

# Thank you, volunteers!

Waterford is fortunate to have 115 volunteers—100 are residents—who donate their time and talents to enrich people’s lives. And every year, Waterford recognizes them at the Volunteer Appreciation Dinner.

The event kicked off with a selection of wine, beer, and sparkling cider. The menu included delectable appetizers, frenched center-cut pork chops, grilled diver scallops lightly seasoned and seared on the grill, lobster mashed potatoes, New York cheesecake, and more.

Each volunteer received a handwritten thank-you note from Waterford team members. The Matthew Casey Duo provided music for the evening celebration.

Residents volunteer in a number of ways, including:

- Executive Officers: president, vice president, secretary, and treasurer
- Committees: activities, dining, welcoming, library, cottage life, exterior, interior, resident manual, and art
- Planning and implementing Life Enrichment/

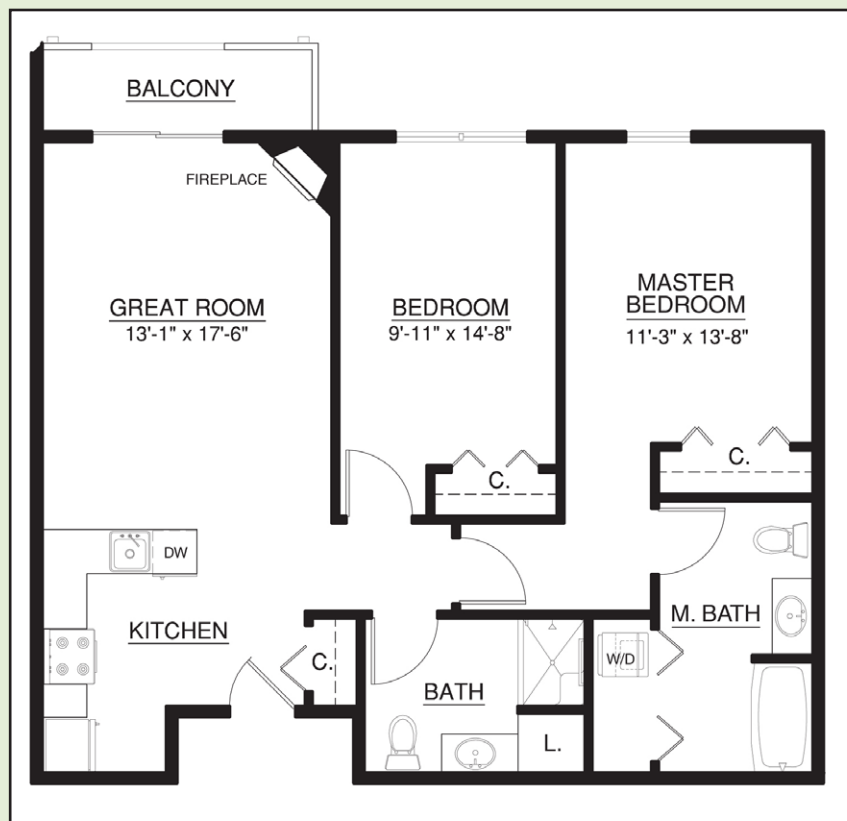
Wellness programs

- Assisting with seasonal decorating and team member functions
- Assisting the Marketing department with functions or by agreeing to open their homes for tours
- Running the small boutique Dot to Dot, which offers season gifts, scarves, hats, jewelry, and more
- Helping run the community store
- Knitting pads to be placed in the bottom of cages for the humane society, knitting hats for the men and women at the Fort Vancouver Seafarers Center, or premie clothes for newborn infants
- Donating their time and talents to local schools and hospitals
- Organizing functions for the Vancouver Symphony and Clark College
- Pet therapy, chaplain services, sing-alongs, Bible study, the car show, and special events

