

# New executive director joins community

This month, Ellery Bennett joined Waterford, where he oversees all aspects of the 55-plus retirement community, including 230-plus homes, lifestyles, the Waterford Health & Fitness Club, Waterford Rehabilitation & Aquatic Therapy, and Waterford Home Health & Home Care.

Ellery's belief in family and hard work started at an early age. "I grew up on a dairy farm in the little town of Syracuse, Utah, and I was the youngest of eight children. My days on the farm taught me to work hard and to play hard whenever I could escape the cows and the crops." From this foundation Ellery built his career and brings to Waterford 30-plus years experience in the arenas of senior communities, hospitality, and restaurant management.

Prior to joining Waterford, Ellery served as an administrator at Bonaventure of Lacey Senior Living Community.

Ellery also served as the vice president of operations

at Leisure Care, based out of Seattle, where he managed four operations directors and ensured compliance with state and federal assisted living regulations. Before stepping into the role of vice president, Ellery worked as an operations director for the company. In this role, he led the operations of 10 retirement communities, totaling 1,600 apartments. For 12 years, Ellery also served as an interrogator and Korean linguist in the National Guard.

Ellery earned a Bachelor of Science in History and Education from Weber State University as well as minors in Sociology and Political Science.

Sharing what he calls his greatest accomplishment, Ellery says, "In college, I dated and married a beautiful red-headed girl named LeAnne." Ellery and LeAnne enjoy spending time with their six children and 18 grandchildren. Ellery also enjoys playing golf and racquetball, working in the yard, and volunteering. ■

## Join the 10-Week Walking Challenge

According to AARP, the health benefits of walking are so numerous, "If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world." In partnership with AARP, Waterford Health & Fitness Club is hosting a 10-Week Walking Challenge April 18 to June 26. Other partners include the Medical Fitness Association and American College of Sports Medicine.

There is no cost to participate in the Walking Challenge, and people can join at any point during the 10 weeks.

The club will provide step counters (pedometers), walking logs, team support, walking trail maps, weekly educational opportunities, and full support for all walkers and team leaders.

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(cont.) People can register their own team or join someone else's team; pick up a pedometer; meet the team leaders; and take part in presentations, such as safe walking techniques and the importance of stretching.

"We designed the challenge to be open and accessible to anyone in Clark County or the Portland Metro area who wishes to enjoy the many health and social benefits of walking," says Waterford Health & Fitness Director Kim Lehmann.

The Walking Challenge is intended to encourage new walkers to start walking; support current walkers to walk more; create opportunities to meet walking partners; and promote familiarity with the numerous walking routes available throughout Clark County.

### Sign up for two workshops

Tom Rutlin—often referred to as the "father" of Nordic walking—will be at Waterford Health & Fitness Club April 27 to lead an Exerstrider Method Nordic Walking workshop. This is the first time Tom has visited the Vancouver-Portland area. There is no charge for the workshop, which will be held from 1 to 3 pm. Space is limited. Call 360-433-6400 to register or for more information. Tom is recognized internationally for his pioneering work in fitness walking that uses specially designed poles to augment the health benefits of walking.

On May 4, Fit Right Northwest will host a one-hour event from 7 to 8 pm for Walking Challenge participants. There is no charge for the session, which will include a video gait analysis. Interested walkers may register by calling the club at 360-433-6400. Space is limited.

"Walking is an ideal activity," says Sharon Pesut, executive director of Community Choices. "It can be done inside or outside, and it provides tremendous benefit to your physical and mental health and is a great way to connect with nature," she adds.

Individuals can register for the Walking Challenge by calling Kim at 360-433-6400 or by stopping by the club at 2927 SE Village Loop, Vancouver. ■

## Moments of Pride—in the future



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

*"What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong."*

*—Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe*

The 2010 Moments of Pride theme for Touchmark's 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world's current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all

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(cont.) locations where Touchmark has a presence. Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it is going to be, it is up to me” ... not someone else. ■

