



A Touchmark® community  
Est. 1980

# Generations enjoy good chat over hot chocolate



Fourth- and fifth-grade students from St. Mary's Church visit Waterford for Cuddle Up Day. The children and residents chatted, and residents shared childhood stories. Fritz Weed shared gummy wheels with the children, and Beverly Tatz was impressed with the young visitors, saying, "The kids were very social and it was nice talking to them."



*In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.*

**A Food Valentine**

Cabbage always has a heart;  
Green beans string along.  
You're such a Tomato,  
Will you Peas to me belong?  
You've been the Apple of my eye,  
You know how much I care;  
So Lettuce get together,  
We'd make a perfect Pear.

Now, something's sure to Turnip,  
To prove you can't be Beet;  
So, if you Carrot all for me  
Let's let our tulips meet.

Don't Squash my hopes and  
dreams now,  
Bee my Honey, dear;  
Or tears will fill Potato's eyes,  
While Sweet Corn lends an ear.

I'll Cauliflower shop and say  
Your dreams are Parsley mine.  
I'll work and share my Celery,  
So be my valentine.

*www.basicjokes.com*



**Coming Events**

**Friday, Feb. 5, 10 am**  
Bus leaves for library outing. Sign up in advance.

**Sunday, Feb. 7, 4:30 pm**  
Super Bowl Party. Forum.

**Monday, Feb. 8, 9 am**  
Out to Breakfast outing at Perkins Restaurant. Bus transportation provided. Please sign up in advance.

**Monday, Feb. 8, 11:30 am**  
Parkinson's Disease Support Group. Forum.

**Wednesday, Feb. 10**  
National Wear Red Day. Show your support for increased awareness of women's heart disease.

**Thursday, Feb. 11, noon**  
Valentine's Luncheon for Waterford couples. Please sign up in advance. Forum.

**Friday, Feb. 19, 2 pm**  
Healthy Juices by Erika. Garden Wing.

**Hearts a beatin' and minds a buzzin'**

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research."

If you'd like to learn more about Waterford's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

## Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our

preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Waterford, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

# 2010

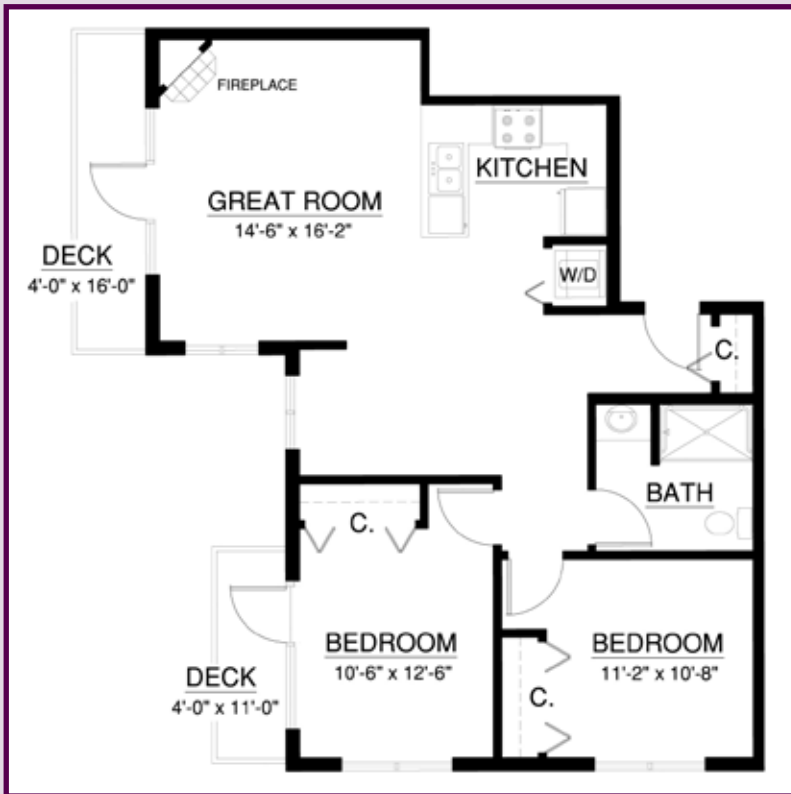
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**20 Tips to Wellness You Can Do in 10 Minutes™**

*Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.*

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

## This is the life!



Who says you have to leave home to go on vacation? Apartment 122 can be your year-round base camp for relaxation and adventure. Large windows open up to a gorgeous view and allow natural light to fill the home. This 1,001-square-foot home offers two bedrooms, one bathroom, and a gas fireplace. Call today for a personal presentation. Let the "vacation" begin!

## Parties at every turn!



"The King" lives on in the hearts of his fans, as evidenced at Waterford's Elvis Presley Birthday Celebration. Partygoers sipped on Elvis's favorite drink—Pepsi-Cola—and tapped their feet to the sounds of his music. Bud Smith shared memories of a tour he took of Graceland and described the beauty of the home and the running track where Elvis ran every morning.

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Revelers count down to the new year at Waterford’s Pomegranate Champagne Cocktail Party. Over 70 residents reflected on the past year and looked forward to 2010 while sipping champagne cocktails and enjoying a bountiful spread, complete with cheese and crackers, boneless chicken wings, assorted cookies, brownies, and shrimp cocktail. Mary Mattson provided musical entertainment on the piano, and Paul Kleffner said a few words to toast the new year.

# Brain Builders



## Word Mine Activity

Inside the phrase “You’re my hero” are several words, using two or more letters. Two examples are below. Find as many as you can.

You’re my hero

emyr

hey

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

	eye	ye	home
rounr	myrth	humor	homer
rum	more	our	or
her	merry	hour	you
moo	moor	oh	hey
rhyne	hurry	rye	here

*Answers (other answers may be possible):*