

“We rave about the Nintendo Wii”

Ask people what this year’s hottest toy is, and most will say the Nintendo Wii. The interactive video game system uses a remote that senses the player’s movements, which translate into action on the screen. For example, when playing a bowling game, you simply move your arm in a bowling motion, which appears on the screen.

According to The Entertainment Software Association, “In 2007, 24 percent of Americans over the age of 50 played video games, an increase from nine percent in 1999.” With the design of new technologies, the appeal of playing games is spreading to different generations.

Not only is this gaming system fun, but the popular Wii emphasizes physical and social interaction, as well. There are several sports video games, such as tennis, golf, boxing, and baseball, which can help increase hand-eye coordination in all ages.

“The Wii appeals to many people at Waterford, because it is easy to operate and can be played sitting or standing,” says Life Enrichment/Wellness Direc-

tor Krista Musser. “The favorite game, hands down, is bowling.”

Waterford will start a Wii Bowling League in March. Sign up today, or talk with Krista to learn more. ■



Deb Williams plays Wii bowling.



Sales Assistant Erin Sheehy (left) works with Alice Doscher to play the interactive Nintendo Wii video game system.



Food Service Supervisor Travis Hinnners (far left) shows Mary Jane Reardon how to use the Nintendo Wii.

The “3 Cs” of life balance



Marge Coalman, EdD
Vice President of Wellness & Programs,
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Alliteration is sometimes helpful to capture important information in an easy-to-remember way. The “3 Cs” of a life in balance are one way to conceptualize the important elements of aging well and simplifying our lives so that we can focus on a life that continues to provide meaningful opportunities for engagement.

Continuity of longtime routines, rituals, and choices helps people navigate many life transitions—including retirement and moving to a new home. Although the neighborhood, real estate, neighbors, and services may be different, the ability to continue important daily, weekly, and annual routines supports us through unfamiliar circumstances.

“An aging-friendly community offers ample opportunities for older adults to develop new sources of fulfillment, productive engagement, and social interaction.”

—*Andrew E. Scharlach, associate dean and professor, School of Social Welfare at the University of California, Berkeley*

Compensation is the second C word. When making changes, it’s important to be sure the features of the home, neighborhood, and services are amenable to the changing needs of older adults. Lighting, sidewalks, door widths, accessibility, transportation support, and a long list of other daily needs can make the difference in a successful and supported transition.

Compatibility is important in all areas of our lives. The vocational, social, spiritual, physical, and emotional

aspects of well-being require alignment. Are the values of the community in agreement with those personal values and beliefs that are primary to a person’s life experience? Irreconcilable differences are not easily resolved.

Positive aging is made up of far more components than the “3 Cs” shared in this brief article. But assessing these three key factors when simplifying and retooling for the last decades of life helps support a successful change. This assessment—combined with a conscious decision to make proactive choices regarding home, health, and services while the decision is still available (and not made for the person by expected or unexpected changing needs)—is the basic principle of successful life transition.

At Waterford, we strive to create a community that provides the “3 Cs” to residents, families, and staff. For more information on how to become a part of our community contact the executive director or any of the team members. ■

Discover the freedom to travel

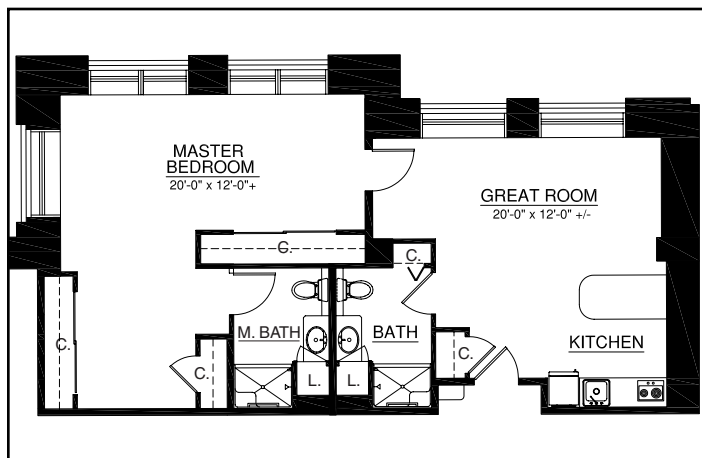
According to AAA, some of the top travel trends for 2008 will be visiting Europe, Central and South America, traveling with family, climate sightseeing, and taking earth-friendly vacations. Another popular trend is enrichment travel, which involves taking classes and attending events that deepen and enhance a person’s travel experience.

Travel offers adventure and a fun escape from everyday life. For many, though, the burden of arranging for a house sitter or making sure that someone watches your home while away can add stress to the travel preparations. To avoid such hassle, consider the Waterford lifestyle, where you can relax, knowing others are caring for your home while you travel.

“We love to travel and meet other people,” says Judith Harris, who lives at Touchmark’s Oklahoma (*cont.*)

(cont.) community with her husband Leaman. “Now we’re in a place where we’re not serving the house, and someone else is taking care of the house.”

Discover the freedom to travel. Call Waterford at 605-335-1117 today. ■



Large oversized windows allow natural light to fill home 120, which is located on the first floor of the former All Saints School. The home offers 876 square feet of living space, one bedroom, and two bathrooms. Call today to schedule a tour of this home.

Coming Events

Thursday, March 6, 11:30 am

Book review and luncheon with Candace Cameron in the North Dining Room. RSVP by Tuesday, March 4.

Thursday, March 6, 6:15 pm

SkyForce Basketball game.

Wednesday, March 12, 7 pm

Acoustical Music. Chapel.

Saturday, March 22, 9:30 am

Easter Egg Hunt. Front lawn.

Saturday, March 22, 10 am

Easter Service. Chapel.

Recent activities



From left: Ed Eastwold, Hazel Wheeldon, Edith Cannon, and Bertie Van Demark play Mah Jongg. Hazel leads Mah Jongg for Beginners once a week.



Rich Lingberg (left) and LeRoy Larson sand their woodworking project.