



A Touchmark® community



Exciting community growth



Message from
Deb Magnuson
—Executive Director

We now have the official groundbreaking under our belt. It was a great day, and I want to thank all who participated. Resident council members lifted shovels, local bankers were here to lend support, and the Chamber ambassadors made us feel very special. Thank you all for your time.

The real work has begun on our new projects, and we are thrilled to see equipment and people on site! The residents with apartments on the second and third floors have the best views of the work being done; I like to go visit them.

Our book drive to benefit the Touchmark Foundation will be held this month. One of our own staff members was awarded a Foundation educational scholarship to assist her with her physical-therapy studies.

We are committed to helping fund more nursing scholarships. Please watch for the posters with the book sale date and come buy used books!

Nutrition—important for brain and body

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

Tired of hearing about the worldwide obesity epidemic? Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

Instead of dwelling on the bad news, though, let’s focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

- 1. Shop the perimeter of the grocery store** and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.

2. Start the day with as many fresh fruits and grains as possible: juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.

3. Drink at least seven glasses of water every day to stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise—aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Waterford we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Mary Tvedt at 701-476-1200.

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Waterford celebrates official groundbreaking

by Ashley Hartung
—Administrative Assistant

We are excited to inform you that we have broken ground for our Phase II addition and fitness center! We are expanding our community by adding a 112,000-square-foot addition, which will include 60 apartment homes and a Health & Fitness Club.

The new apartment homes will range from 700 to 1,400 square feet and will come in a variety of designs. Our



Waterford resident council members, Executive Director Deb Magnuson, and Buildings and Grounds Manager CJ Sahr are ready to break ground for the new addition.

12,000-square-foot Health & Fitness Club will offer fitness equipment, two pools, an aerobic studio, and locker rooms with towel services.

We began this journey in early September by gathering outside for the groundbreaking ceremony. We were joined by the Chamber of Commerce for this celebration and the seven Waterford resident council members, who held their golden shovels along with Deb Magnuson, the executive director, and CJ Sahr, the Buildings and Grounds manager. Grace Hans decided to join the excitement and brought her ladle to help dig!

After we broke ground, we were all chilly from the fall air, so we gathered inside for cake and coffee. This was a great time for everyone to express their excitement about the expansion.

Call us today to learn more about the new addition and coming opportunities.

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Join us for autumn activities

by Mary Tvedt
—Life Enrichment/Wellness Director

Fall is a favorite season of mine. I love the cool, crisp days. As the seasons change, we shift gears into different types of activities. We once again look forward to the wonderful

performances of the FM Symphony, which is celebrating its 75th season of bringing outstanding artists and music to our area.

Another annual fall event is our Dining with Deb at the Oxbow Country Club. We will dine with Executive Director Deb Magnuson in a relaxed atmosphere overlooking the beautiful golf course with the trees boasting their gorgeous fall colors. Speaking of majestic fall colors, our annual Fall Foliage Ride is scheduled for October 2. We leave Waterford in the morning, have lunch at the Cornfield Café near Pelican Rapids, Minnesota, and slowly travel around several Minnesota lakes. Of course, we'll stop periodically to take pictures and soak in the sheer beauty of the day.

With the return of college students to the Fargo-Moorhead area, I look forward to seeing new faces in the building as we gain volunteers wanting to meet class requirements. How invigorating to have young, enthusiastic students interacting with active Waterford residents!

We are in the process of finalizing the 2007 winter FM Communiversities Classes. Waterford once again will host several classes taught by talented speakers on topics of interest for residents and the general public. How fortunate we are to be able to draw from several area colleges.

I look forward to fall; it marks a change of weather but also affords an opportunity for a shift in the exciting activities offered at Waterford. Aren't we blessed to have four totally different seasons with their unique opportunities? I think so!



SS Ruby trip up the Red River

by Ashley Hartung
—Administrative Assistant

Waterford residents enjoyed a ride up the Red River on the SS Ruby pontoon boat this summer. The sun was shining, and there was a light breeze as we rode the pontoon through the winding river and got a tour from members of the River Keepers, a nonprofit organization that aims to protect the Red River.

The River Keepers gave us some fun facts about the Red River, Fargo, and Moorhead. We learned that Moorhead used to be nicknamed "Sin City!" In 1989, when North Dakota became part of the Federal Union, it was consid-



Residents take in the sight of The Red River and learn interesting facts about the Fargo-Moorhead area during a River Keepers' tour.

ered a "dry" state, so everyone headed to Moorhead for their alcoholic beverages. Moorhead had about 45 bars in a town of 3,000 people. Fargo, on the other hand, was known as the divorce capital of the world at the turn of the century. People could check into a hotel, claim it as their home, get a divorce almost immediately, and then head to Moorhead for a drink!

We also learned that the Red River is one of the cleanest rivers in the United States, and it is actually cleaner than most lakes in Minnesota. The River Keepers told us that they eat the fish out of the Red, but we are still not sold on the idea.

After a 45-minute ride and dozens of questions about the bridges, structures, and birds along the banks, our ride had to come to an end. It was the perfect day for this perfect adventure!



What others are saying

"I have met a lot of friendly people here! I like my cleaning lady, the food, the bus rides to appointment, and outings. Best of all, everything is under one roof!"

Caroll Manger
—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 October is a poem highlighting the fall harvest or life wisdom.

Dakota Autumn

by Lucille Bachman
—Resident

Bright blue skies
Cool nites
Trees in glowing colors
Children's laughter
School is open
The smell of leaves burning
Wild geese calling
The advent of the holidays
Take a walk at night
And see the Northern Lights
The sky alight
With a million stars



Resident Lucille Bachman embellishes her entryway with fun, fall decor.

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

Upcoming events

Monday, October 2, 10 am—Foliage Ride. Lunch at Cornfield Cafe in Pelican Rapids, followed by rides around the lakes, including Pelican Lake.

Sunday, October 15, 11 am to 2 pm—Brunch in the Prairie Rose Dining Room.

Thursday, October 19, 4 to 6 pm—Book signing with Mary Nelson, author of *Delightfully Contrary*, and open house with wine and cheese tasting. Foyer.

Thursday, October 26, 4:30 pm—Octoberfest and monthly birthday party with pianist Michael Helm at 6 pm. Foyer.

It's time for flu shots

by Winona Phelps, RN
—Medicare Manager, Touchmark

Waterford promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

Stay healthy this year— get your flu shot!

The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after

becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.

2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu.

Residents model Pendleton fall fashion

by Ashley Hartung

—Administrative Assistant

In late August, we took the Waterford bus to a style show put on by the Pendleton boutique in West Fargo. We were all excited to see the new fall fashions and even more excited to see six Waterford residents model the clothes!

Jean Mason was first, modeling a lovely jean jacket with white slacks. Following her was Elsie Brenkworth, in a darling jean suit, and Doris Flaming, wearing a plaid jacket and yellow shirt. Helen Rogers showed us her catwalk moves in a blue and white sweater.

Finishing up the rotation was Beth Ann Smith accompanied by husband George. The duo walked the runway in their Pendleton outfits, and it was evident how much fun they were having.

After a half-hour show and two outfit changes each, it was time to shop. Everyone had a great time finding the perfect clothes to wear this fall. We are already anticipating the next show!



Residents Beth Ann and George Smith model the fall fashions from Pendleton Woolen Mills.

