



A Touchmark® community
Est. 1980

Wishing you a year of positives

2010 marked Touchmark's 30-year anniversary. It's an honor to be part of a larger family that has a long history of excellence, and it is particularly a pleasure to work with the dedicated team at Waterford and serve the many residents and families.

I'm also thankful for the many residents who serve on various committees and help make this a truly enriching community.

As we roll into this new year, I hope you'll have a

year full of positives. Come visit, and join us June 25 for our annual car show and barbecue. We'd love to get to know you!



Ellery K. Bennett
Executive Director

Meet the new Life Enrichment/Wellness team members

Michelle Lufkin, Life Enrichment/Wellness assistant

A native Washingtonian, Michelle comes to Waterford with a strong background in education. She was a substitute teacher in the Evergreen School District for five years before she chose to stay home with her children (two boys, ages 10 and seven). "This is my first job since my kids were born, and I am really enjoying



Michelle stops and talks with Stella Mae O'Connell at the Waterford library.

working here," she says. "Waterford staff and residents are friendly and have been very helpful and welcoming." Michelle enjoys home decorating and renovating, landscaping, walking, hiking, yoga, running, fitness classes, reading poetry, and spending time with her family. She recently celebrated her 40th birthday.

Heather Dronen, Life Enrichment/Wellness coordinator

Heather Dronen always has worked in the customer service field, from being a guide for a parks and recreation district, to working with the Boy Scouts of America, and finally to a career working with older adults. She grew up in the small Washington town of Cashmere with four brothers and a variety of animals. Her hobbies include hiking, mountaineering, rock climbing, *(cont.)*



From left: Residents Meta Pache and Renee Grys and Life Enrichment/Wellness Coordinator Heather Dronen enjoy lunch at the Grant House.

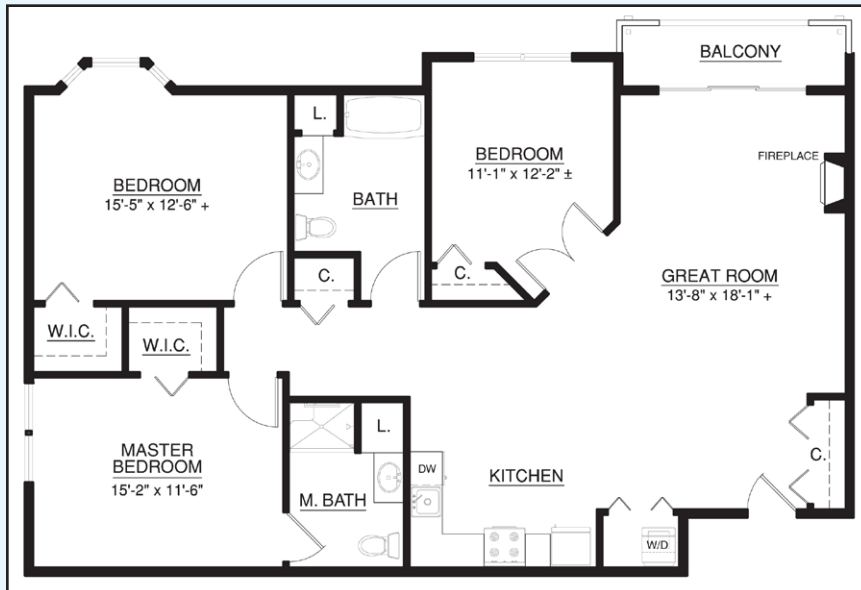
(cont.) snow skiing, kayaking, scrapbooking, and photography. On her 16th birthday, Heather summited Mt. Rainier and has since climbed Glacier Peak, Mt. Adams, and Mt. St. Helens. She hopes to summit Mt. Hood and Mt. Baker next summer. “My goal is just to work down the Cascade Mountains, summiting all of the major peaks.”

