

A Waterford wedding

As Prince William and Kate Middleton prepare to celebrate their nuptials across “the pond,” Waterford residents have a new marriage to celebrate much closer to home.

Jim King and Opal Summers met at Waterford last September when Opal moved into the apartment across the hall from Jim. Being part of the community’s Welcoming Committee, Jim extended a warm hand to Opal, and the two quickly became friends, as they lived close to each other, and both participated in Daphne’s Beyond Sadness Group. Jim and Opal started courting, but they kept their relationship quiet to start.

After a short time at Waterford, Opal made the difficult decision to move back to her home in Idaho. Some of Opal’s closest friends, including Jim, tried to talk her out of it.

Jim and Opal talked every night on the phone at about 5 pm. “The time on the phone went by so fast, and the time in between calls seemed like a very long time,” shares Opal.

While she was in Idaho, Opal realized that though she still had wonderful friends and a church there, Waterford was home, and

she moved back to the community in January.

The day after Opal returned, Jim proposed. They bought rings but continued to carry on to their neighbors and friends that they were just friends.

A few days later, at the third-floor happy hour, Jim announced to their neighbors, “One of the newest residents is Opal Summers ... As some of you know, my 38-year career was at the *Seattle Times* ... So my latest page-one story is that Opal Summers and I will be married March 1 in Palm Springs. I will now stop shaking and will place her engagement ring on her finger, if I can quit shaking.”

Later that spring, Jim and Opal married on her daughter and son-in-law’s riverside lawn in Palm Springs.

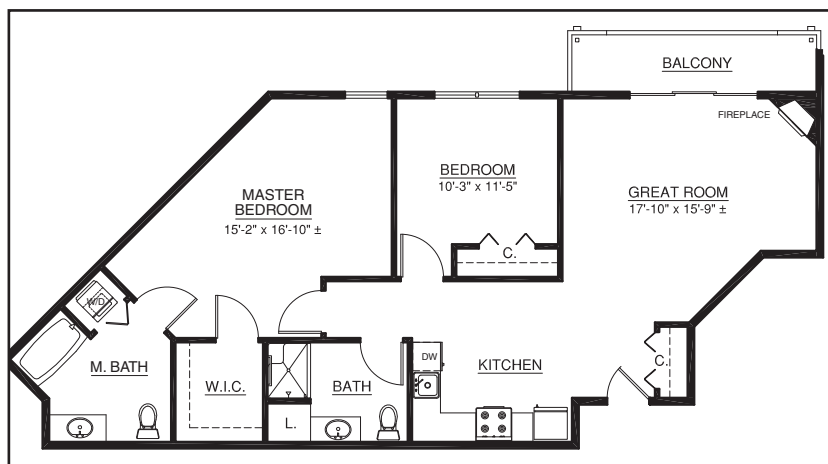
While neither one of them thought they would marry again,



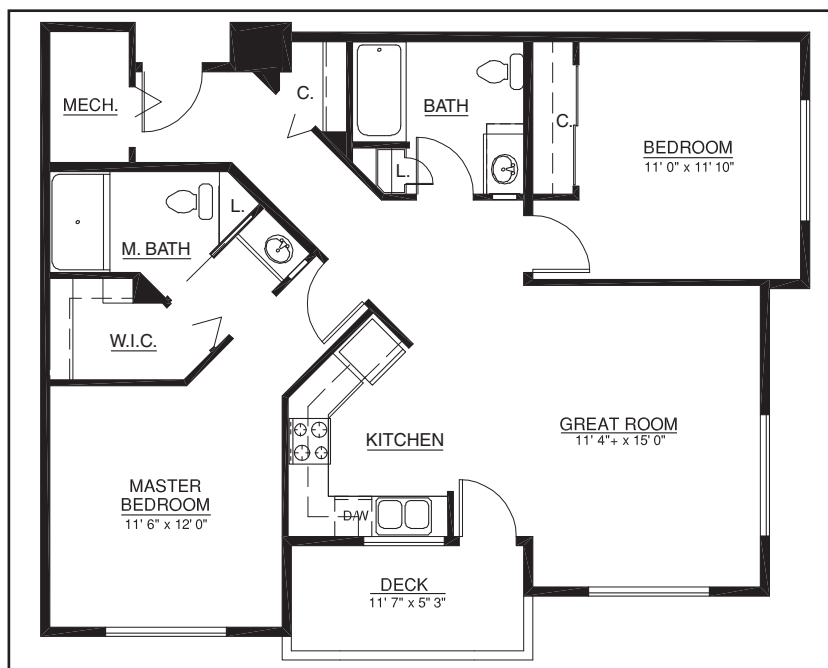
Newlyweds Jim King and Opal Summers cut their wedding cake.

