



A Touchmark® community  
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## Welcome the new year



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

I can honestly say, I've eaten all the lefse I can eat! As much as I look forward to that Norwegian delicacy every fall, enough is enough. It seems like all the food lately is full of butter and sugar. It tastes great, but we will really need that Health & Fitness Club to open this summer.

We'll be taking down all the holiday decorations this month, so watch out or we'll put you to work. A special thanks to all who helped turn Waterford into a winter wonderland. It takes many hours, but the result is so beautiful. Our newly elected Resident Council members will attend their first meeting this month. I am so grateful to everyone for their involvement in the community. Thank you to those of you who have served on committees, also. Each voice counts!

I'm ready for the new year and all the changes we will see with the building additions. My biggest concern is learning how to remember to write 2007! Happy new year to all.

## New year ... new you

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

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescription for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths,

**“If we all  
ran at the  
same pace,  
we'd always  
be in each  
other's way.”**

—Gary Stanley,  
*author*

weaknesses, and preferences. The message of the media that there is a universal solution for achieving improved health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized “prescription” is essential.

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute, there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance regimens. Depending on individual needs, there may be

more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.

- **Socialization.** Good company, conversation, and humor affect overall health.
- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Waterford, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Director of Life Enrichment/Wellness Mary Tvedt. Make the new year your best year.

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## Interested in living here?

*by* **Serena Jiskra**  
—Community Relations Manager

Are you interested in living at Waterford? If so, you are among many others who have decided they'd like to move in soon and are on the waiting list for a home at our community. Don't wait! Construction is under way on our new addition, and the floor plans and views are magnificent. The Health & Fitness Club is taking shape, and residents can hardly wait to try out the pool and spa when they are completed this summer.

Residents at Waterford enjoy a lifestyle that provides wonderful meals, exciting events and activities, and outstanding amenities and services in a beautiful setting. Make plans to join us at Waterford by getting your name on our waiting list today. You'll be glad you did! Contact me or Molly Landecker for more information.

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## Mystery destination unveiled

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

There's nothing like an exciting event to shake away the



**George and Beth Ann Smith enjoy an outing to Green Market in downtown Fargo.**

winter doldrums. We had a blast during the Mystery Destination outing! Twenty-four people attended the event, which took us to the Green Market, a new grocery store and delicatessen in a popular downtown Fargo location. Of course, the mystery was disclosed only after we arrived. To add to our excitement, the deli is co-owned by Waterford resident Effie Stefanson's granddaughter, Andrea Baumgardner. Andrea and her co-owner, Stephen Long, purchased and renovated the former Phil Wong's Chinese Restaurant that many of us frequented when growing up.

Andrea treated us to a beautiful array of freshly baked breads and specialty cheses. We also enjoyed plates of exotic fruits, unusual nuts, and delicious baked sweets and coffee. Green Market buys most of its food from area farmers and looks for organic food when available and affordable. It specializes in convenience items and specialty items not found elsewhere in the city.

Effie is quite proud of her granddaughter, who recently returned to Fargo from California, where she had formerly worked as a chef.

The day that we went on our Mystery Destination outing was the coldest day of the winter, but we were warm and toasty in the Green Market with Andrea's hospitality, great food, and the lighthearted conversation of friends. Happy winter!

## Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is “creating intentional community,” and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

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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 January is a heartfelt, reminiscent story or “new year, new you” resolutions.*

## People still care

*by Ilene Lodoen*  
—Resident

January is a time for reminiscing about the past and thinking about the future. I recently experienced a random act of kindness that made me think about both.

I was shopping recently at Sears in the West Acres mall. I went to buy a television for my apartment. I picked out the perfect television, and when I was waiting to pay, I asked the salesman if they deliver, and he told me that is not a service they provide. I said I would not be able to purchase the television then because I would not have a way to get it home. At this point, the young, polite salesman asked me where I lived. I explained where the Waterford was located and was pleasantly surprised when he replied, “I will bring it to you after my shift is over.”

I was very happy and gave him my phone number and

address. Around 5 pm, the salesman pulled up to the Waterford and called me. He brought the television up to my apartment. While he was in my apartment, his phone rang and he had to go. I offered to pay him for his generosity but he said, “No, no, no. I couldn’t.”

“This is awfully kind of you to do this,” I said.

“Being kind is easy. It doesn’t cost a cent,” replied the salesman.

I was very touched by this random act of kindness. It brightened my day to know that there are still people like that around today. This is a special experience. It is refreshing to know that today people still care about others.

*For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.*

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## Attend the Red Hats fashion event!

*by Ashley Hartung*  
—Administrative Assistant

The Red Hats have been an important part of the lives of hundreds of women for many years. Waterford women became part of this elite group about three years ago and are known as the Waterford Red Hat Society Women! These women are very active and participate in many outings and



**Residents Jean Hesson and Doje Kleingartner enjoying cake and coffee at a Red Hat event.**

social events as well as host some of their own.

There are a couple of rules the Red Hat women must abide by. First of all, there are no official rules! Second, there are no responsibilities or obligations, and third, you must be 50 years or older and wear a red hat and purple clothes. Of course, they do make exceptions; anyone under the age of 50 can come to these events, but they must wear pink and lavender.

On Wednesday, January 10 at 1 pm, the Red Hat ladies will be joining us at Waterford for a fashion show entitled *Special Occasion in the Life of a Woman*. This show will focus on a woman's life from her fifth birthday party and beyond. It is going to be an entertaining afternoon. So if you are up for the excitement and have a red hat, come join the fun!

## Upcoming events

**Wednesday, January 3, 11 am**—Men's Only Lunch at The Lone Star.

**Sunday, January 7, 4 pm**—Speaker to discuss dental care in Kenya. Foyer.

**Wednesday, January 10, 1 pm**—*Special Occasion in the Life of a Woman* Red Hat Style Show.

**Thursday, January 11, 4:30 and 6:30 pm**—Hawaiian birthday party at 4:30 pm. Music by Apollo Strings at 6:30 pm. Foyer.

**Wednesday, January 17, 2:30 pm**—New Horizon Band. Foyer.

**Thursday, January 25, 5:30 pm**—"Dining with Deb" at The Gallery.

## Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit [TouchmarkFoundation.org](http://TouchmarkFoundation.org) or call Executive Director Janet Plummer at 800-796-8744.

## What others are saying

*"The best part of living here is the feeling of security. The caring and concern of staff members and friendliness of residents makes it unique. To me this is home."*

by **Effie Stefanson**  
—Resident

