



A Touchmark® community
Est. 1980

It's time to Zumba



Mix dance aerobics with a Latin swing, and you have Zumba®. Group Fitness Instructor Jamie Wunderlich (left) leads an Introduction to Zumba class at the Waterford Health & Fitness Club Fridays at 10 am. The 50-minute class moves at a slower pace than traditional Zumba but still packs in fun music and energizing moves. Jean Beaty (center) and Linda Brake are pictured. The club is open to those 40-plus. Come check it out!

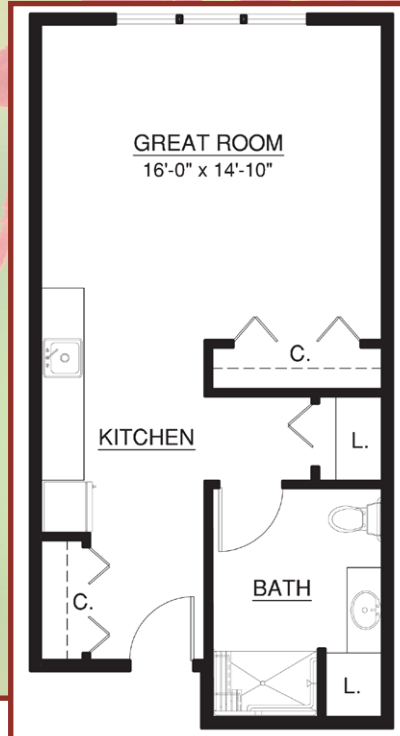
We won!



Thanks to the help of residents, team members, and friends of Waterford at Fairway Village, the Touchmark Foundation won the World's Most Fun Fundraiser! The 30-second commercial TV spot, featuring the new Ford Fiesta, will run hundreds of times on various channels. Plus, the Touchmark Foundation will receive \$1,500. Want to watch the commercial again? Visit www.landmarkford.com/fiesta-voting.htm.

The "awe" in autumn

Apartment 116 offers one bathroom and access to Waterford's Assisted Living services. The 530-square-foot studio is conveniently located on the first floor near the nurses' station. Call or stop by for a personal presentation.



Soak in the view from apartment 1-373. Natural light fills the 1,120-square-foot, two-bedroom, one-bathroom home, which is equipped with a washer and dryer. Call today and experience the Waterford lifestyle.

Healthy aging tips from the real experts



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

"How old would you be if you did not know how old you are?"

—Walter Bortz, II, MD, author and expert on healthy aging

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 "tips" for healthy aging. Here are the results of that poll—along with the percentage of how many said the tip is "very important." (Note: Interviewees could call more than one tip "very important.")

1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)

(cont.)

(cont.) 8. Eat right. (80%)

9. Keep up with news and current events. (63%)

10. Keep making new friends. (63%)

This anecdotal collective data compare almost 100 percent to the findings published over the last decade—and especially in the last two years—by the continuing follow-up to the Framingham Heart Study, the Nurses' Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to keep actively engaged in new learning competes directly with a good diet, exercise, and the importance of humor and a positive outlook.

At Touchmark we know the value of listening to the “experts” ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in the Life Enrichment/Wellness program, contact Life Enrichment/Wellness Director Kellie Wagnild. Your perspective and recommendations are important. ■

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.

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.

Brain expert speaks at Waterford



According to Robert G. Winningham, Ph.D., “It is (almost) never too late (or early) to start enhancing memory.” Rob recently visited Vancouver for a lunch and interactive presentation titled

Train Your Brain: How We Can

Maintain or Even Improve Our Memory Abilities.

Dr. Winningham, author of *Train Your Brain*, presented an interactive approach to fostering optimal brain health. Approximately 100 people attended the event.

Dr. Winningham has conducted extensive research on the brain and influence of aging on memory. He discussed the effect of exercise, nutrition, and social support on memory. His work has demonstrated there are many practical methods to maximize one's memory.

Grow your brain

Learn how to improve your brain health and track your progress for 12 months. NeoCorta™ brain-health assessments are available for \$25 for club members and \$35 for nonmembers. Call to learn more.

Living with Parkinson's disease?

Fitness Instructor and American Parkinson Disease Association Facilitator Jan Beyer leads a new class for those with Parkinson's disease and other movement disorders.

The class meets every Tuesday and Thursday at 1:30 pm in the fitness studio. The cost is \$20 for residents and fitness club members and \$75 for others. Space is limited. Register at the club's member services desk or call 360-254-2866. ■

Check out the new wheels!



Residents “ooh” and “ahh” over the new Waterford bus. Offering greater seating capacity than the old bus, the latest addition to the Waterford family also features comfortable reclining seats. The new bus completed its “maiden voyage” shortly after its arrival to Waterford, transporting residents on an outing to Mt. Hood (above).

Recent events



From left: Rosaline Mallory and Don and Marie Berry ride the nine-mile Chehalis-Centralia Railroad. The 1916 steam train pulls passengers through the upper Chehalis River valley.

Coming Events

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

Thursday, Oct. 21, 9 am

Stepping Out walk at Burnt Bridge Creek. No charge. Please dress for the weather.

Thursday, Oct. 21, 11 am

Lunch Bunch outing to Heidi’s Restaurant in Gresham, Oregon. Cost: \$5 for transportation, lunch on your own.

Thursday, Oct. 28, 9 am

Stepping Out walk at Burnt Bridge Creek II. No charge. Please dress for the weather.

Thursday, Oct. 28, 10:15 am

Outing to Powell’s Books in Portland. Cost: \$5 for transportation, lunch on your own.

Friday, Oct. 29, 3:45 pm

Halloween Costume Happy Hour. Costumes encouraged. Fireside Room.



Residents and staff gathered for a Hawaiian Happy Hour, complete with prizes, leis, and brightly colored outfits.



Brain Builders



Sudoku is a great brain game. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.

2		3		6				8
	7			5	1	3		
	5	9						
4		2	6	3			5	9
				9				
3	9			1	4	2		6
						4	2	
		1	8	4			3	
7				2		9		5

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

2	4	3	7	6	9	5	1	8
8	7	6	4	5	1	3	9	2
1	5	9	3	8	2	7	6	4
4	1	2	6	3	7	8	5	9
5	6	7	2	9	8	1	4	3
3	9	8	5	1	4	2	7	6
6	8	5	9	7	3	4	2	1
9	2	1	8	4	5	6	3	7
7	3	4	1	2	6	9	8	5

Just for laughs!

Deck the Patch
(to the tune of *Deck the Halls*)

Deck the patch with orange and black
Fa la la la la, la la la la
Take along your goody sack
Fa la la la la, la la la la

Don we now our scary apparel
Fa la la la la, la la la la
Troll the ancient pumpkin carol
Fa la la la la, la la la la

See the great one rise before us
Fa la la la la, la la la la
As we sing the pumpkin chorus
Fa la la la la, la la la la

Follow him as he ascends
Fa la la la la, la la la la
Join with true great
pumpkin friends.
Fa la la la la, la la la la



Walking for a cause

The Waterford Walkers descended upon downtown Portland for the 2010 Alzheimer's Association Memory Walk, contributing \$1,744.72 toward the Alzheimer's Association's efforts to eliminate Alzheimer's disease. Funds were raised throughout the summer through gathering donations at the Waterford Car Show in June, a bake sale, car wash, and Casual for a Cause. Residents and team members who were unable to make it to the Portland walk laced up their walking shoes for a Memory Walk on the Waterford campus, led by drummer Lou Chavez. ■

