



A Touchmark® community
Est. 1980

Waterford | at Fairway Village

September 2010

Waterford invites public to celebrate Active Aging Week Sept. 23

Waterford is celebrating Active Aging Week from 11 am to 4 pm Thursday, Sept. 23 at the fitness club.

There is no charge for the events, which include demonstrations on how physical fitness affects brain health, mindful meditation, and nutrition.

Brain-health testing by NeoCORTA™ and counseling also will be available for a fee of \$25 for members of the Waterford Health & Fitness Club and \$35 for nonmembers. Those interested are asked to register in advance by calling 360-433-6400.



The International Council on Active Aging started Active Aging Week. Health and fitness industry veteran Colin Milner formed the Council in 2001 with the goal of highlighting the wellness benefits of physical activity. More information is available online at www.icaa.cc/aaw.htm. ■

Join the Fiesta!

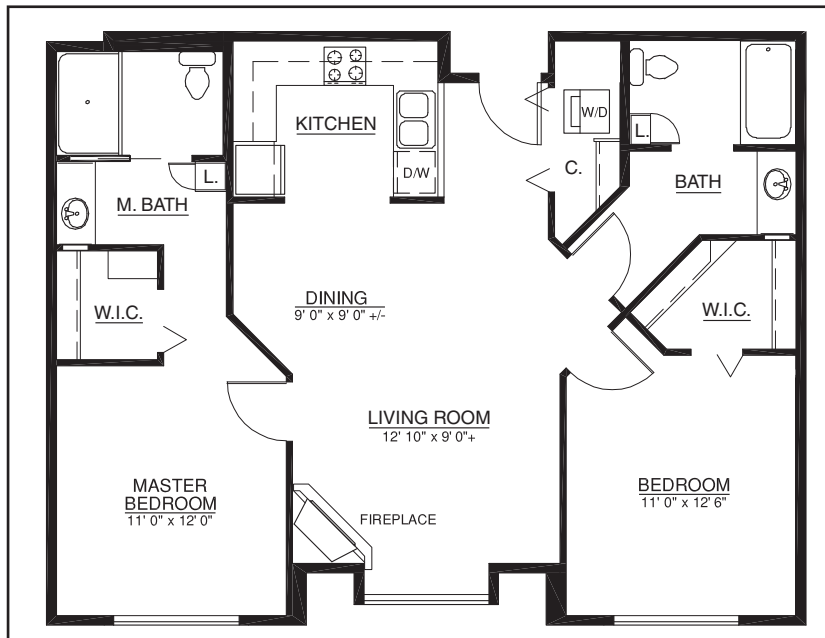
Residents, team members, and friends of Waterford at Fairway Village and Touchmark helped create a 30-second commercial TV spot, featuring the new Ford Fiesta. The group is hoping to win and support the Touchmark Foundation with the first-place prize of \$1,500 and more than two hundred commercial TV spots! Watch the commercial and vote to help the Touchmark Foundation.



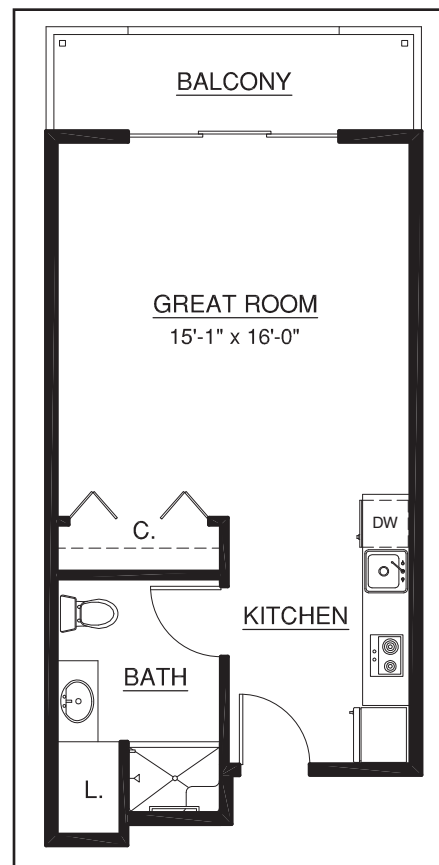
www.landmarkford.com/fiesta-voting.htm

*Please note! Only one vote per day, per location.
So please vote from your home computer.*

Discover Waterford



Located in the Terrace building, apartment 411 is a 990-square-foot home with two bedrooms and two bathrooms. As it starts getting cooler outside, you'll be warm and cozy next to your gas fireplace as you enjoy the view of the courtyard. The walk-in closets provide plenty of room for storage, and the washer and dryer add convenience and function to this comfortable home.



