



## Wishing you another great year In celebration of the spirit



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

I love December. Our community is lovely, filled with poinsettias and Christmas trees. The fireplaces are lit, and we are snuggled in for the winter.

It's also a great time to review the year as we plan for the next. We've celebrated Thanksgiving with family and friends and welcomed many new residents to the community. Our calendar is full of holiday cheer, and we look forward to the music and warmth of the holidays.

The construction crews continue their work, although now mostly undercover. Even with all the change this has caused, we are upbeat and optimistic about the great improvements we will enjoy as a result of the current disruptions.

To residents, families, and staff, I want to say thank you for another year at Waterford. I am so blessed to be able to spend my days with all of you. I wish the very best to you all throughout the holidays!

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We're constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take in the beauty of the day, the fragrance of the flower, the softness of the dew.

**“Attend to the moment-to-moment unfolding of the present, adding nothing, subtracting nothing, affirming that, ‘This is it.’”**

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—Jon Kabat-Zinn, PhD, *Wherever You Go, There You Are*

But the moment is only here and available to each of us in the real-time experience of today. Thoreau, Gandhi, Buddha, Jesus, and multiple other teachers and spiritual

leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve

that balance are outlined in all great spiritual texts:

- **Be fully present in the moment.**
- **Invite joy.**
- **Create your future.**
- **Surround yourself with those who love and support your dreams and hopes.**
- **Eliminate the unnecessary and unimportant.**
- **Choose hope.**
- **Breathe!**

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Waterford provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Mary Tvedt.

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## Attend the Holiday Open House

*by* Molly Landecker  
—Community Relations Associate

The holidays, as we all know, are a time of giving. You may give to church, charities, family, or friends, and each gift is looked upon as something special in the eyes of the receiver.

Waterford would like to share a gift of giving this holiday season, too. Join us Thursday, December 7 from 1 to 3 pm for a Holiday Open House. We will be giving tours, featuring residents' homes and the Waterford community. Holiday cheer will be in the air with the tree trimmed and the holiday music playing.

After you take time to look around, you can join us for warm cider and holiday desserts. Bring along your family or friends for an afternoon of fun. Enjoy the company of others and learn about the Waterford way of life.

If you are unable to attend, but would like to schedule a tour or receive information about Waterford, contact Serena Jiskra or me at 701-476-1200. We look forward to sharing the afternoon with you! Happy holidays!

## Upcoming events

**Wednesday, December 6, 1 pm**—Notables, FM Music Club. Foyer.

**Wednesday, December 6, 5 pm**—"Dining with Deb." Fargo Country Club.

**Thursday, December 7, 1 to 3 pm**—Holiday Open House.

**Thursday, December 14, 2 pm**—Holiday social party. Piano and singing performance by Tom and Christine Dowdell. Foyer.

**Thursday, December 14, 7 pm**—FM Symphony's Holiday Pops concert. Fargo Theatre.

**Tuesday, December 19, 6:30 pm**—"Tour of the Christmas Lights."

**Thursday, December 21**—Monthly birthday party. Santa Bill at 4:30 pm. Darin Henze at 6 pm. Foyer.

**Monday, December 25, 10 am**—Worship service.

## Waterford volunteers partner with PATH

*by* Mary Tvedt  
—Life Enrichment/Wellness Director

The Helping Hands Volunteer Group at Waterford continues to touch the lives of others in the Fargo-Moorhead community. In addition to the many projects that we have been doing for Project Linus (providing blankets to seriously ill and traumatized children), we have joined forces with Professional Association of Treatment Homes (PATH). PATH is an agency that provides a continuum of care for foster children and families. Its primary focus is providing treatment foster care for children and youth, from birth to 18 years, who cannot live with their families of origin and who have emotional, behavioral, developmental, or medical needs.

The Helping Hands have made and donated over 30 teddy bears to PATH. Bobbi Geiger, assistant director to PATH's Operations/Development director, shared that in some cases the small bear that the Waterford group donates may be the only thing that a small child has when he/she goes



**Waterford's Helping Hands Volunteer Group created lovely bears for children who are part of PATH, a local agency that provides a continuum of care for foster children and families.**

to a new home. The huggable cloth bears have been cut out, stitched, and lovingly stuffed by Waterford volunteers.

