



A Touchmark® community



Holiday festivities to begin



Message from
Deb Magnuson
—Executive Director

Our beautiful leaves have fallen, and we are soon preparing for the holidays. As usual, Mary will have our calendar full of events and fun things to do. So be sure to pace yourself! We'll need lots of help at the end of the month to get all those trees trimmed and the decorations up.

Our book signing in October was great fun. Many of us have read Mary Nelson's weekly column in the *Midweek*. Now she has published a collection of her work, and we were very proud to hold her book signing at Waterford.

Construction of our new addition continues at a steady pace, although there has certainly been some disruption, Weis Builders has been exceptional at keeping us up to date. All residents receive weekly information regarding the planned activities and the impact they may have. We are grateful to have Barry Braithwaite as our project superintendent.

Please remember to sign up for Thanksgiving dinner here at Waterford. We will have a traditional holiday feast, and we need to know how many to plan for! Our new chef, Jayson Powers, will be planning his first holiday event, and it would be a great day to try out the food. Jayson comes to us with wonderful experience, most recently from Littlefield's here in Fargo.

The lasting effect of gratitude

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

“To affect the quality of the day, that is the highest of arts.”

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—*Thoreau, Walden*

We've all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are

larger benefits, and historians as well as researchers have proven the value to both the giver and the recipient.

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad during the Civil War, the nationalist efforts of compassionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals with personalities that are largely defined as unselfish, caring, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare

better and live “well” longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Waterford’s Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Director Mary Tvedt for information on how to participate.

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Experience the Waterford lifestyle

by Molly Landecker
—Community Relations Associate

We all typically define health and well-being as the physical aspects of our lives. Usually this is defined as the lack of illness, being mobile, and needing only limited medications. Aspects of our lives that seriously affect our overall health—and are often overlooked—are the social, emotional, and spiritual connections. This rings true especially in the lives of older adults.

Emotional well-being plays a large part in overall health.



Touchmark team member Michelle Schultz serves resident Bud Medley.

Many things affect our emotions, including freedom, losing loved ones, and connecting with others. Support is necessary to get through the challenges in life. The ability to manage our environment without frustration stimulates a sense of self-worth. Oftentimes, just adjusting our physical space can alleviate stress and anxiety and make for a happier life.

The Waterford community is carefully planned to be accessible for a variety of needs.

Living in an active retirement community can enhance your life by enabling you to stay connected to life. At Waterford, we understand the needs of older adults. Our community includes independent living, assisted living, and memory care services. Activities, educational opportunities, and spiritual services stimulate the mind and bring friends together in a caring and supportive environment. At Waterford, physical needs are met as well as social, emotional, and spiritual needs. Contact Serena or me at 701-476-1200 to arrange a personal tour.

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Groovin’ at a rock-’n-’roll party

by Ashley Hartung
—Administrative Assistant



Resident Ed Hoag dresses as the Fonz for a rock-’n-’roll-themed birthday party. Other residents also showed off their ’50s and ’60s style at the event.

We recently held our monthly birthday party, and it was a rockin’ good time, especially considering that the month’s theme was rock-’n-’roll! It was an interesting night to say the least! Looking at the picture of resident Ed Hoag dressed as the Fonz is a prime example of this. We also had ladies in poodle skirts and saddle shoes.

We started the evening with a good can of beer. We then celebrated the month’s birthdays and took pictures of all those dressed up in their best ’50s and ’60s outfits!

For dinner our chef served cheeseburgers, fries, and banana splits. To end the evening, we all listened to music by Steve and Linda Worner and their group *The Rockin’ 60’s*. They were scheduled to perform from 6 to 7 pm, but

the residents were having such a good time, they played until 7:45 pm. It was a marvelous evening filled with lots of laughter and great entertainment.

For over 30 years Mary has been sharing her thoughts, feelings, hopes, and dreams with the Fargo-Moorhead community. Mary's ability to weave memories, humor, insight, and empathy into short stories has earned her international recognition from the Independent Free Papers of America, National Federation of Press Women, North Dakota Newspaper Association, and Minnesota Free Paper Association.

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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 November is a story and photo focusing on Thanksgiving and/or sharing.

Mary's mother, Evelyn Herrick, is a resident of Waterford and celebrated her birthday in October, the day following the book signing. Regardless of one's age, Evelyn agrees that a mother is always proud of her children's accomplishments. Evelyn and Mary both had much to be proud of as a large group waited in line to have Mary sign their books.

Tours of Waterford were offered during the book signing, and guests were treated to delicious refreshments of wine, cheese, crackers, and fresh fruit. It was a great day with much to celebrate and share with friends. Congratulations Mary on the publication of *Delightfully Contrary!*

The Waterford

by Evelyn B Fisher
—Resident



Resident Evelyn B Fisher

If it weren't for the Waterford
Where would I be?
In some little shack down
by the sea?
At the Waterford it's clean as
can be, schedules on time, great
entertainment right down the line,
Oh, it's the Waterford for me!
Laundry rooms a 'plenty,
library books to read, piano
music for listening, and mail
to receive—how lucky can I be?
Yes, it's the Waterford for me!



Author Mary Nelson (left) and her mother, Evelyn Herrick, a Waterford resident, celebrate the publication of Mary's book at a Waterford book signing.

