



A Touchmark® community



Enjoy a delicious meal at the Chef's Table!



Message from
Deb Magnuson
—Executive Director

This month we all need a little rest! Days at the lake, pontoon tours of the river, trips to the nursery gardens in Fertile, Minnesota, and an August run to the casino ... I'm tired!

We have started our Chef's Table dining. Watch for the flyer every month for the date and menu. The first 20 residents who sign up will enjoy a special five-course meal prepared by Chef Joseph Bertrand. Joe plans this event every month, and it is a fun way to try different dishes.

We are developing one special food event a week. So far we have a Sunday Brunch, a monthly birthday party, and the Chef's Table. Joe and I are open to suggestions for the fourth event in the month.

We have welcomed a new staff member to assist us with the move-in process and other administrative support. Ashley Hartung is on board and learning new things every day. Please welcome her.

For the next several months we will spend a great deal of time on our building project. Resident meetings will continue so we are all kept up to date on changes and

plans. We have been blessed to be part of a very special community, and we will continue to be very intentional about future growth and success.

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Longevity and learning

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

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood's and Madison Avenue's stereotypical image of sagging muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling evidence about the abilities and gains associated with the aging process.

“Brain research has dispelled the presumption that humans undergo a steady decline.”

—*Laura Carstensen, PhD,*
director of the Stanford University Center on Longevity Life-Span Development Laboratory

Dr. Carstensen notes, “Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve.”

A number of experts are re-defining aging by focusing on lifespan development not decline. Brain research shows that although some areas do diminish, oth-

ers—notably general knowledge, vocabulary, and emotional-psychological regulation—improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem, that calls for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Waterford, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Mary Tvedt at 701-476-1200.

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A home for your lifestyle

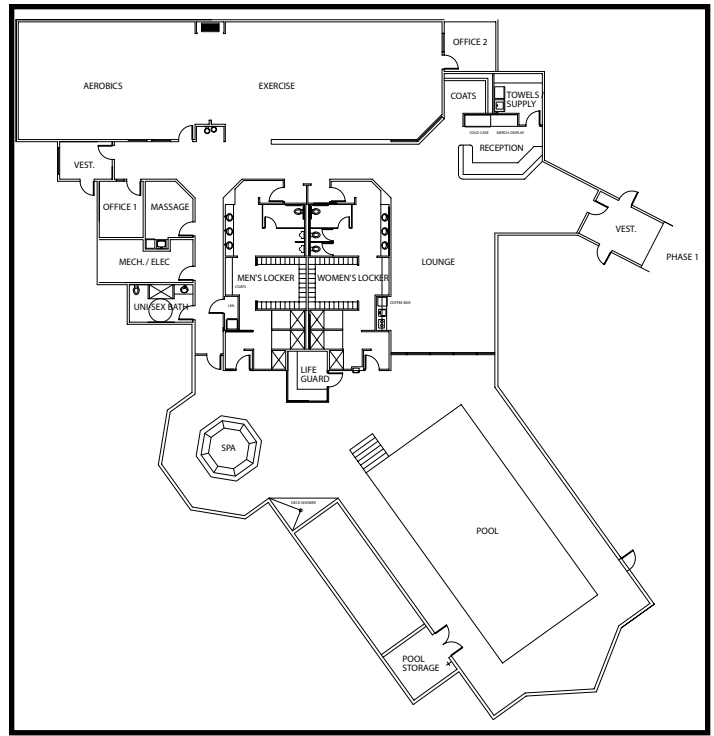
by Molly Landecker
—Community Relations Associate

If your lifestyle involves fitness and staying active, you may like to hear what we have coming fall 2007.

Waterford is adding a 12,000-square-foot Health & Fitness Club. This Club will be specifically designed to meet the needs of older adults. The club will include fitness equipment, two pools, aerobic studio, and locker rooms with towel service. Treadmills, elliptical trainers, NuSteps, and Keiser strength-training machines will support members’ unique fitness requirements.

The swimming pool will measure approximately 25 feet by 50 feet and will range from about three-and-a-half to six feet in depth and include two lanes for lap swimming. The therapeutic pool will maintain a warmer temperature for muscle relaxation and therapy.

Many residents and community members have heard



The Health & Fitness Club is scheduled to open fall 2007 and will offer fitness and aquatic programs and classes.

about the expansion and are excited to share our growth! Along with the Health & Fitness Club, we will be adding an additional 60 independent living apartments. These apartments will be ranging from 700 square feet to 1,400 square feet.

To receive additional information, contact Serena Jiskra or Molly Landecker at 701-476-1200.