As we enter the holiday season, we are involved in the annual Toys for Area Children project, sponsored by State Bank & Trust. This annual event gives us an opportunity to dress dolls and stuffed animals for needy children. The creativity of the volunteers is shown when they stitch, crochet, and knit outfits and blankets for the toys. For the Helping Hand Volunteers at Waterford, "giving" to others in need is what keeps us going! Merry Christmas and happy holidays!

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## What others are saying

*"I've been here three years and am so impressed by the beautiful Christmas decorations displayed here each year. I also love the fun programs of children singing carols and other Christmas activities. I know how much loving care and thought is put into this very special season."*

*by Betty Hunter*  
—Resident

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## Welcome baby Gavin!

*by Ashley Hartung*  
—Administrative Assistant

Serena Jiskra, Waterford Community Relations manager, welcomed a new member to her family in September. Gavin

Wayne weighed five pounds, 13.7 ounces and measured 18 ¾ inches. He was lovingly embraced by both his family at home—daddy Wayne, mommy Serena, and big sister Lindsey—as well as his family here at Waterford!

We held a baby shower for the Jiskra family in November. Chef Jayson Powers made a delicious homemade cake, topped with baby decorations, and the front table was overflowing with presents for Gavin! The residents had a great time holding Gavin and watching Lindsey's excitement over her new brother. It is great to have a new baby around, and we can't wait until they come back to visit again!



**Executive Director Deb Magnuson (left) and resident Evelyn Gilmore, who recently celebrated her 101st birthday, posed with Gavin, who was born to Waterford Community Relations Manager Serena Jiskra in mid-September. The Waterford family celebrated with the Jiskras at a baby shower last month.**

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## Health & Fitness Club and Phase II construction continues

The construction of the Phase II development and the Health & Fitness Club is progressing. Weis Builders and Project Superintendent Barry Braithwaite have been working long hours to get the concrete and walls done before the snow flies.

In November, precast concrete for the garage started arriving. This concrete was poured in a factory, shipped here, and placed by Weis Builders using a crane. A similar



**Weis Builders are constructing a Phase II development and the Health & Fitness Club. Construction is expected to be completed in fall 2007.**

process was used for the walls of the housing addition.

Many have heard about the plans and seen the blueprints, and now they are enjoying the actual construction of the buildings. Residents are excited about the addition and are very interested in the construction. Many of them have great views from their homes and others are often in our Hoyle Room watching the men work.

For more information about the new additions, please contact Serena Jiskra or Molly Landecker at 701-476-1200 or 1-800-715-3460.

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## Decorate Waterford for the holidays



*by* **Ashley Hartung**  
—Administrative Assistant

On Saturday, December 2 and Sunday, December 3 Waterford will be transformed into a holiday lovers' dream! The West Fargo Key Club will help decorate our home. We will spend most of the two days placing and

decorating eight Christmas trees throughout the building, including the foyer, dining rooms, and Devonshire, and decorating the halls with ornaments, wreaths, garland, and other holiday décor.

Residents are invited to join in the celebration by either watching the transformation or helping decorate the building. This is a wonderful time of year to sit and visit with friends, reminisce about past holidays, and enjoy the pure beauty of the season. We hope to see you there!

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## Waterford honors Veterans



**Waterford celebrated Veteran's Day in November by inviting veterans to bring their memorabilia to share with others. More than 60 people from the Fargo and Waterford communities came to celebrate and honor veterans.**

## 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 December is a poem and/or photo that “celebrates life.”*

### Celebrating my life

*by Arline Hudson*  
—Resident



Life at the Waterford has truly afforded me a much better outlook on the future. After suffering my stroke, life suddenly looked so very bleak, but now I look forward to each day with the many activities I am able to participate in. Beanbag contests, weekly walks at the mall, and volunteer projects,

including sewing blankets and teddy bears for hospitalized and needy children, have enriched my life.

Daily exercise classes to improve my mobility and wonderful musical entertainment are enjoyed on a regular basis. The monthly birthday parties and entertainment and, of course, our monthly Dining with Deb visits to different eating establishments add spice to our lives!

*For January, please submit a heartfelt, reminiscent story or “new year, new you” resolutions. Deadline for this issue is December 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.*

