

Celebrating Moments of Pride: An egg-ceptional talent



Mary Ellen Maltry (left) visits with Margaret Sillers in front of the beautiful display of Mary Ellen's Ukrainian eggs. Many people believe that the impressive creations Mary Ellen has made over the past 30 years are made of wood, glass, or porcelain, but they are actually made of real raw eggs. The decorated eggs, a symbol of life, are not blown out. Rather, the inside of the eggs turn into dust in seven to 10 years.

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.



Mary Ellen demonstrates the techniques used in making Ukrainian eggs. Mary Ellen saw a woman from the Ukraine demonstrate the process over 30 years ago and has been fascinated with the art ever since. The process to make these keepsakes involves drawing on the eggs with a wax-filled brass funnel called a kistka. The eggs are then colored with a succession of dyes and finished with three coats of varnish. In keeping with the Ukrainian tradition, Mary Ellen makes the eggs once a year during the Lenten season.

Springtime fun



Taylor Clasen (right) proudly shows her baby chick to resident Evelyn Holcomb during the Easter egg dying and egg hunt event.



Becky Thompson (left) and Betty Koshnick look over childhood pictures of residents and staff.

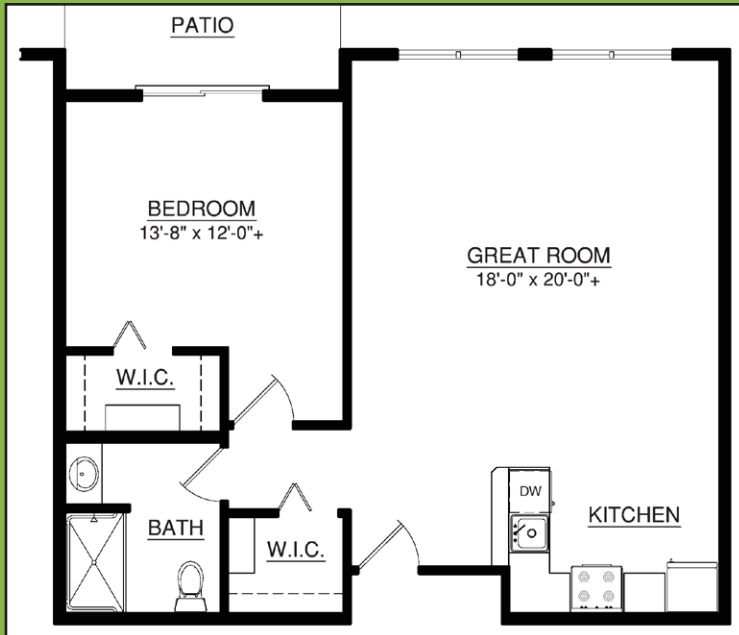


Marilyn and Bill Zabilka don 3-D glasses for the movie *Alice in Wonderland*.



Arline Hudson, Doris Paterson, and Jo Bach laugh as they wear 3-D glasses for the first time.

The grass is greener at Waterford!



Apartment 126 offers one bedroom and one bathroom. Step out onto the patio of this 887-square-foot, first-floor apartment and enjoy the spring days. Located just steps from the Waterford Health & Fitness Club, you can stay motivated to follow your health and fitness program. Location, function, and style combine to make this home a true find.



Experience the Waterford lifestyle from this lovely cottage home at 3406 Waterford Drive. Offering two bedrooms, two bathrooms, and a den, this spacious 1,880-square-foot home has everything you need to start living the good life. Choose between Waterford's rental or deposit plan option. Call or stop by today for a personal presentation.

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 Life Enrichment/Wellness Director Mary Tvedt. 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/>

Waterford Health & Fitness Club update

As the days grow warmer and longer, people are looking forward to having fun in the sun. Don't forget to take care of yourself while enjoying the summer days. Here are some tips to keep in mind:

- ~ Always wear sunscreen.
- ~ Wear a hat and sunglasses to protect your head and eyes from the sun.
- ~ Drink plenty of water to stay hydrated while participating in outdoor activities.
- ~ When walking or jogging, watch for changing elevations and/or changing conditions of the sidewalks or streets.
- ~ Warm up and stretch before any outdoor sport activity.

Looking for some motivation?

Keep your summer fitness program moving with motivation and accountability. Meet with Aerobic Coordinator/Personal Trainer Heather Muscha or Waterford Health & Fitness Club Director Mark Minette for help creating a fun and healthy summer workout routine.

Holiday hours and pool closure

The club will be closed Monday, May 31 in observance of Memorial Day. The swimming pool will be closed Friday, May 28 through Monday, May 31 for maintenance.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Wednesday, May 19, 2 pm

Brad Wimmer presents *Mining for Diamonds*. Auditorium.

Thursday, May 20, 9:20 am

Musical entertainment by the Kennedy Elementary School Choir. Auditorium.

Thursday, May 20, 5:30 pm

Ladies Night Out kicks off with dinner at 5:30 pm in the Prairie Rose Dining Room. Entertainment by the Line Benders at 6:46 pm in the Auditorium.

Wednesday, May 26, 1 pm

National Senior Health & Fitness Day Fashion Show. Auditorium.

Thursday, May 27, 4:45 pm

Monthly Birthday Party. Spring Fling theme. Terry Edwards Show at 6:45 in the Auditorium.

Join the online community. Waterford is now on Facebook!



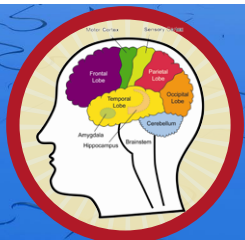
2010 in 10

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.

Brain Builders



List possible uses for old cereal boxes. Be as creative as possible.

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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. Life Enrichment/Wellness Director Mary Tvedt (left) and Life Enrichment/Wellness Assistant Katie Carlson (not pictured) 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. Mary and her co-presenters discussed how to enhance Brain Builders and Brain Aerobics.

Just for laughs!

Technical Terminology

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.

One co-worker said the programming we had ordered was delayed, because the vendor was suffering from a “severe nonlinear waterfowl issue.”

Curious, the team leader raised his eyebrows and asked, “What exactly is that?”

The programmer replied, “They don’t have all their ducks in a row.”

This month’s feature is from MyCleanHumor.org.