) and Ken Johnson prepare and serve wine. Right photo: Team members, including Vice President of Wellness and Programs Marge Coalman, EDD, (second from right), dance.



Phil Diamond and Life Enrichment/Wellness Assistant Anita Krivitzky (not pictured) lead the First Night of Chanukah celebration.

Waterford’s Holiday Bazaar featured homemade crafts, jewelry, and bright decorations.

## Coming Events

**Thursdays, 2 pm**

Brain Builders. Activity Room.

**Thursday, Jan. 28, 9 am**

Stepping Out walk at Burnt Bridge Creek.  
Dress for the weather.

**Thursday, Jan. 28, 10:30 am**

Tour of Lake Oswego and lunch at Manzana Rotisserie Grill. Cost: \$5 for transportation; lunch on your own.

**Friday, Jan. 29, 10:45 am**

Entertainment with Monty Watters. Fireside Room.

## 20in10: What's on your list today?



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

“Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor.” — *Brian Tracy, author and speaker*

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is

the philosophy that, “If it is going to be, it's up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Kellie Wagnild. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

**20in10**  
20 Tips to Wellness You Can Do in 10 Minutes™

### Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

*Answers:*

1. Yesterday, Today, and Tomorrow

2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

3. Charcoal

## Lifestyle changes: an invitation from our qualified team

*“Use it or lose it is not just a catch phrase. It is the well-researched theory behind permanent lifestyle change that results in improved health and well-being.”*

*—Colin Milner, Founder and CEO, International Council on Active Aging*

Change is hard for most of us. Behavioral specialists cite different techniques to help create a new habit or—conversely—abandon or change an established one. Often, they tout the need to do something new 20 times or more before it becomes ingrained in our psyche and muscle memory. This requires commitment ... and usually support from an individual or group also committed to your positive-change program.

The value of support is especially well-studied in regard to physical activity, nutrition, and stress reduction—all important to an individual’s well-being. Ordinarily, coaching and counseling are essential tools when making life changes that require discipline. A professional can offer specific techniques tailored to each person’s uniqueness.

Elsewhere in this newsletter you will read about the 20in10 campaign that is part of Touchmark’s 30th anniversary celebration. All of the tips for good, whole-person health and wellness can be done in 10 minutes or less, and they are building blocks for awareness and lifestyle change. These tips, however, are just the beginning of the journey for anyone who wants to make permanent change and create wellness goals for the new year.

Our team is ready to help each person create a personal plan of wellness. This plan will result in reaching achievable, positive goals based on specific outcomes that can improve the quality of life and result in permanent change.

To learn more about the “Lifestyles” class that will

be offered to all new Waterford Health & Fitness Club members in January and any returning or current member who would like to participate, contact Kim Lehmann, director.

We know you can do it, and we can definitely help. ■

### A sampling of captions



*Waterford introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here’s a sample of some. Enjoy the creativity and fun!*

**“Trying for a hole in ten.”**  
~ Resident Stella Mae O’Connell

**“The Winter Olympics just announced the new category for this year’s games: BOLF.”**  
~ Team member Barry Creech

**“It looks like a foot fault.”**  
~ Resident Mac McClintock

**“Now, I wish I had my driver!”**  
~ Resident Jim King

# Waterford hosts Memory Care training



Team members from Waterford at Fairway Village and Waterford on South Hill (Spokane, Washington) assembled in Vancouver for a two-day workshop. Top left photo: Touchmark Vice President of Wellness and Programs Marge Coalman, EDD, (pictured, center) and Memory Care Manager Wendy Schrag, RN, (second from left) from the Waterford community in South Dakota, led the training. Team members sharpened their skills and shared tips and experiences with each other. Here are photo highlights.

## Winter session in full swing

With a full slate of classes available in the winter session, you needn't look far to find a class or program to help you stay on track as you work toward your health and fitness goals. Stop by the club to learn more about the current offerings.

### New classes

If you feel up for a splash in the club's comfortable pool, give Water Walking or Water Recovery a try. If you prefer to stay dry during your workout, stop by for Shoulder & Back, Tai Chi, or Qigong.

### New faces at the club

The club is pleased to introduce its newest team members: Len Pinkowski is the club's newest massage therapist, and Marianne Banke joins the club as a tai chi and Qigong instructor.

### Family swim

The upcoming family swim session is scheduled for February 12. Invite your family to take a dip at the club. 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.

### Snowing outside. Dogs splashing inside.



**Before draining the club pool for annual cleaning and maintenance, Waterford Health & Fitness Club opened the 75-foot, four-lane warm-water pool for a doggie swim, which benefited the Humane Society for Southwest Washington. Pet owners contributed \$10 per dog or pet food of similar value. "An unexpected snow prevented many people from coming, but those who could safely come enjoyed an afternoon of splashing and swimming," says Kim Lehman, director of Health & Fitness.**