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Coffee with a Cop

by Mary Tvedt
—Life Enrichment/Wellness Director

Waterford and Fargo residents enjoyed a wonderful visit with Fargo Lieutenant Gene Anderson in August over coffee and donuts. Lt. Anderson came to Waterford as part of a quarterly program offered by TRIAD, an organization of seniors and law enforcement working “together to reduce the criminal victimization of older citizens and enhance the delivery of law enforcement services.”

Those attending enjoyed an informal question-and-answer session with Lt. Anderson in which he described the day-to-day duties of his force. He emphasized the importance



Fargo Lieutenant Gene Anderson shares safety tips during a Q&A time at Waterford’s monthly Coffee with a Cop.

of citizens reporting suspicious-looking activities in order to help make neighborhoods as safe as possible. He also helped dispel common misconceptions that citizens have about police officers and their work.

He was personable and charmed us with his humor, especially when he offered to demonstrate how handcuffs and pepper spray work!

After Lt. Anderson’s presentation, Brenda Rogerson from AAA Travel Services offered safety tips for older adults. She shared suggestions on air travel, what to do if your car breaks down, and ideas for motorists when taking rest breaks.

We look forward to our next “coffee with a cop” in November. Give me a call at 701-476-1200 to learn about the event.

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What others are saying

“My children know I am safe and not living alone. They know the staff looks out for all of us. My needs are met whether they are personal and medical, social, or maintenance of my apartment.”

Effie Stefanson
—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 September is “my favorite book.”

Reading group

by Audrey Dura
—Resident

As a retired school teacher, I’ve always loved reading and sharing my love of books with others. For the last 30 years, I’ve volunteered at Bethany Homes, a skilled care facility in Fargo. During the spring and summer months, I used to walk three miles one way to volunteer. My job is to pick up books and deliver them to the nursing-home residents. I’ve established relationships with many residents over the years. I look forward to my weekly visit as much as they do. Through our relationships I’ve learned to know many of their author and subject preferences and am able to suggest books for them.

I will have lived at Waterford six years this October. As a result of several residents with vision loss asking me to read their mail to them, I thought they may also enjoy hearing a good book. Thus I talked to Mary Tvedt, our Life Enrichment director, about establishing a reading group. We meet three times per week in a social room in assisted living where coffee and treats are available. The atmosphere is casual, and I read for approximately one hour.

The first book that I read was *Dakota Dawn* by Lauraine



Resident Audrey Dura enjoys a good book.

Snelling. I thought this would be of interest because the setting is in rural North Dakota in the pioneer days. The group is not limited to residents with vision loss but is also open to anyone wanting to enjoy a great story. The group is given several choices, and they decide on the next book that I will read. We are about to finish our third book. The author of our last book is Danielle Steel.

I enjoy reading and am willing to share my love of books as long as there is an interest. I guess that is the school teacher in me!

For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

Upcoming events

Thursday, September 7, 3:30 pm—Red Hat social with live piano music.

Sunday, September 10, 11 am to 2 pm—Waterford Brunch in the Prairie Rose Dining Room.

Monday, September 18, 3:30 pm—Fargo Depot Singers in the foyer.

Thursday, September 21, 6:30 pm—Rock'n 60's Music Band in the foyer.

Sunday, September 24, 2 pm—FM Symphony at Festival Hall on the NDSU campus.

Wednesday, September 27—Bus leaves at 1 pm for a ride through the Fargo Parks.

Thursday, September 28, 5 pm—Dining with Deb at Oxbow Country Club.

Share your books—and benefit others

"Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print."

—Barbara W. Tuchman,
historian and author

Support programs for seniors throughout the Fargo area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Director Mary Tvedt at 701-476-1200. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

A day at the lake

by Molly Landecker

—Community Relations Associate

We had another great summer outing. Waterford residents Jim and Vivian Garvey invited us all to their summer lake home. At about 10 am we all boarded the Waterford bus (we had a full bus, might I add), and we hit the road! It was a beautiful day to get out in the sun. The excitement was building as we could all tell we were getting closer and closer to the party!

When we finally arrived, the company and hospitality were wonderful. Joe, our chef, prepared some great picnic food for us all. We played some great games of Norwegian

golf and even got to take a pontoon ride, not all at once of course! Jim and Vivian's daughters were helping out with the fun and surprised us all with a wonderful music band. We all sat and enjoyed the great island music as we sipped our tropical drinks. How fun it is to get out and enjoy a wonderful summer day.

We all would like to thank Jim and Vivian Garvey for allowing us to spend the day with them. We are looking forward to doing it again next year!



Residents Vivian Garvey, George Smith, Nona Runestrand, and Vi Stenehjem enjoy sitting under the umbrella and listening to the band.



Tony Walter and the Garvey's daughters doing the conga line!