## Coming Events

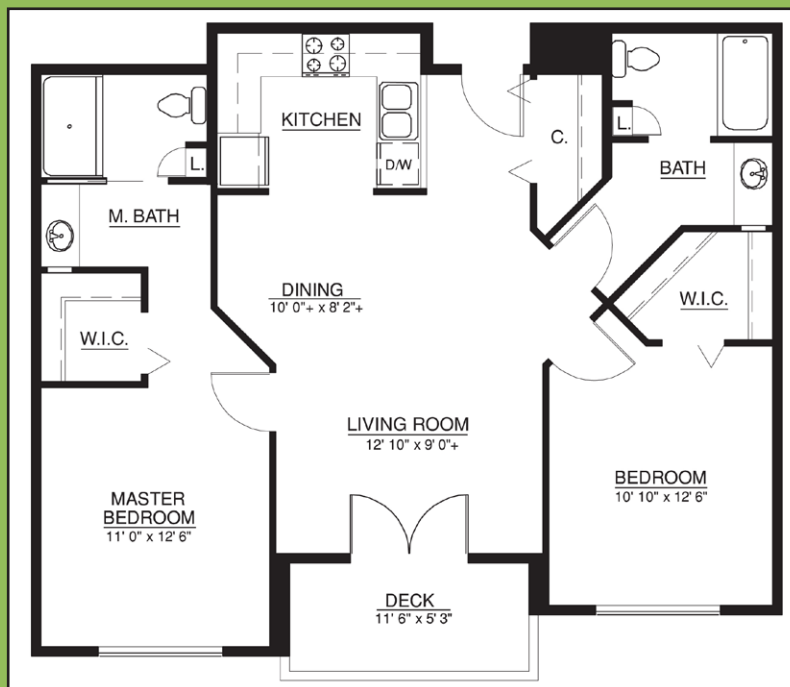
Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

**Wednesdays, 1:30 pm**  
Model train club.

**Tuesday, April 27,  
1 to 3 pm**

Tom Rutlin—often referred to as the “father” of Nordic walking—will lead an “Exerstrider Method Nordic Walking” workshop at Waterford Health & Fitness Club. No charge. Open to the public. See page two for more information.

## Spring into the good life!



Step out onto the balcony of Terrace apartment 315 and enjoy springtime sunshine and a view of the Waterford courtyard. This 985-square-foot home offers two bedrooms, two bathrooms, and access to all of Waterford’s services and amenities.



Experience the life-enriching benefits of the dynamic Waterford community from apartment 372. This 658-square-foot apartment offers one bedroom, one bathroom, and a washer and dryer. Call or stop by today for a personal presentation.

## Recent events



The Waterford community gathered for the Championship Resident and Employee Pool Tournament.



Resident Norm Powell plays with other members of the Washington Old Time Fiddlers Association. Throughout the state of Washington, there are 1,700 members.

## Fitness news from the club

Waterford Health & Fitness Club's spring session started April 5, with a new and exciting schedule of programs and classes. Stop by the club to learn more about the new classes:

- Introduction to Swing & Sway
- FallProof H2O
- Adult Swim, levels one and two

And of course, you can look forward to participating in these favorites:

- Zumba
- Tai Chi/Qigong
- Strong Bodies
- Posture & Balance

### Lace up the walking shoes ...

The club is teaming up with other partners to host a 10-week Walking Challenge Program. See page one for details.

### Welcome, Kacy!

Kacy Barnett joins the club as a certified personal trainer with an emphasis on nutrition. She also will provide member services assistance.

## A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample.



“Two ‘coons’ trying to get up the tree, because the ‘coon’ dogs are trying to get them.”  
~ Resident Charlotte Emigh

“Next time we follow my plan!”  
~ Resident Marge Trevarthen

“Praise the Lord!”  
~ Resident Gen Youngs

“Pay attention to de tails.”  
~ Brain Builders Class

“Hey, who put this wall here?”  
~ Team member Denny Segelstrom

## Brain Builders



Change one letter in each word to make a new word. The theme is food. The first two are done for you.

1. DREAD: \_\_ bread\_\_
2. MILL: \_\_ milk\_\_
3. BATTER: \_\_\_\_\_
4. HEAT: \_\_\_\_\_
5. MEET: \_\_\_\_\_
6. BORN: \_\_\_\_\_
7. DEMON: \_\_\_\_\_
8. FORK: \_\_\_\_\_
9. REEF: \_\_\_\_\_
10. SOUL: \_\_\_\_\_
11. EGO: \_\_\_\_\_
12. BATON: \_\_\_\_\_
13. HAT: \_\_\_\_\_
14. RIDE: \_\_\_\_\_
15. STEAL: \_\_\_\_\_
16. DISH: \_\_\_\_\_
17. TUNE: \_\_\_\_\_
18. OATH: \_\_\_\_\_

1. bread 5. meat 9. beef 14. rice  
2. milk 6. corn 10. soup 15. steak  
3. butter 7. lemon 11. egg 16. fish  
4. beat 8. pork 12. bacon 17. tuna  
13. ham 18. oats

ANSWERS

# 2010

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## 20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

# Calling all classic and cool cars

Show your classic or cool car at the third annual Waterford Car Show and Barbecue. More than 1,200 people attended last year's event to see more than 60 cars.

Join the fun. Register your car by **Friday, May 21.**

Call Kellie at 360-254-2866

or visit

[WaterfordVancouver.com](http://WaterfordVancouver.com).



**3rd**  
ANNUAL

## CAR SHOW & BARBECUE

Saturday, June 26 ~ 10 am - 2 pm