

Waterford hosts Active Aging Week

Public invited to participate in fun, healthy activities

In honor of Active Aging Week, Waterford invites people to participate in a variety of wellness activities Wednesday, Sept. 24 and Saturday, Sept. 27. The events will be held at Waterford, 2911 SE Village Loop in Vancouver.

Wednesday's events will celebrate National Women's Health & Fitness Day. Healthy snacks and beverages will be served throughout the day's presentations.

- **8 am:** Waterford Fitness & Wellness Specialist Cathy Lauder, PT, will lead a demonstration of a stretching and strengthening class and share a presentation about osteoporosis. People can enter to win door prizes, including a membership at the Waterford Health & Fitness Club.
- **9 to 11 am:** Health screenings provided by ProActive Health Resources. Bone-density screenings for \$5. Other health screenings, such as cholesterol and additional important health indicators, will have a fee. Blood pressure screenings are complementary.
- **11 am to noon:** Open health discussions and Waterford Rehabilitation & Aquatic Therapy Manager Melanie Serpa, OT, presenting the latest therapies and exercises available for bladder issues.
- **Noon to 1 pm:** Medical Director of the Cardiac Catheterization Lab at Southwest Washington Medical Center Margo Kozinski, MD, will talk about women's heart health. Margo is sponsored by the American Heart Association and the Go Red for Women campaign. There will be time for questions and answers after the presentation.

Saturday's events will include a Wellness Fair, featuring local health and wellness experts and vendors, and a mini walk in honor of the Portland Alzheimer's Association Memory Walk®.

- **8 am to 2 pm:** Wellness Fair will feature groups



like Clark College's Mature Learning program; Evan Gwilliam, DC, of Camas Chiropractic; local sports retailers; Diabetic Supplies; Sterling Life Insurance Company; The Arthritis Foundation; the American Heart Association; and many more. Waterford Health & Fitness staff will lead various class demonstrations, such as the popular Posture & Balance Class.

- **9 am:** Vancouver Mayor Royce Pollard will lead a walk, while a drummer plays the drums to keep the rhythm—just like during the Alzheimer's Association Memory Walk in downtown Portland. People can select from a one- or two-mile walk.
- **10 am to 1 pm:** Concessions from assorted health food stores and local restaurants will be for sale. Earthquake Ethel's Roadhouse Jazz Band also will play during the Wellness Fair.

"We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives," says Waterford Health & Fitness Director Kim Lehmann.

Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles. ■

Recent events



Roy and Norma Swanson joined a group from Waterford for a recent trip to the Grove Field, which is part of the Port of Camas/Washougal.



Louise Wooden gets ready to board an airplane for a ride around beautiful Clark County.



From left: Gene Sauls, Amy Walker, Violet Ohman, Marion Beals, Louise Wooden, Katherine Schraud, Maxine Bash, Phyllis Sheppard, Virginia Newbury, and KC MacKenzie pose for a photo at the Japanese Gardens with the city of Portland sitting behind the group.

Enrich your life

Waterford features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

Waterford offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 360-254-2866 today to learn more about the Waterford lifestyle and dynamic Life Enrichment/Wellness program—and the fall's featured homes. ■



This apartment offers 990 square feet, two bedrooms, and two bathrooms. The home features vaulted ceilings, fireplace, washer and dryer, and breathtaking views of the Columbia River Valley and Portland city lights. Call today for a personal presentation.

Use it or lose it—redefined!

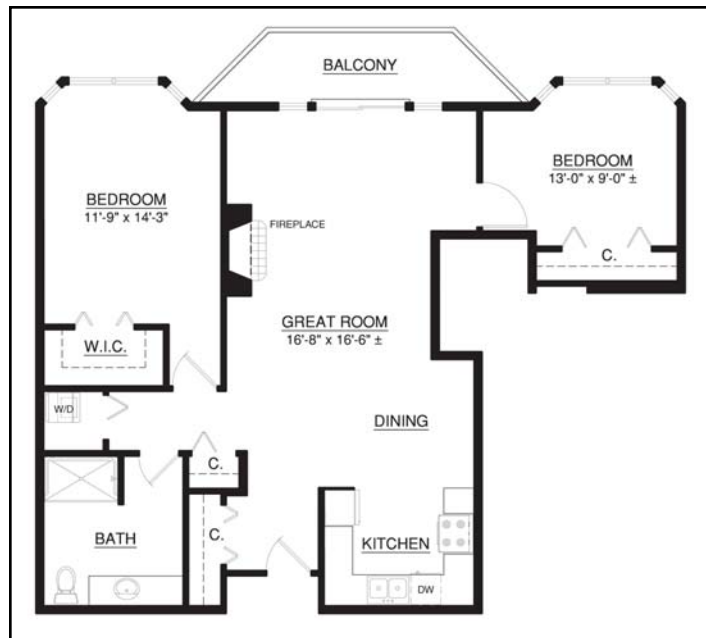


Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota



Apartment 402 offers 1,136 square feet, vaulted ceilings, fireplace, and washer and dryer. The balcony provides easy access to a spectacular view of the Cascade Foothills.