Apartment 301 is a 446-square-foot studio apartment in the main building. Step out onto your balcony for a breath of fresh air as you watch the activity in the front courtyard. Call or stop by for a tour.

2010

in

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.

- Work on a puzzle
- Use the dictionary.
- Watch the news.
- Try a new healthy food.
- Read a biography.
- Reorganize a room.
- Compliment five people today.
- Call a friend and talk about something funny.
- Find a quiet place. Close your eyes. Breathe slowly and visualize a calm beautiful scene.
- Eat an apple.

Walk—for memory's sake

Each year, a team from Waterford participates in the local Alzheimer's Association Memory Walk®. The team's goal for 2010 is to raise \$2,000 to help promote local awareness for Alzheimer's research, care, and general support.

Residents and club members are invited to join Waterford's efforts by doing any of the following:

- Participate in the walk as a member of the Waterford Walkers. The team includes residents, team members, family, and friends who are collecting pledges and participating in the walk on Sunday, Sept. 26 at Pioneer Courthouse Square in Portland.

- Take part in a mini Memory Walk at Waterford on Sept. 24 at 10 am. Drummer Lou Chavez will be on hand to keep the rhythm—just like during the walk in downtown Portland.

- Make a tax-deductible contribution of any amount to the Alzheimer's Association. You may consider donating money in living memory of a loved one who is affected by this devastating disease.

The Waterford Walkers have already started fund-raising. From the Casual for a Cause program—in which Waterford team members wear jeans to work when they donate to the Waterford Walkers fund—to a car wash and bake sale, the team

has already raised approximately \$1,500.

If you would like to support the Waterford Walkers or join the team, please contact Waterford Health & Fitness Club Director Kim Lehmann. ■

Successful aging lived by a mentor



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

"Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives." — Robert Butler, MD, 1927-2010

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early '70s—before I even knew that I would be interested in a career in the emerging field of "healthy aging." I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word "aerobics").

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other "firsts" under his leadership are coining the work "ageism," creating

a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts who presented the keynote at the American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; productivity; mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is "... reaching one's potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others." (Gibson, 1995)

(cont.)

(cont.) In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact Kellie Wagnild, Life Enrichment/Wellness director. ■

Club happenings

New session. New classes.

September 13 marked the beginning of the fall session at the Waterford Health & Fitness Club, and classes are filling up fast! New classes this session include:

- ~Country 101: Line Dancing and more
- ~Deep Water Aquatics: Experience the invigorating benefits of a full-body workout at your pace
- ~Waterford Wellness & Weight Loss: A combination of nutrition consultation and fitness programming

Aquatic Arthritis is now offered three times a week. The class meets every Tuesday, Thursday, and Saturday.

More classes are on the way!

Additional classes are coming in October. For more information, call the club at 360-433-6400 or visit www.WaterfordVancouver.com/HFC.

Join the group



The Stepping Out group walks Skamania Landing near the Columbia River. Watch the Life Enrichment/Wellness calendar for the next walk and join the fun!

Coming Events

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

Thursday, Sept. 23, 11 am to 4 pm

Active Aging Week Celebration. See page one for more information.

Friday, Sept. 24, 10 am

Waterford Memory Walk led by Lou Chavez, drummer.

Sunday, Sept. 26, 8:30 am

Bus leaves for the Alzheimer's Association Memory Walk® at Pioneer Courthouse Square. No charge. If interested in participating, contact Life Enrichment/Wellness Director Kellie Wagnild.

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?

Because he was in high school.

Why did the student eat his homework?

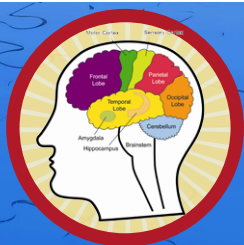
The teacher told him it was a piece of cake.

What is the tallest building in any city?

A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.

Brain Builders



Generate verbs! Think of and write down anything that a child does.

For example: play

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