



A Touchmark® community  
Est. 1980

# It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body's ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two

positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center ([www.sciencedaily.com/releases/2007/12/071213152540.htm](http://www.sciencedaily.com/releases/2007/12/071213152540.htm)) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

**"When measures to combat chronic disease are started in one's 60s and 70s, there are still definite benefits."**

*—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University*

At Waterford, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Director of Life Enrichment/Wellness Marguerite Rylander. ■

Join Waterford for a delightful  
*High Tea.*

Friday, Feb. 29 at 2 pm in the Forum



## Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Waterford reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Waterford Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at winetasting

events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you’re looking for an engaging retirement lifestyle that offers interesting social opportunities, call Lorri Mullen to learn more about Waterford’s lifestyle and available homes. ■

### Coming Events

**Thursday, Feb. 21,  
6:15 pm**

Entertainment by  
Borderline. Forum.

**Thursday, Feb. 28,  
2:30 pm**

Piano duet with Reimans.  
Forum.

**Friday, Feb. 29, 2 pm**  
High Tea in the Forum.



**Apartment 244 includes 860 square feet, one bedroom, and one bathroom. The home offers a great location with a lovely view of the South Hills. Call for your personal presentation today or to join the waiting list for cottages.**

## LET YOUR SPIRIT SOAR

*Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.*

## Turning Point

By **Käthe Crum**, Resident

**IT HAD BEEN OVER HALF A CENTURY SINCE I FIRST SAW IT.** As the ship carrying my parents and me sailed into New York’s harbor, my father pointed to the Statue of Liberty as a symbol of the land to which we were emigrating from Denmark. I didn’t understand it all; in fact, I did not even speak or understand the English language.

This day, from the deck of a boat, I saw that statue with new eyes, and the weight of emotions brought tears to my eyes. As the 12-year-old immigrant, I never imagined how my parents’ decision to come to the United States would shape my life. Without that move, I would not have the memories of school days in Richmond, Virginia. I would not have the daughters and grandchildren or the husband I treasure. I would not even be a resident of Waterford surrounded by so many caring friends.

I suppose that turning (*cont.*)

(cont.) points have happened to all of us that changed our lives in ways we never imagined. Perhaps reviewing all that happened in the decades that followed would evoke emotions weighty enough to squeeze a few tears from your eyes, probably a mixture of joy and sadness.

*March's focus is the value of humor and optimism; the deadline is February 18. ■*

## Recent events



**Waterford Executive Chef Adam Mendez, son Adam Jr., and wife Erika (far right) present Intermountain Children's Home Representative Katrina Salois with a Candy Land Gingerbread House. Adam and his family built the house during the holidays, and it was displayed at Waterford for everyone to enjoy prior to being donated to Intermountain. "The kids were thrilled to have it," says Adam. Erika also heads up the Waterford Safety Committee and works in Life Enrichment/Wellness.**



**The Sagittarius Trio performs during a recent birthday night celebration. The group is a Waterford favorite.**