

# Calling all quilters



The Waterford Quilting Club is in full swing, meeting every Tuesday from 2 to 3 pm in the Garden Wing. The group has already completed three quilts and is working on more to give to those in need. "I like doing this; this is so much fun," says resident Sue Woo. "We are helping other people." (Four women from First Lutheran Church demonstrated tied quilting to residents at a recent gathering.)

## The grass is greener at Waterford!



Apartment 122 offers two bedrooms, a bathroom with universal design features, and gas fireplace. Enjoy this 1,001-square-foot home with two patios. Call or stop by today for a personal presentation.



# 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.*

- Write a poem.
- Count your blessings.
- Make a cup of tea.
- Take a picture.
- Take a bubble bath.
- Brush your teeth for at least two full minutes.
- Let someone cut in front of you in a line.
- Clean out your refrigerator.
- Park at the far side of the lot and walk to the store.
- Write a note to someone special.

# Unexpected consequences



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

*“Some kids are so busy they have no time to play. Others have no place to play and no one to play with. Some kids spend so much time front of TV and computer screens that they forget how to play.”*

*— Anonymous, wall mounting in children’s art exhibit area, Museum of Glass, Tacoma, Washington*

School budgets continue to be cut. Physical education and recess already are long gone in many elementary schools in North America, and art and music services are being trimmed. It seems that test scores are the only measure many school districts are paying attention to in the quest for high-tech geniuses.

Imagine having the opportunity to nurture relationships and physical activity, creativity, communication, and learning in today’s children.

Touchmark understands the need to address childhood obesity; to nurture communication (without the aid of computers and text messaging) in children and young adults; and to foster caring relationships with trusted older adults. The intergenerational programming at each Touchmark community is designed to influence all of these areas and provide lasting moments of pride and fun for participants.

As research results continue to be shared, we realize that we are raising a generation of individuals who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact a member of the Life Enrichment/Wellness team. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

**Did you know?**

**Facts about children’s brain power**

- The brain is the most unfinished organ at birth.
- The brain grows to 90 percent in the first 3 years.
- 700 new synapses (neural connections) are made every second in the first year.
- By age three, a child’s brain is twice as active as an adult’s.
- By age six, “linguistically rich” children have 20,000 words.
- When children feel secure, serotonin production helps their brain cells connect.
- When children are stressed, cortisol production activates the fight or flight part of their brains.

—The above information is drawn from research done by Harvard University’s Center for the Developing Child. For more information about children’s brain development, visit: <http://developingchild.harvard.edu/>

## Purses, satchels, and handbags—oh, my!



Waterford women showed off their favorite handbags and shared stories and memories during a purse party. Some brought purses that belonged to their mothers or grandmothers, like Tracy Kvande, who brought her mother's purse, which is about 100 years old. Norma Ollifee told the ladies about her daughter's hobby, making purses from old jeans. Joyce Madsen said, "My purse was made by my granddaughter. I was invited to a tea party, and each person needed to bring a purse, and I did not have one. My granddaughter said, 'Don't worry, Grandma. I'll make you a purse.' So she made me this one. I won first prize!" Beverly Tatz arrived at the party with her arms filled with 20 purses from her private collection, including some purchased in Las Vegas and Germany.





## Celebrating Moments of Pride: Respect and love

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos and stories that highlight moments of pride for residents and team members.



Gary and Betty Snyder have been married for 14 years. In explaining the key to their marriage, Betty says, "We are best friends, and we respect each other."

## National training sharpens skills, promotes exchange of ideas



During April, Life Enrichment/Wellness teams from around North America gathered in Portland, Oregon, for yearly training. Nanette Holmes, Life Enrichment/Wellness assistant, recently joined the Waterford team and attended the three days of presentations and workshops. Chuck Adams and John Rochford of Plus50 Inc., gave the keynote presentation on *Rediscovering Your Passions and Pursuing Purpose In Your Life*. The training also featured group presentations from team members. Nanette and her co-presenters discussed how to provide programs for various skill and interest levels.

## Recent event



Residents learned more about all things cloud-related after a presentation by Chief Weathercaster Erin Yost from Beartooth NBC. Erin described the different types of clouds, and how forecasters can make predictors of coming weather.

community. Waterford is now on Facebook!

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