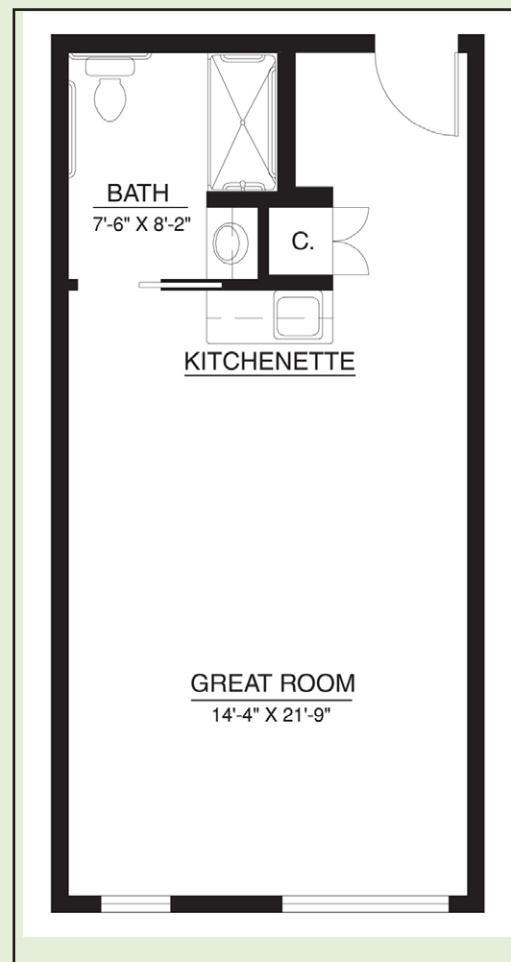
“We are so thankful for everyone who volunteers and enriches the lives of the residents who live at Waterford and throughout Clark County,” says Life Enrichment/Wellness Director Kellie Wagnild. ■



## This is it!



Now is the time, Waterford is the place! This 1,015-square-foot apartment home offers two bedrooms and two bathrooms. Morning sun fills the home, which comes complete with a balcony, washer and dryer, and fireplace. But Waterford offers so much more than just a comfortable, well-equipped home—you'll be surrounded by a community of friends, and fun, life-enriching pursuits.



In this 475-square-foot Claremont studio apartment, you'll love the vaulted ceilings and the view to the east. Call or stop by today for a personal presentation.

## Coming events

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

**Monday, Aug. 29, 8 am**

Men's Breakfast. Courtside Dining.

**Wednesday, Aug. 31, 1 pm**

Waterford Express train club. Model Train Room.

**Wednesday, Aug. 31, 4:30 pm**

Barbecue Dinner. Live entertainment by Art Goodman. Courtside Patio.

## Recent events



Residents upped the tally for a popular Oregon attraction: Multnomah Falls in the Columbia River Gorge National Scenic Area. They also spent a leisurely lunch at the Multnomah Falls Lodge.



Surrounded by thousands of roses, residents toured Portland's Rose Gardens, which is made up of the International Rose Test Garden, Peninsula Park, and Ladd's Addition.



The Stepping Out walking group enjoyed part of the eight-mile Burnt Bridge Creek Trail.

## Walk, for memory's sake

The Waterford team wants YOU to join them in the 2011 Alzheimer's Association Walk to End Alzheimer's on Sunday, September 25. Interested? Contact Kellie Wagnild at [KJW@Touchmark.com](mailto:KJW@Touchmark.com) or 360-254-2866. ■

## Creativity and community intertwined at Touchmark



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

*“Creativity is our greatest legacy.”*

*— Gene Cohen, MD, PhD*

Is there a limit to the amount of creativity anyone has in their DNA? Opportunity, environment, support, and feedback are certainly vital in nurturing the creative aspect of anyone, and the potential seems limitless across the lifespan for expressing oneself. Individually and collectively, the creativity of people who reside in Touchmark communities results in the Touchmark Full Life Wellness & Life Enrichment Program™, in place at all Touchmark communities.

This award-winning program supports all areas of whole-person wellness through specific programming areas based on resident's interests, talents, skills, and creativity. The wellness dimensions that comprise each person—physical, social, emotional, vocational, intellectual, and spiritual—interact with the environmental dimension through activities and offerings provided at each community.

The opportunities are not limited to the categories defined in the program description. They are enhanced by Touchmark team members and the dynamic and creative residents who contribute and participate in the day-to-day activities and events. The role of Touchmark team members is to support and facilitate a variety of offerings and encourage involvement from each resident. Residents engage in the programs of their choice and are provided opportunities to explore new interests and experiences.

This collective pool of creativity creates a unique fabric and culture in each community. Quilters, authors,

gardeners, artists, athletes, book lovers, singers, and more creative groups than can be listed in this column meet together and encourage and support each other in pursuing interests both old and new.

To participate in planning and activities that support creativity and programming, contact a member of the Full Life™ team. Ideas, talents, skills—and creativity—are welcome! ■

### Club update

#### **New staff:**

Please welcome Kiley Foster to the club's Member Services team.

#### **New Fall classes:**

The session starts Sept. 12. Some classes still have space available. Stop by Member Services for more information.

#### **Zumba is back!**

Aqua Zumba and Introduction to Zumba start the week of Sept. 12 with Group Fitness Instructor Jamie Wunderlich.

#### **New Classes this session:**

~ Aqua Exercise for Life

~ Stress and Relaxation

See the club's schedule for more details.

### Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national health promotion event helps advance active, healthy aging. The event is from Sept. 25 to Oct. 1. Look in next month's newsletters for details about Touchmark's Active Aging Week celebration.