they just couldn’t deny their feelings for one another. “I love Opal’s intelligence, sense of humor, and her charming laugh,” says Jim. “All the wonderful things he stated about me are also true about him,” echoed Opal. ■

Look what's springing up at Waterford!



Located in the main building, apartment 270 is a 1,112-square-foot, two-bedroom, two-bathroom home. Morning sunshine pours in through the east-facing windows. Plus, you'll love the walk-in closet, washer and dryer, and patio.



Terrace apartment 221 offers 1,010 square feet of living space with two bedrooms and two bathrooms. This south-facing home boasts a walk-in closet and deck. Call or stop by today for a personal presentation.

Life balance and legacy



Marge Coalman, EdD
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The function of *aging* does not guarantee a *life well-lived* or a *life in balance*. What, then, does it mean to create a life in balance? If you search for this phrase on the Internet, you'll find all kinds of comments, poems, and homilies. If you sit down and talk with people—especially older adults—a very different perspective comes to light. It becomes apparent that *legacy* is a critical component of a life in balance. This is true over people's lifespan and especially as they get older.

Legacy is not just about the material goods we have to share with those we love and care about or the causes we hold dear, although those are important components. Legacy is a combination of life experience, wisdom, community service, and commitment that sets our life apart from the harried flow of day-to-day duties. According to many older adults I interview, this results in a sense of well-being and accomplishment that makes each day a day worth "spending" for the value it brings.

Contributions that may be the most effective are not necessarily measured in dollars. Consider these gifts: sharing a vision and making it real; influencing children or

young adults and creating awareness and compassion for themselves and others; developing a thoughtful plan for conservation and environmental stewardship. All of these bequeath a legacy that goes beyond “the stuff” we leave behind. Thoughtful plans, timelines, and

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guideposts can mark the way to inspire future leaders and resolve difficult problems.

Touchmark communities are committed to supporting residents’ legacies through lifelong learning, civic engagement, intergenerational programs and services, and life-story work. Our Legacy Project is multidimensional and always growing. To be a part of the Full Life Wellness & Life Enrichment Program™ at Touchmark, contact a Full Life team member to share ideas, goals, and inspiration. ■

Waterford at Fairway Village to become Touchmark at Fairway Village later this year

Waterford at Fairway Village—a Touchmark community—has announced that it will change its name later this year to Touchmark at Fairway Village. Because Waterford already is part of the Touchmark family, everything but the name will remain exactly the same. The ownership and management remain unchanged. The name change will be phased in throughout the year.

Celebrating Mardi Gras



Residents work together to make festive Mardi Gras decorations for Waterford’s Fat Tuesday celebration.



Gen Summy (left) and Kitty Welsh show off their masks at Mardi Gras.

Club notes

New spring classes started April 12. Stop by the club to register.

Acupuncture coming to Waterford

How can acupuncture help me?

Acupuncture can help contribute to overall health and relieve pain, including discomfort in the joints, muscles, and hips. Acupuncture also has been known to help with arthritis, insomnia, anxiety, depression, cardiovascular health, headaches, and more.