Michael Roy, driver

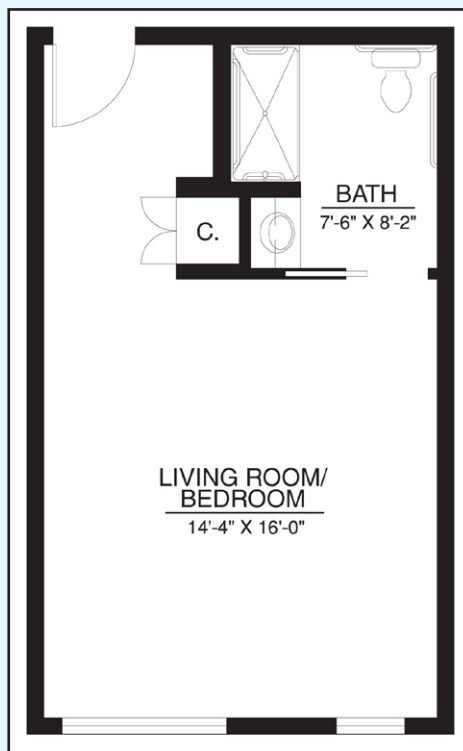
Michael was born and raised in California. He moved to Vancouver in 2003. Before working at Waterford, Michael owned and operated a café for 2 years, which was called MJ’s Café. Michael enjoys going on walks, lifting weights, and playing softball and football. He also likes to fish, travel, and cook. ■



Ring in the new year in a new home



The retirement of your dreams is closer than you think—apartment 272, to be exact! This roomy 1,464-square-foot home offers three bedrooms, two bathrooms, a balcony, washer and dryer, and the lifestyle you’ve been looking for. Call or stop by today for a personal presentation.



This 385-square-foot Pembroke studio home features vaulted ceilings and access to Waterford’s early-memory support services.

Changing her life with fitness and food

For retired nurse Sue Griffin, the desire to feel better inspired a lifestyle revolution.

“Having so much pain and fatigue, it really inspired me to change,” says Sue, who has fibromyalgia and arthritis. “I really wanted to feel better. I still have to pace myself. But exercise and good food were a way to help reduce the pain. I’d call it a journey.” In her quest to feel better, Sue also lost weight. Last year, she lost 50 pounds.

Sue works out at Waterford Health & Fitness Club about six days a week. The warm-water pool is her favorite. She swims or takes an aquatic class at least three days a week. Other days, she uses the exercise equipment. “The club and pool are very convenient. The pool is so warm,” says Sue. “And the people are so nice there.”

Sue also has changed her eating habits after reading the book *Eat for Health*. She now focuses on eating nutrient-dense foods, including lots of vegetables.

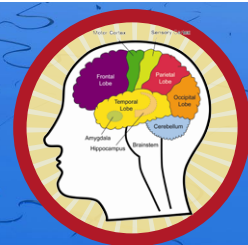


Sue Griffin works out at Waterford Health & Fitness Club about six days a week. The warm-water pool is her favorite.

She joined the Supper Club at the Whole Foods in Vancouver, where she finds support and encouragement to keep eating healthy.

“I feel like I finally have the key,” says Sue. “A combo of good fitness and good food.” ■

Brain Builders



Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. meet: _____
4. born: _____
5. demon: _____
6. fork: _____
7. reef: _____
8. soul: _____
9. ego: _____
10. baton: _____
11. hat: _____
12. ride: _____
13. steal: _____
14. dish: _____
15. tune: _____

Answers: milk, butter, meat, corn, lemon, pork, beef, soup, egg, bacon, ham, rice, steak, fish, and tuna.

Club news

Winter is here! Warm up with one of these new classes at the Waterford Health & Fitness Club:

- ~Advanced Tai Chi
- ~Brain Aerobics
- ~Balls, Core, & More
- ~Fit & Food
- ~Post-therapy Aqua Exercise
- ~Aqua Zumba® - Waterford is pleased to be the only club within 200 miles offering this “pool party” workout.

Many of your favorite classes remain on the schedule, including Posture & Balance (water and land), adult swim lessons, Arthritis Tai Chi, Aqua Arthritis, and more! ■

Coming Events

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

Saturday, Jan. 29, 3:30 pm
Popcorn social.

Sunday, Jan. 30, 3 pm
Board Games.

Monday, Jan. 31, 8 am
Men's Breakfast.

Monday, Jan. 31, 2:30 and 3:30 pm
Computer Class.

Recent events



More than 55 people gathered for the Holiday Happy Hour. Santa and his elf even made an appearance.



Resident Lillian Hunter (left) and Life Enrichment/Wellness Director Kellie Wagnild pose for a photo next to the Hanukkah and Christmas decorations.