



A Touchmark® community
Est. 1980

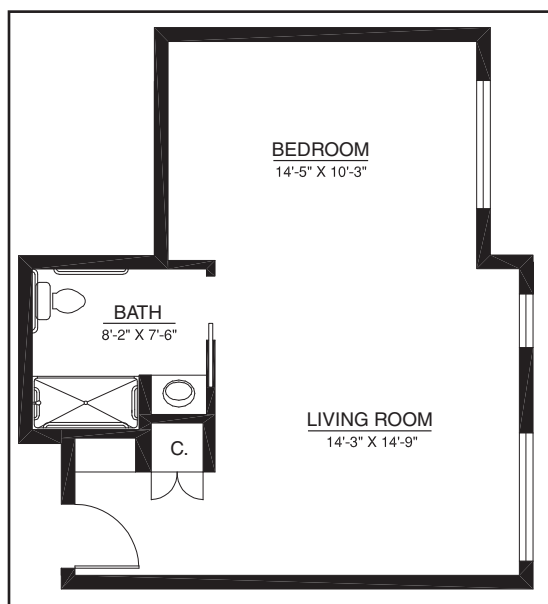
Happy 2011!



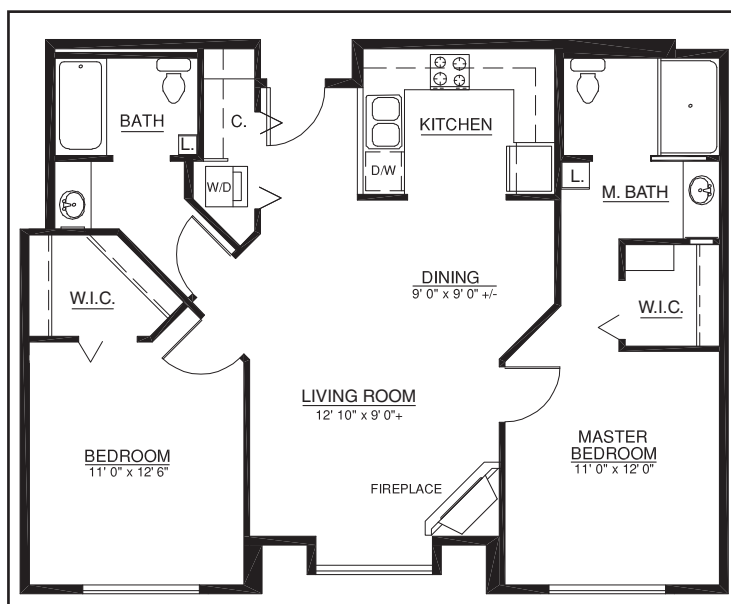
Residents and team members rang in the new year in style. Concert pianist Jim Fischer kicked off the festivities with jazz, pop, and classical tunes. Denny Kelso lent his vocal talents to the evening, encouraging revelers to kick up their heels on the dance floor. Beautiful decorations in the Courtside Dining Room created a festive environment. Participants watched the ball drop and toasted 2011 with Executive Director Ellery Bennett.



Opportunity's knocking



This 525-square-foot studio apartment has vaulted ceilings and is located in the Devonshire memory-care neighborhood. Call or stop by today for a personal presentation.



Terrace apartment 417 is your ticket to a fabulous lifestyle. You'll have just the right amount of space in this 960-square-foot, two-bedroom, two-bathroom home, surrounded by a community of friends and fun, rewarding pursuits. Vaulted ceilings, washer and dryer, and a courtyard view top off this magnificent home. Stop by soon!

Reflections on nurturing your heart



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

"Recipe for a happy heart: 2 cups of Love ~ 1 cup of Friendship ~ 1 cup of Gratitude ~ Add a dash of Laughter ~ Pour into any Soul"

— *Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other

allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.

Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of *(cont.)*

(cont.) heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment/Wellness Director Kellie Wagnild. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she liked the game.

“I liked it, but I couldn’t understand why they were killing each other for 25 cents,” she said.

“What do you mean?” he asked.

“Well, everyone kept yelling, ‘Get the quarter back!’”

From www.basicjokes.com

Creativity makes new words

For a homework assignment during a recent Brain Builders class, residents came up with new words and their definitions. Here’s a sample:

- **Ubiquitoast** - the most popular item on the breakfast menu at popular diners
by Nancy Murphy
- **Catadog** - a brochure that sells merchandise for household pets
by Cill Triebs
- **Lehagohahato** - Let’s have a good ha ha today
by Mac McClintock
- **Redcarpetition** - a) The habit of celebrities to try to out do each other at events, such as the Oscars, Golden Globe, or People’s Choice Awards. b) Also refers to (mostly) men are upping each other in acquisition of their mid-life crisis “sports car.”
By June Carelli

To screen or not to screen ... an ethical debate

—Marge Coalman, EdD, Touchmark vice president of Wellness & Programs

Over the past several months, the topic of Alzheimer’s disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf. ■

Coming Events

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

Tuesday, Feb. 15, 2 pm

Winetasting. Sip on delightful red wines paired with dark chocolate and strawberries. No charge. Please sign up at the front desk.

Wednesday, Feb. 16, 5 pm

February Birthday Celebration. Please RSVP in the Coffee Shop. Courtside Dining Room.

Thursday, Feb. 17, 1:30 pm

Shopping at Trader Joes and surrounding stores. No charge. Please sign up at the front desk.

Thursday, Feb. 17, 3:30 pm

Happy Hour with musical entertainment by Nehemiah Brown. Stop by to nibble on chocolate-dipped strawberries and fill your glass at the champagne fountain. No charge. Fireside Room.

Saturday, Feb. 19, 1:30 pm

Entertainment by concert pianist Stan Lasley. Fireside Room.

Thursday, Feb. 24, 9 am

Stepping Out walk at the Vancouver Waterfront. Please dress for the weather.

Club notes

Winter classes are in full swing at the Waterford Health & Fitness Club. Stop by to sign up for the following classes:

~Aquatic Post-Therapy Exercise Training

Space is still available in most classes—call or stop by the club for more information.

Mark your calendars for the following dates:

~ Friday, Feb. 18, noon to 2 pm: Wellness Challenge Finale Event

~ Saturday, Feb. 26: Romp to Stomp snowshoeing event, benefiting breast-cancer research, has sold out. Still want to support the event? See Kim Lehmann for donation opportunities.

Limited-time offer: Brain Fitness Check-up

The club has been partnering with NeoCORTA, a brain fitness company, to offer brain health assessments to help you proactively maintain your brain. With a NeoCORTA's Brain Fitness Check-up, you will learn about your current and future brain health and receive personalized tips to improve your brain fitness. There are only a few more months to take advantage of this offer.

To learn more, talk with Health and Fitness Director Kim Lehmann. ■