

## Growing into the new year

At Waterford, 2009 presented challenges for both residents and team members alike. The Waterford management team took active steps to ensure our community would continue to thrive. We welcomed many new people throughout the year and closed the year with occupancy at an all-time high. While we welcomed many new friends, we sincerely miss those who passed. It is an honor to share in the lives of residents and their families, an experience for which each of us is truly grateful.

Our Life Enrichment/Wellness program continues to expand and grow. Opportunities for building the body and brain are ongoing; social events and countless outings in the community give all opportunities to learn and grow. Later in the year, the introduction of An Evening of Fine Dining in the private dining room

was an overwhelming success. For the evening meal, residents selected their choices from an exclusive menu created by Executive Chef Adam Mendez. The evening offered fabulous food and an elegant atmosphere among good friends. Be sure you don't miss out on this experience in 2010.

The new year is here, and we remain committed to providing an enriching lifestyle and excellent service at Waterford. We look forward to greeting new friends as they join our Waterford family throughout 2010.



*Merry Lunde*

**Merry Lunde**  
Executive Director

## Winter happenings



While the snow falls outside, balls and beanbags fly inside! The Forum transformed into a game-playing oasis during a recent snowstorm, complete with beanbag-toss games, checkers, kick-the-ball, and others. "This is so much fun," said Donna Haggerty (far right). "I couldn't go outside to do my daily walk, because it was snowing, but this is a great way to exercise. I got my exercise of the day!" Rose Mary Paul (not pictured) added, "This is a nice way to spend a cold day playing with your friends." Later, 30 residents tested their knowledge on a variety of topics during a trivia game. New residents Ken and Pat Bolland and Ivan and Norma Olliffe (not pictured) joined in the fun and met many of their new neighbors. Sue Woo is pictured on the left, and Sybil Dodge is shown in the middle.

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While enjoying peppermint and lemon cookies and eggnog, residents put the finishing touches on the Waterford Christmas tree. Dried cranberries, popcorn, glass ornaments, wooden wreaths, ribbons, and a lot of care transformed the tree from bare to beautiful. “This is so much fun,” said Florence Jacobson. “It is nice to decorate this tree and be able to see it when I walk by the Forum.”



## There's “snow” place like home!



Leave behind worries about frozen pipes and shoveling snow as you live the good life at Waterford. Offering one bedroom and one bathroom, apartment 376, which is located in the main building, is only missing one thing—you! This east-facing 737-square-foot home lets the sunshine in as you enjoy the retirement of your dreams. The cold winter weather doesn't lead to hibernation at Waterford. The national award-winning Life Enrichment/Wellness program provides plenty of year-round opportunities. Call today for a personal presentation.

## A sampling of captions



*Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here's a sample of some. Enjoy the creativity and fun!*

**"Trying for a hole in ten."**  
~ Resident Stella Mae O'Connell,  
Vancouver, Washington

**"Hah! Bet you didn't even notice my shoes are different colors!"**  
~ Resident Gail Kristensen, Sioux Falls,  
South Dakota

**"One mixed up dude!"**  
~ Resident Eve Brouard, Appleton,  
Wisconsin

**"FORE!"**  
~ Resident Frank Battershill, Edmonton,  
Alberta

**"Arnie Palmer could do it!"**  
~ Resident Daniel Reitan, Fargo, North  
Dakota

## 20in10: What's on your list today?



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

*"Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor."*

— *Brian Tracy, author and speaker*

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

# 20in10

**20 Tips to Wellness You Can Do in 10 Minutes™**

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that *(cont.)*

(cont.) can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it’s up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark’s 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Erika Mendez. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

## Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

### Answers:

1. Yesterday, Today, and

Tomorrow

2. The woman was a

photographer. She shot

a picture of her husband,

developed it, and hung it up

to dry

3. Charcoal

## Coming Events

**Tuesday, Jan. 19, 2 pm**  
Wii Games.

**Friday, Jan. 22, 9 am**  
Men’s Coffee. Parlor.

**Friday, Jan. 22, 10 am**  
Baking Class in the  
Garden Wing.

**Friday, Jan. 22, 2 pm**  
Wellness Day!  
presentation on how to  
read your prescriptions.  
Forum.

**Wednesday, Jan. 27,  
noon**  
Musical entertainment  
by Steve and Jim during  
lunch. Dining Room.

**Wednesday, Jan. 27,  
7 pm**  
Mended Hearts. The local  
chapter of this nonprofit  
organization meets every  
fourth Wednesday of the  
month in Waterford’s  
Forum. Heart patients  
and their families and  
friends are welcome  
to attend and receive  
encouragement and  
support. To learn more  
about the organization,  
visit [www.mendedhearts.org](http://www.mendedhearts.org).