

THE ENTHUSIAST

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A PUBLICATION OF TACOMA LUTHERAN RETIREMENT COMMUNITY FOUNDATION

Director's Message

IT TAKES A BOARD...



Ruthmarie Zimmerman

In previous issues of the Enthusiast Newsletter you have been introduced to the many improvements in the physical environment at Tacoma Lutheran Retirement Community (TLRC) that resulted from the generosity of patrons, families, employees, benefactors and community members. The driving force behind many of these improvements is the TLRC Foundation Board of Trustees and the TLRC Board of Governors. Each member enthusiastically endeavors to add value to the collective effort of the whole, and it is seen in the changes that have been brought about, and those which are ongoing. These members work hard behind the scenes to make their visions reality, often without any recognition.

Both boards are composed of a variety of people, all with engaging personalities and far-ranging capabilities. Each member comes to their Board with laudable and noteworthy work and life experiences. They arrive bringing their talents and their time with the sole purpose of benefiting TLRC. This eclectic group of professionals come from many different disciplines: marketing; education; business; banking; financial services; real estate development; not-for-profit; churches.

As you can see, the diversity of these groups is what enables both Boards to multiply the knowledge and experience of individuals into a dynamic collection of thought and action-oriented results which have made significant contributions to the betterment of TLRC. Our latest campaign is "Redesigning Dining," which we hope will greatly enhance the dining experience for residents of TLRC. If you would like to donate to this important campaign please contact the foundation office (see names and numbers below.)

What are the rewards the Board members receive for such service? The answer is as complex as it is simple. Board members receive a significant reward: the knowledge and satisfaction that they made a positive difference in people's lives for time and eternity. Seeing the residents of TLRC and their families enjoy the changes and benefit from the improvements is universally recognized by each Board member as a just and sufficient reward for the time, talent and treasure they expend. They all agree that "it is more blessed to give than receive." Members of the TLRC Foundation Board and Board of Governors are grateful to have the opportunity to give back and to do so with a certainty that the seeds they sow bring a harvest of joy to so many.

Ruthmarie Zimmerman



“Everybody needs to exercise. It greases our joints and keeps us young.” Dodie Snapp, TLRC Resident

The newest addition to our campus has already become one of the most popular. And there is no question why! The Emerson Wellness Center and Clark Aquatic Center is beautiful, and is easily accessible for residents.

The new Wellness Center includes:

- Full-size exercise therapy pool for exercise classes with optional mechanical current for lap swimming or walking in place.
- Spa therapy pool for relaxation and muscle fatigue.

- Large aerobic studio for fun classes such as Pilates, Gentle Yoga, Strength & Balance, Cardio & Core, and Kickboxing.
- Weight Training Room with state of the art exercise equipment designed specifically for the aging population.
- Full-time Wellness Center Director to guide and support each individual’s exercise program.
- LEED Certified Silver *Green* Building. It is the first *Green* Wellness Center in Pierce County.

As the saying goes: “It is amazing how much you can accomplish when it doesn’t matter who gets the credit.” Each gift is vital. It’s all of the gifts, great and small, that help us to accomplish great things for our residents. We relied on the many donors who contributed to make this dream a reality. This includes the 135 individuals and companies that donated \$500 or more, and whose names are proudly displayed on the donor wall at the front entrance.

The Wellness Center is accomplishing what we hoped it would. Residents are participating in exercise classes, completing personal exercise programs, and enjoying the camaraderie. Residents are reporting that their blood pressure is down, they are maintaining control of their Diabetes, their battles with restless leg syndrome are gone, and they are sleeping better. It’s wonderful to see our residents taking a proactive approach to their health.

What a great accomplishment and addition to our campus! Thank you to each of you for your support of the Wellness Center and TLRC. We couldn’t do it without you.

There is still time to get your name on a tile. Gifts of \$500 will be added to our donor wall. For more information, please call the TLRC Foundation at 253.284.7508 or donate on-line at www.tacomalutheran.org

Donor Profile

 CLARK AQUATIC CENTER – CLARENCE & ELMA CLARK

The Clark Family in front of the Wellness Center.

By Toni Clark – Remembering My Parents

Dad loved to swim. Give him a lake, or a pool with a diving board, and he would be first in the water. According to his sister, Betty Fisher, he learned to swim early and mastered the high dive at Lake Surprise as a teen. He could “jack knife” into the water and did so at the beginning of each swimming season each year, well into his sixties.



Clarence & Elma Clark

As a teenager I traveled with my parents to Reno a few times. Mom and a girl friend would go off to the casinos to play the slots while Dad and I floated in the pool, relaxing and talking to other guests.

In retirement Dad and Mom wintered in a trailer park in Palm Springs. At the development swimming pool, Dad liked to lead water aerobics. He used a boom box for music and several people joined him for pool exercises. In the summer time when he was home in Fircrest, he drove to the Elks Club a few times a week to use their pool. For many years he also joined my family in North Carolina for beach vacations where he swam in the bay and the ocean with our family.

