

Wings of wonder



A butterfly lands on Betty Miller (right) during an outing to the Sertoma Butterfly House. Above: Alice Doscher (left) and Deb Williams enjoy butterflies fluttering around them.



2010 in

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.

A colorful tradition



Nancy Graber (left) and Mabel Eiesland participate in the time-honored tradition of dying Easter eggs.



Facilities Manager Bob Buller teaches his grandsons, Austin and Keaton, the art of dying the perfect egg.



Shirley Ellingson joins the fun.



Gertrude Swift finishes a blue hue.

The grass is greener at Waterford!



Offering two bedrooms, two bathrooms, and a vaulted ceiling, this spacious 1,115-square-foot home has everything you need. Call or stop by today for a personal presentation.

Coming Events

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

Tuesday, May 4, 6:45 pm

Musical entertainment by Larry Schrag and Landon. All Saints Chapel.

Friday, May 7, 11:15 am

Out to Lunch Bunch outing to Famous Dave's. Residents only; please sign up in advance.

Thursday, May 20, 5 pm

Spring Fling Resident Birthday Night. Imperial Dining Room.

Thursday, May 20, 6 pm

Musical entertainment by the New Horizons Band. Sunset Pavilion.

Monday, May 31, 11:30 am

Memorial Day Picnic for residents and families. Please RSVP.

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 Krista Musser. 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/>

Celebrating Moments of Pride: A collection for tea

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



Stop by the curio case to see resident Diane Kristensen's collection of Royal Albert tea sets, which is made by Royal Doulton. Some of the pieces in her collection have been personally signed by Michael Doulton himself.

What's Cookin'?

Once a month, residents and staff share a favorite recipe. Jean Lowary's cookie recipe was so popular, several people have asked for a copy. Here it is:

Deluxe Chocolate Chip Cookies

by Jean Lowary

1 cup (2 sticks) margarine
1 cup oil
1 egg
2 tsp. vanilla
1 cup brown sugar
1 cup white sugar
3 ½ cups flour
1 tsp. salt
1 tsp. baking soda
1 tsp. cream of tartar
1 cup quick oatmeal
1 cup crispy rice cereal
1-12 oz. package chocolate chips
1 cup flaked coconut
1 cup chopped pecans

Preheat oven to 350 degrees. Mix margarine, egg, sugars, oil, and vanilla until blended well. Add flour, salt, baking soda, and cream of tartar, and mix well. Add oatmeal and crispy rice cereal. Stir in chocolate chips, coconut, and pecans. Drop by spoonfuls onto a greased baking sheet. Press lightly with fork. Bake for 10-12 minutes. Makes six dozen cookies.

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.