What is acupuncture?

Coming from traditional East Asian medicine, acupuncture uses very fine needles and acupressure to redirect and rebalance the energy in the body to improve overall health. A trained acupuncturist administers the treatment. Most people do not experience any discomfort during the treatment and often feel deeply relaxed.

How many acupuncture treatments are needed?

Most people experience some improvement after one treatment, but a course of treatments may be necessary for significant change. Your practitioner will develop a plan and discuss it with you.

Schedule an appointment or no-charge consultation

Acupuncture treatments at Waterford Health & Fitness Club are available by appointment. Call 360-433-6400 or stop by the club for more information on available times and current rates.

About Marianne Banke



Licensed Acupuncturist ~ Tai Chi/Qigong Instructor
Marianne was drawn to East Asian medicine, including acupuncture, by its philosophy of compassionately treating the whole person, not just the disease or its symptoms. She believes that healing is a personal and unique process, and she develops treatments that fit each individual.

Marianne also has a strong background in martial arts. She earned a black belt in Taekwondo and has taught self-defense for women and children. She teaches tai chi for the club and is a certified Qigong teacher. Marianne graduated with a Master's from the Oregon College of Oriental Medicine and has been a licensed practitioner in both Washington and Oregon since 2008. She also practices and teaches at the North Portland Wellness Center. ■

Coming Events

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

Saturday, April 16, 2 pm

Waterford's theatre group performs monologues and plays. Courtside Dining Room.

Sunday, April 17, 2 pm

Seafarers Concert at the Vancouver School of Arts and Academics. Cost: \$20 per person. Tickets can be purchased through resident Barbara Mills, by calling the Fort Vancouver Seafarers Center at 360-694-9300, or at the door. Transportation cost: \$3.

Wednesday, April 20, 4:30 and 5 pm

April Birthday Dinner at 4:30 pm in the Heritage Dining Room and 5 pm in the Courtside Dining Room. Entertainment by Gabriel Guerrero.

Thursday, April 21, 9:30 am

Hood River Blossom Tour. Transportation cost: \$10, lunch on your own.

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Friday, April 22, 1:30 pm

Corporal Charlie Ford with the Vancouver Police Department discusses popular scams and how to avoid them.

Saturday, April 23, 10 am

Waterford's Annual Easter Egg Hunt. The Easter Bunny will stop by for photos. No charge.

Thursday, April 28, 10:30 am

Lunch at the Oak Tree Restaurant in Woodland, followed by a tour of the Hilda Klager Lilac Gardens. Cost: \$6 for transportation, \$2 for entrance to the gardens, lunch on your own.

Thursday, April 28, 3:30 pm

Entertainment by Nehemiah Brown. Fireside Room.

Friday, April 29, time TBA

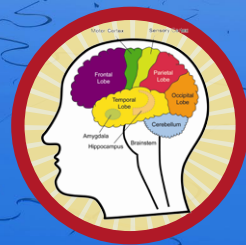
Watch the royal wedding with friends and neighbors, followed by a reception. Please bring memorabilia from your wedding to share.

Join us online!

Become a fan on our Facebook page; visit Touchmark's YouTube channel; or write a review on Google maps.



Brain Builders



Rearrange the letters to find the states' names:

Example: Ah! Look ma. = Oklahoma

i own gym _____

men share whip _____

loan torn chair _____

horned dials _____

coins wins _____

show inn tag _____

Answers: Wyoming, New Hampshire, North Carolina, Rhode Island, Wisconsin, Washington

Just for laughs!

The Direct Object

Christopher's class was having an English lesson, and the teacher called on Christopher to recite a sentence with a direct object.

Christopher stood and thought, then said, "Teacher, everybody thinks you are beautiful."

"Why thank you, Christopher," the teacher said, blushing. "But what is the direct object?"

"A good report card next month," he replied.

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