Mom was afraid of the water. She said she had almost drowned as a child in the Puyallup River trying to swim with her brothers and had never conquered her fear. Still, she loved to be on the water in a boat or near the water in the sun. She saw to it that her two daughters had swimming lessons early on. Her exercise of choice was walking. She walked two miles a day until she was close to 90. Her pace was so brisk that it wasn’t easy for a younger person to keep up with her. She also took “Jazzercise” lessons and stretching classes at the Tacoma YMCA for many years.

Both of my parents would be embarrassed by the attention of having the Wellness Center named after them. But they would be proud and pleased that their family wanted to remember them in a way that encourages others to exercise. I can imagine my Dad using this pool. He’d say, “Hi. I’m Clarence Clark. The water feels good today...” Then he’d grin. Swimming, especially in his later years, was as much about fellowship as it was about the water.

To remember TLRC in your will or estate, please contact the Foundation regarding Legacy Giving at 253.756.7560.



Cathy Kostelecky

When was the last time you had a financial checkup?



When you hear the word checkup, what comes to mind?

Most likely it's your physical health. But checkups are just as critical to your financial health—which may be equally important.

Most financial experts recommend you get a financial checkup at least once a year. The experienced and knowledgeable financial representatives at Thrivent Financial for Lutherans can help.

Thrivent Financial offers simple ways to deal with changes in your life that naturally lead to changes in your financial needs. For example, if you have a new grandchild, money you invested in a CD two years ago may now make more sense in a college savings plan. Or a recent job promotion may mean it's finally time to start saving for retirement.

Regular financial checkups are one of the most important ways you can ensure you're doing what's necessary today to help you achieve your long-term financial goals.

For a financial checkup or to discuss how Thrivent Financial can help you achieve your financial goals, contact Cathy Kostelecky, FIC, at 253.445.2423, X 209 or Cathy.kostelecky@thrivent.com today, or visit thrivent.com.

Planned Giving

CONSIDER TACOMA LUTHERAN RETIREMENT COMMUNITY

Thrivent Choice is Here!

We told you in an earlier issue about the new Thrivent Financial for Lutherans program to support local charities called Thrivent Choice. Thrivent has allocated its members' "charity dollars" that they can disburse to local charities. The dollars come straight from Thrivent and do not cost its members anything!

Thrivent has replaced its gift matching program with the Thrivent Choice Program. In years past, we received nearly \$10,000 per year from the gift-matching program. We are asking for your help to make up for the loss. It's easy to allocate your charity dollars. Simply go online to thrivent.com and click on Thrivent Choice or call Thrivent at 1-800-847-4836. Tell them you would like to designate your "charity dollars" to Tacoma Lutheran Retirement Community.

If you'd like more personal attention, we will be holding a Thrivent Choice assistance time at TLRC on November 16th, 10 am – 12 pm and on Thursday, December 16th, 1 pm – 3 pm. TLRC Board Member and Thrivent Financial Representative Cathy Kostelecky will be available to walk you through the process.

If you have questions about the Thrivent Choice program, please call the TLRC Foundation at 253.284.7508.

Donor Events

LET'S HEAD TO THE BEACH

Heritage Society & Visionary Donors



It was all smiles as Heritage Society and Visionary Donors enjoyed blue skies and the beautiful view of the ocean.

To show our gratefulness for those in our Heritage Society (who have included Tacoma Lutheran Retirement Community in their will) and to our Visionary Donors (lifetime donors of \$20,000 or more), the TLRC Foundation sponsored a day at the ocean in September.

With our buses loaded, we headed for Ocean Shores. We enjoyed a great lunch and view from the Shilo Inn Ocean Shores Restaurant. When lunch was over, everyone spent free time, shopping in town, walking on the beach, breathing the fresh ocean air, and soaking in the beautiful scenery.

We are so grateful to each and every one of our Heritage Society and Visionary donors. Thank you for helping to make TLRC the special place that it is.

If you are interested in including TLRC in your estate plans, please call the TLC Foundation at 253-756-7560.

THE FAMILY CIRCUS® By Bil Keane



11-30
Copyright 1987
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"I want to talk to Grandma, but PJ won't stop hugging her."

FAMILY CIRCUS © 1987 BIL KEANE, INC. KING FEATURES SYNDICATE

Join us for our
Holiday Bazaar
at TLRC!

November 19th & 20th
9:30 am – 4:00 pm

For more information please call: 253.752.7112

Enthusiast Masthead Design: Al Abbott
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Wish we could tell you more, but it's...
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SATURDAY • NOVEMBER 6 • 2010

Please join us for the 8th Annual
Dinner & Auction Gala

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