For December, please submit a poem and/or photo that "celebrates life." Deadline for this issue is November 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

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Waterford hosts book signing

by Mary Tvedt
—Life Enrichment/Wellness Director

Waterford had the privilege of hosting a book signing by Mary Nelson in October. Mary's book, *Delightfully Contrary—Snapshots of Life*, is a collection of writings that were originally published under the titles *On the Edge* and *Quite Contrary* in the *Midweek* and *Midweek Plus*.

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Residents and staff enjoy Fall Foliage Ride

by Ashley Hartung
—Administrative Assistant

Fall is officially upon us. The weather is getting cooler, and the leaves are changing colors. We took the opportunity to see the gorgeous fall colors and went for a Fall Foliage

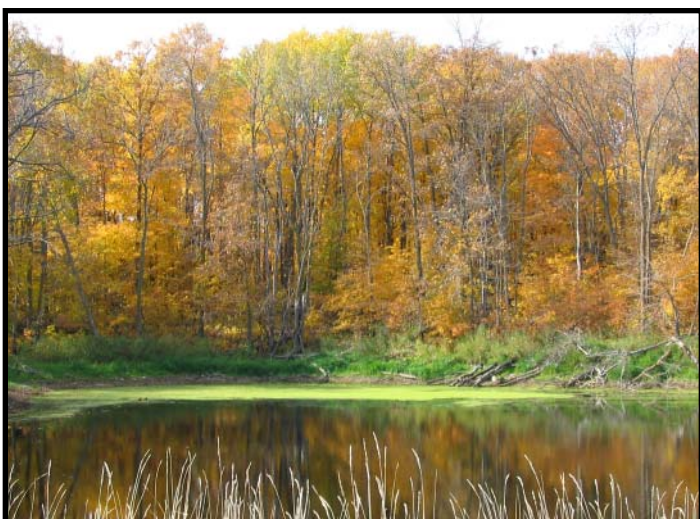


Elk graze as residents and staff take in the view on the Fall Foliage Ride.

Ride! We could not have picked a better day: the sky was blue, the air was warm, and the sun was shining on the beautiful red, orange, and yellow leaves.

We made our way to lake country and stopped at The Cornfield Café for lunch. The delicious homemade pies are always a hit! After lunch we took the bus around a couple of lakes, including Pelican Lake, and admired the pure beauty of our Minnesota autumn.

As we were driving to Lizzie Lake, we were lucky enough to see elk grazing in the fields! This isn't something we see everyday, so everyone was very excited. As the day wound down and we headed back to Fargo, we were all thankful that we had such wonderful weather for this annual event.



Yellow and green colors mingle to create this lovely scene near a lake in Minnesota.

Upcoming events

Thursday, November 9, 4:30 pm—Monthly birthday party with H&R Melodies.

Saturday, November 11, 4 pm—Veteran's Day Celebration and live music. Foyer.

Wednesday, November 15, 10 am—Children from Shannon's Daycare will make popcorn balls, which will be sold at the Holiday Bazaar, along with other goodies. Foyer.

Wednesday, November 15, noon to 2 pm—Holiday Bazaar. Foyer.

Thursday, November 16, 9 am—"Coffee with a Cop." Hoyle Room.

Sunday, November 19, 2 pm—FM Symphony performance.

Thursday, November 23, 10 am—Ecumenical Worship Service. Foyer.

"So much beauty ... take the time to enjoy it!"

by Ashley Hartung

—Administrative Assistant

I haven't been a Waterford employee for very long, but in my short time here I have met some fascinating people. This got me thinking that others should have the opportunity to hear about some of the residents' adventures. Fran Hackleman was gracious enough to let me sit down and learn a little about her life and adventures.

Fran and her late husband, Ed, always loved to travel. You may be thinking that lots of people travel, but the Hacklemans were different.

"Traveling is enlightening, uplifting, and if you are curious like me, it satisfies that need," Fran stated.

They visited countries throughout the whole world, including all the Scandinavian countries, all of middle Europe, China, Thailand, Japan, Costa Rica, Brazil, Venezuela, and more. They also soaked in the luxury of 39 cruises, which traveled through the Caribbean, Mediterranean, and South China Sea.

Before they started visiting some of these fascinating international places, they took their children to all of the 48 continental states. After their children were grown, they also visited the two remaining states. I had to ask Fran if she had enjoyed Alaska or Hawaii more. “Alaska, because it is very natural,” says Fran. “The people there are root bound, basic, and have a pioneer spirit!”

I also asked, of all the places she has been, what her favorite was. “That is like asking which child I love more!” laughs Fran. “Every place has its own unique qualities.” She did tell me that Russia was very interesting, because it had so much history and beauty. Traveling has opened Fran’s eyes to the world. There are so many different people and places.

She shared this advice, “Whatever you do, add travel to your lives, but if you do travel, go with an open mind. Do not go to criticize other cultures. There is so much beauty out there; take the time to enjoy it!”

delighted and relieved when we decided to make Waterford our home.”

Ed Hoag
—Resident



Fran stands next to memorabilia that she has collected from her many travels.

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What others are saying

“As we celebrate our 86th birthdays, Marjorie and I look back over our three years at Waterford. We have thoroughly enjoyed the comforts and endless rounds of activities here at Waterford. We are glad that we made the move while we are both in reasonably good health and able to enjoy what Waterford has to offer. Our children were