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive (*cont.*)

(cont.) enhancement activities that can delay—and even interrupt—the onset of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes and subsequently move from independent living to assisted living; from assisted living to memory care or skilled nursing.
- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Waterford Life Enrichment/Wellness Director Kellie Wagnild or Health & Fitness Director Kim Lehmann. ■

Honoring volunteers

More than 70 resident volunteers gathered for a party, which celebrated their participation in the Waterford Volunteer Program.

“Volunteers are an important part of Waterford’s success,” says Life Enrichment/Wellness Director Kellie Wagnild. “They give time and energy to enrich the lives of others.”

Kellie further explains that the party is one of two yearly celebrations that honor volunteers. “With this party, we celebrated resident volunteers, and for the next one, we’ll honor both resident and community volunteers from the broader Vancouver community.”

The festivities began with entertainment by the Live Jazz Project and cocktails, wine, and appetizers. Executive Chef Nick LoCascio and Dining Services Manager Paul Lemke created a gourmet dinner, which included balsamic pancetta spinach salad, champagne and wild mushroom risotto, grilled asparagus, rosemary lemon chicken, and garlic and herb marinated shrimp.



Gen Summy won a colorful flower arrangement from Gallery Florist. “I have been here for five years, and it was the best [party] ever,” says Gen, who is serving as the vice president of the Resident Council Committee and chair of the Welcoming Committee. Anne Chambers and Joe Fritz also are pictured.

(cont.)

(cont.) During the event, residents won prizes, which were donated by local businesses, including Gallery Florist, Blackstone, Cathedral Tapatia, and IHOP.

“The volunteer dinner was so much more than any of us expected,” says Mary Ellen Vaughan. “Nothing was forgotten! It was a real tribute to our volunteers at the Waterford.” Mary Ellen is the immediate past president of the Resident Council and is currently a member of the Activity, Dining Room, and Art committees. She also helped negotiate a program enabling Waterford residents to golf at Fairway Village.

Bob O’Sullivan described the party as “really great, marvelous, first class.” Bob volunteers with the Resident Manual and Interior committees and assists with bingo on Wednesday nights.

As a special tribute, people received personalized thank you notes from staff members. The notes thanked them for the time, effort, and support.

If you’re interested in volunteering at Waterford, visit Touchmark.com/volunteer-opportunity.htm or ask Kellie. ■



Everyone joins the Laughing Exercise during the party.



Margaret and Walt Mortlock participated in the volunteer party.

Learn what’s happening at the Waterford Health & Fitness Club

- New class sessions began September 15, featuring some newer classes, including Aqua Balance, Social Dance, Swing & Sway, Splash!, and Gentle Yoga. Call the club to register for classes today.
- Waterford is celebrating Active Aging Week and invites you to participate. See the article on page one to learn more.

Waterford to celebrate 10th anniversary

The Waterford community will take the whole week of October 6 to celebrate 10 special years. The celebrations will include an open house, socials, a historical slide show, sharing of stories, and a grand anniversary celebration.

In honor of the upcoming anniversary celebration, resident Margaret Zuke, who moved to Waterford (cont.)

(cont.) in December 1997, shares her experience as a member of the Waterford family.

What do you love about Waterford?

“The people (both residents and staff), my cottage, the range and quality of activities available, the opportunity to give input to staff and to have my ideas accepted and seriously considered, the ‘family feeling’ that is evidenced among residents and staff, and of course, the food.”

What are some of the fun, enjoyable memories that you have of the past 10 years?

“It was very interesting being part of the beginning of a project as large as Waterford. Helping to set up the initial activities program, including the computer club, the book club, a walking group, a needlework group, and starting the Week-at-a-Glance. There were the weekly Friday-morning breakfasts, where we were briefed on the construction of the health and fitness center and the Terrace building. I recall the dedication of the swimming pool (when it was nothing but a hole in the ground). Watching, and hopefully helping, the growth of the partnerships between Waterford and the Vancouver Symphony and Clark College Mature Learning.

“The special events, such as holiday celebrations, Sunday brunches, happy hours, musical entertainments and special recognition ceremonies. But most of all, the friendships I’ve made and the support I’ve received from my Waterford friends.” ■

Vice president writes for recent issue of The Journal on Active Aging

In the July/August issue of The Journal on Active Aging, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” writes Marge.

Read the full article online at WaterfordVancouver.com/common/pdf/civic-engagement-enrich-lives.pdf. ■



Coming Events

Thursday, Sept. 25, 9 to 10:30 am

Stepping Out walk at trail around Vancouver Lake Park. No charge.

Sunday, Sept. 28, 8 am

Portland Memory Walk: "We're on the Move to End Alzheimer's." No charge.

Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of (cont.)

(cont.) National Council on Aging and the American Society on Aging in Washington, DC.

Let Your Spirit Soar is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



Let Your Spirit Soar was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.