



A Touchmark® community



## Looking forward to more celebrations



*Message from*  
**Deb Magnuson**  
—Executive Director

What a summer! Our Fourth of July at the lake was wonderful. We are learning a new game called “Norwegian Golf.” Thankfully it’s very transportable, so we were able to have a men-versus-women contest. I won’t tell you who won!

This month we have been invited to the Garvey’s for a day at Lake Melissa on August 7. Sign up for the bus at the front desk. Once again, Joe will be preparing a wonderful picnic lunch for us. Bring a hat, your sunglasses, and some sunscreen.

Our other big August event will be the beginning of our building project. After months of preparation, we will soon be starting the groundwork for our additional apartments and the Health & Fitness Club. Watch for meetings during the month; we will share details as we firm up the plans. Enjoy the great weather!

## Have fun: It matters

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

Depending on one’s definition of “delightful,” leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous random studies that correlate things like nature, water, pets, poetry, music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

**“The crucial element is that you do something that is inherently delightful to you.”**

—Dulce Zamora, writer and health researcher

Professor Blair Justice, PhD, at Texas School of Public Health has written extensively about the correlation of stress and illness—*dis-ease*. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts*

*Affect Your Health*, focuses on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the process and progress of disease can be mediated by the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body’s ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable, it can’t be done in a state of fatigue. For someone dealing

with a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the Institute for Complementary and Alternative Medicine in Vancouver, BC, states, “It’s about checking in.” She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better? Or am I just doing this because it is a “duty.”

At Waterford, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun. If you have ideas for events, activities, spaces, or groups that will add to the possibilities for fun and pleasure, share them with Life Enrichment/Wellness Director Mary Tvedt.

## Take me out to the ball game!

*by* **Mary Tvedt**  
—Life Enrichment/Wellness Director

Each summer we enjoy several games at Newman Outdoor Field watching the FM Redhawks playing baseball. We were happy to be able to share these great experiences with Marge Coalman, Touchmark’s vice president of Wellness & Programs in July. Between visiting and giving a seminar, Marge joined us at the game.



**Marge poses with Hawkeye before “catching” a foul ball.**

I was very happy that Marge was enjoying herself along with 18 residents—after all she’d had a long day and it was getting close to 10 pm. But the excitement was just beginning—Marge “caught” a hard-hit foul ball in the arm! Two Waterford residents saw it before I did, but I quickly joined the EMT staff in fussing over her right

wrist and forearm, which turned many different colors as the bruise spread.

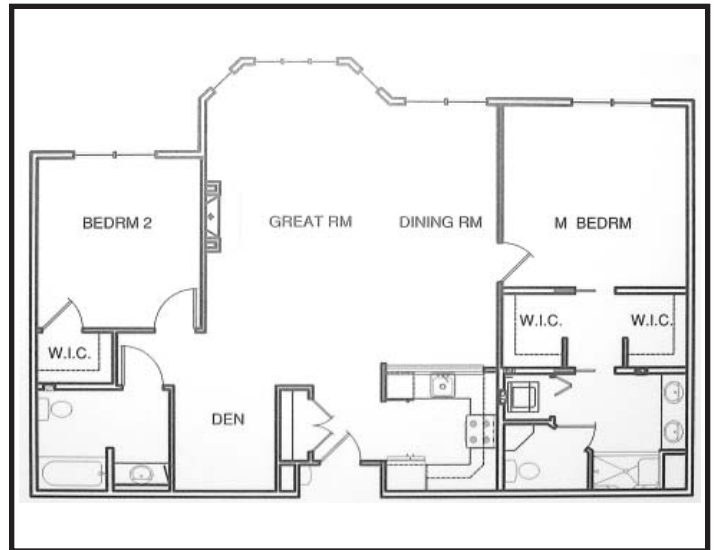
The RedHawks’ staff was very kind to Marge and brought her two baseballs (one autographed by Hawkeye) and a pennant. I’m happy to report that Marge is healing and is not holding a grudge against the RedHawks or Fargo. Even with the excitement, it was a pleasure to have Marge join us for the game.

## Lifestyles. Homes. Enrichment.

*by* **Molly Landecker**  
—Administrative Assistant

In August, we will be breaking ground for our new addition, and we are very excited to give you a firsthand view of one of the largest apartments we will be adding.

The home offers two bedrooms, two baths, a den, and 1,410 square feet. Enjoy the double walk-in closet off the master suite and a his/her sink in the bathroom. The living room is very open and has a welcoming fireplace. If you would like to schedule a time to come view our community and the plans for Phase II, contact Serena Jiskra or Molly Landecker at 701-476-1200.



**Take a sneak peek at a beautiful floor plan from the Phase II project.**

## What others are saying



**Becky Thompson**

I was thrilled when an apartment opened up. I have been happy here and found [the] staff to always have a smile and a hello! They work hard to make everyone happy. They are wonderful, and I am very happy living at Waterford.

**Becky Thompson**  
—Resident

### Let Your Spirit Soar

*Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for August is a recipe with a story.*

## My favorite recipe

*by* **Jeane Mason**  
—Resident

I am Scotch-Irish and like to go beyond oatmeal when I cook! I guess I could say one of my hobbies is cooking. Cooking for family and friends is real therapy. My husband especially liked summertime barbecue season. One of our favorite menus is one that most everything can be made ahead (early in the day):

### Barbecued Baby Back Ribs

### Baked Grated Potatoes

### Mandarin Salad

### French Bread

**For dessert:** fresh fruit and cheese with a chocolate cookie and mugs of hot coffee!

**Barbecued Baby Back Ribs**—This recipe comes from my daughter-in-law, Beth, and has become our favorite.

Put rib rack in heavy foil and brush both sides generously with your favorite barbecue sauce. Wrap completely in foil and refrigerate overnight. Bake in oven for 2 1/2 hours at 300 degrees. Turn several times, brushing with more sauce.



**Resident Jeane Mason pauses while cooking in her kitchen.**

a buttered 8 x 11 baking dish and add some onion, salt, and pepper; add another layer of the potatoes, onions, and seasonings. Pour cream over top—cream should almost cover the potatoes. Serves 8.

My Grandma MacDonald came from Nova Scotia. She would be happy and surprised to know that I now like her favorite food, cod! Of course, there was always sweed pudding for holidays, scones, etc. Due to my lack of interest at that time, I'm sorry to say I do not have the recipes.

*For September, please submit a book review of "your favorite book." Deadline for this issue is August 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.*

## Upcoming events

**Friday, August 4, 10 am to 2 pm**—Lake Day at Jim and Vivian Garvey's home near Lake Melissa.

**Thursday, August 10, 7:05 pm**—RedHawks Game at Newman Outdoor Field.

**Thursday, August 24, 2 pm**—End of Summer Fling in Prairie Rose Dining Room.

**Monday, August 28, 10 am**—Bergan's Nursery Tour in Fertile, Minnesota.

Call 701-476-1200 for more information or to register.

