



A Touchmark® community  
Est. 1980

# Three cheers for the volunteers

With the support and dedication of many volunteers, Waterford offers a wide array of life-enriching programs, opportunities, and services. And on one special night each year, volunteers have the opportunity to sit back, relax, and be honored at the Volunteer Appreciation Dinner. Eighty volunteers, including residents and members of the greater Vancouver community, attended.

Volunteers donate their time and talents by serving on the following committees:

- Executive Committee (president, vice president, secretary, and treasurer)
- Assisted Living
- Cottage Life
- Dining
- Exterior and Interior
- Library
- Resident Manual
- Welcoming
- Art
- Activity

In addition to the committee volunteers, several people assist with programs, services, and projects, including:

- Bingo
- Knitting Group (knitting hats for the SeaFarers, cat and dog pads for the Humane Society, and clothes for premature infants at the local hospital)
- Special events
- Great Decisions, Bridge, and Sudoku classes
- Photography at events
- Vancouver Symphony

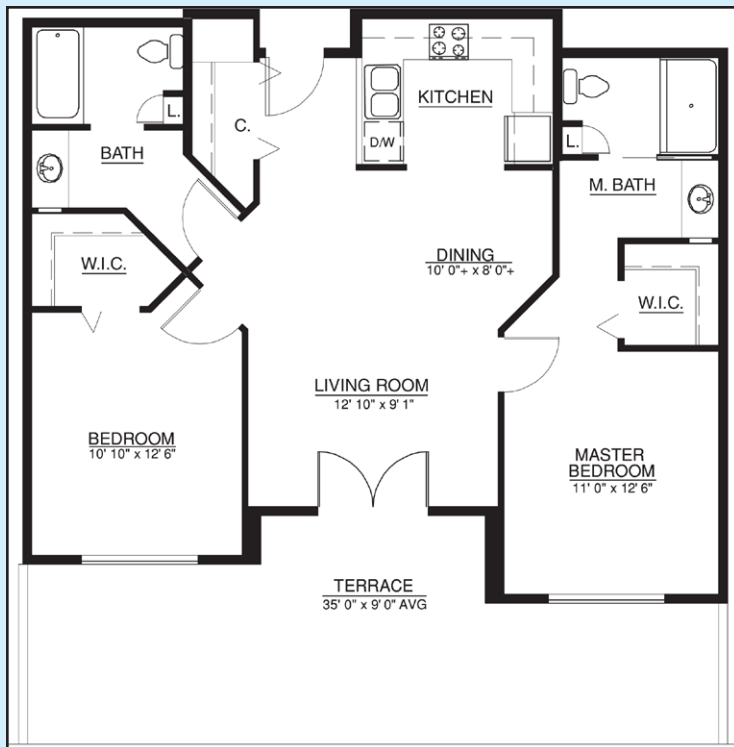
- Mature Learning
- Opening homes to prospective neighbors for tours
- Resident Referral Dinners
- Employee/resident pool tournaments
- Seasonal opportunities, such as

helping with holiday decorations or stuffing 1,000 Easter eggs for the annual Easter Egg Hunt

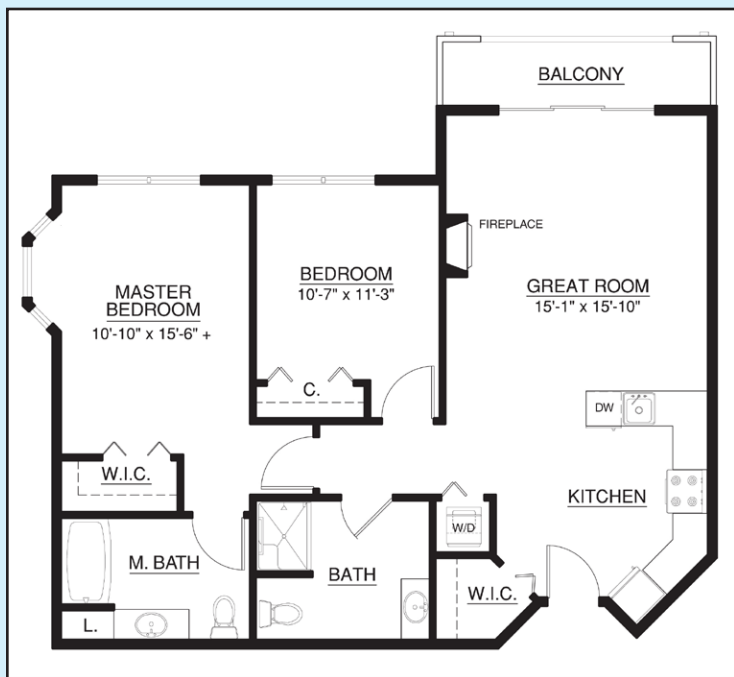
- Waterford Car Show
- Dining Room
- Pet therapy ■



## All that and more

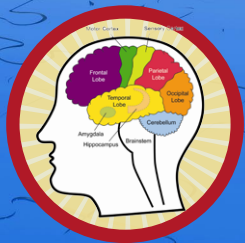


Send out the change-of-address cards; your new home awaits! Apartment 214 is a 985-square-foot home in the Terrace Lodge, offering two bedrooms and two bathrooms. You'll love the patio, view of Mt. Hood, and walk-in closets. Experience carefree retirement living just steps away from friends, amenities, and services galore!



A community of friends and fun, rewarding pursuits ... chef-prepared meals ... beautifully appointed homes ... you'll find all that and more at Waterford. And apartment 278 is the perfect setting for the retirement of your dreams. Located in the main building, this 1,064-square-foot home is at the end of the hallway and offers two bedrooms, two bathrooms, a fireplace, patio, and washer and dryer. Call or stop by today for a personal presentation.

# Brain Builders



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

Example: Adam

A _____	J _____	S _____
B _____	K _____	T _____
C _____	L _____	U _____
D _____	M _____	V _____
E _____	N _____	W _____
F _____	O _____	X _____
G _____	P _____	Y _____
H _____	Q _____	Z _____
I _____	R _____	

# 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.*

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.

## Going Green: the 7th dimension of whole-person wellness



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

*"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both." — T.S. Elliot*

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet, playwright, and a man ahead of his time—is truer today

than it was in his generation. Harmony with nature and conservation of natural resources are on the agenda of organizations around the world.

In North America, we are fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

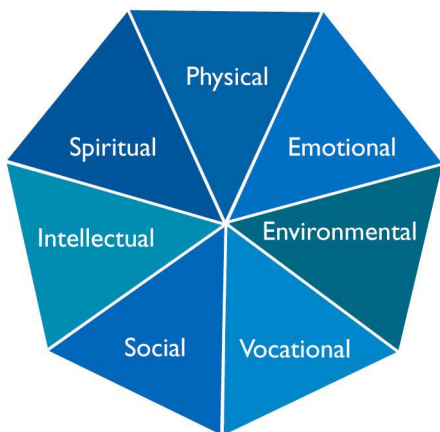
A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with preserving the environment for your enjoyment—and generations to come?

Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live and work in the communities. It's truly the residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

*(cont.)*

(cont.) These individuals garden, recycle, use scheduled transportation instead of single-car transport, add green energy options to their homes, and participate in neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its “Going Green” initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join the efforts of residents and team members at Waterford, contact Life Enrichment/Wellness Director Kellie Wagnild. ■



## Coming Events

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

**Thursday, Aug. 26, 9:30 am**

Trip to Mt. Hood. Cost: \$10 for transportation; lunch on your own.

**Friday, Aug. 27, 11 am**

Brain Builders I.

**Monday, Aug. 30, 8 am**

Men's Breakfast.

## Just for laughs!

Enjoy the Dog Days of Summer ...



## Health and fitness news

### Meet team member Jamie Wunderlich—Group Fitness/Aquatic Aerobics Instructor



#### Certifications:

Group Fitness Instructor since 1990. Certified with Seattle Sports Medicine. Other certifications include National Exercise Trainers Association—Group Fitness, Active Older Adults; Fusion Fitness on the Ball; Zumba® Fitness, Basic Level 1; BOSU Integrated Balance Training. Red Cross: CPR, First Aid, and AED. Continuing Education Credits with the Aquatic Exercise Association.

#### Specialties:

Low-impact aerobics for active older adults; strength training to improve balance and core stability.

#### Personal interests:

Spending time with children, scrapbooking, camping, and hiking.

#### Personal quote:

“We don’t stop playing because we grow old; we grow old because we stop playing.”  
—George Bernard Shaw

#### Fitness philosophy:

Find an activity that you like—and enjoy fitness! The relationships we make help motivate us to a healthier lifestyle. My job is to help you reach your accomplishments and help you strengthen your body so you will be able to keep doing all the activities you love. Exercise is necessary for our physical and mental well-being. As a fitness instructor, my goal is to motivate, inspire, and improve the health, fitness, and well-being of all those I am fortunate enough to work with.

#### Western-style Open House



Wearing western attire, members and guests enjoyed a barbecue, sampled the chili entries, and listened to country-western music.

## Recent events



Residents (from left) Jean Stulbarg, Jim and Nancy Renton, Cill Triebs, Flora Geiger, and Barbara Mills view the quarter-scale models created by a couple in LaCenter, Washington. The Waterford Express club meets every Wednesday, and once a month, the group goes on a fun outing.

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The Stepping Out walking group visited Skamania Lodge (left) and French Man's Bar for recent walks.



Smokey the llama visits residents during the Fourth of July.