



A Touchmark community
Est. 1980



Excitement builds for upcoming holidays and new additions



Message from
Deb Magnuson
—Executive Director

I love February! Yes, we are right in the middle of winter, but Valentine’s Day is coming!

You know us—any reason to celebrate. One of my girlfriends was born on Valentine’s Day, and she took great pride in teaching me about this important day. What I remember the most is that you are supposed to have fun and spend time with those you love and cherish. We can do that!

Construction continues to go well. Now that the roof is on, things are a little quieter. Many thanks to those residents who have tolerated the hammering and noise. Nothing good ever comes without work (I’m sure my mother taught me that). These months of interruptions will pay off when we are able to enjoy the new improvements in our community.

The new Waterford van is here, and we love it. We now have more flexibility on which type of vehicle to drive and can even take more people on trips. I’ve always said, I want the “kids” to have trouble finding you at home. A busy parent is a happy parent! Watch the calendar and join when you can. There is something for everyone at Waterford.

Follow your heart

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

In today’s world there is a good understanding of the workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of human emotions? In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

It is an amazing and complex interaction of all of the lobes of the brain that integrates emotion and fact and allows humans to form opinions and make judgments about how to assess an incident or person as to whether there is danger

“To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.”

—Kahlil Gibran

in a given situation. The same automatic analysis can reveal a safe situation and often provides insight into who we can trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important organs to have “good heart and brain health.” In general, what is good

for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to “follow their hearts and create their own future.”

At Waterford, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Director of Life Enrichment/Wellness Mary Tvedt.

Upcoming events

Thursday, February 8, 5:15 pm—Dining with Deb at Mandarin Chinese Restaurant.

Tuesday, February 13, 1 pm—New Treatments for Macular Degeneration. Retina Consultants. Chapel.

Wednesday, February 14, 2 pm—*It's All About Love*. Singing by musical group Kathleen, Gene, Tom, and Friends. Foyer.

Thursday, February 15, 6:30 pm—Monthly birthday party with Red River Valley Veteran Concert Band. Foyer.

Thursday, February 22, 9 am—“Coffee with a Cop.” Hoyle.

Thursday, February 22, 4 pm—Men-only pool party. The Cue Room.

Design your lifestyle

by Serena Jiskra
—Community Relations Manager

Do you enjoy the social company of others or do you prefer a book and a cozy chair by the fireplace? Maybe you prefer physical activities, such as walking or exercising. At Waterford, you design your lifestyle.

On a regular basis residents participate in various committees, choose their favorite entrées at dinner, and attend events in the Fargo-Moorhead area. The choices are endless and are yours to make.

Don't wait to start designing your lifestyle at Waterford. Floor plans are now available for homes in our new addition. Completion is planned for this fall. Contact me or Molly and start designing your lifestyle at Waterford today!

Waterford joins Veteran's Oral History Project

by Mary Tvedt
—Life Enrichment/Wellness Director

We are very proud of the men and women from Waterford who have served in the armed forces. There are 24 individuals who have served—with at least one person serving in every branch.

Now the great stories of these people will be told to future generations. We are very pleased to be a part of the Veterans' Oral History Project, sponsored by the Heritage Education Commission and Minnesota State University-Moorhead. The program will collect and preserve the personal experiences, stories, and oral histories of America's war veterans. Representatives will conduct interviews from this region, archive the recordings, and with the veterans' permission, publish the recordings on the Web site.

Naomi Marchand, a Veterans' Oral History Project Representative, met with Waterford veterans in December



Veterans' Oral History Project representative Naomi Marchand presents veterans Jim Garvey (left) and Ed Stern (right) with information about the history project as Don Barnard looks on.

to explain the process. Each interested veteran completed a written questionnaire and set up an interview time.

During the personal interview, the veterans will share their military history. For some, they may not have talked about this information for years, or in some cases, it hasn't been revealed even to their families or closest friends.

We are so excited to be a part of a project that will preserve first-hand accounts about this important time in history.

This project parallels another exciting effort called WDAY WWII Honor Flight, which involves sending as many North Dakota and Minnesota World War II veterans as possible to Washington, DC, during May 4-6, 2007 to view The National World War II Memorial.

Area veterans' groups, in cooperation with WDAY, Carlson-Wagonlit Travel, Senator Kent Conrad, State Bank & Trust, and Tharaldson Enterprises, are making this trip possible at no charge for veterans. Escorts are needed to make the trip a reality for some, and I'm hoping that I'll be utilized in this capacity. If so, I'll tell you about it in another newsletter. We salute our veterans!



Marge and Ed Hoag share their love story, which has continued for more than 60 years.

to let me know. Serendipitously, or perhaps providentially, shortly thereafter Marge needed a male chaperone to help with a senior-high youth hayride, and she took me up on my offer to help. After that, no excuse was needed to get us together.

I left for the service in December, and we were married the next July. Our honeymoon was spent in the Presbyterian manse while our minister friend, who had first introduced us and later married us, was on vacation.

Following my discharge, the church again was at the root of another change of direction in our lives. I entered McCormick Theological Seminary in 1949, was ordained as a Presbyterian minister in 1952, and retired from the pastoral ministry in 1982. Sixty-four years, three children, six grandchildren, and three great-grandchildren later, what began on the church step thrives here at Waterford.

For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

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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 February is a Heart-to-heart/love story.

How it all began ...

by Ed Hoag
—Resident

It happened on the top step of the First Presbyterian Church in Freeport, Illinois, in the fall of 1942. Marge had just graduated from the University of Illinois and was beginning her work as the YWCA Girl Reserve Secretary, and I, having graduated from the University of Iowa, was physical director of the Freeport YMCA.

The pastor, greeting members of the congregation following worship, was visiting with me when he recognized the approaching young blond as the new YW staff member. He introduced us, and I indicated that if there was any way in which I could be of help as Marge began her new work,

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New chef creates culinary masterpieces

by Ashley Hartung
—Administrative Assistant

Jayson Powers, Waterford's new chef, is an outgoing person

who has brought new ideas and professional experience to our home since he started last fall. Jayson has been cooking professionally for about 15 years and has worked at several hotels and motels, where he learned most of his high-end catering skills and gathered experience. Jayson has managed several kitchens at the Elks, Eagles Club, and the Veterans of Foreign Wars. Jayson has two years of fine-dining experience as well. Before coming to Waterford, he was the sous chef at Littlefield's Wine Bar, Bistro & Gourmet Market.

Jayson knew he wanted to be a chef at a young age. When he was in fifth grade, his mother showed him how to use the stove and taught him basic cooking skills. He attributes his love of cooking to her.

When asked why he chose Waterford, Jayson shared, "The relaxed atmosphere of the Waterford, the quality of people I work with, and the stable hours ... It is very hard to find a chef position with set hours."

Jayson and his wife, Brenda, have two small children at home, Megan, who is almost three, and Mason, who just turned one. "It is important for us to have time to spend together as family," says Jayson. "So the hours are great."

Since starting, Jayson says his favorite part is the daily interaction with the people he is cooking for. He loves how open, honest, and sincere the residents are with him. The most challenging part of his job is trying to meet everyone's requests and preferences, but having as many options and

choices as we do, makes it easier for the kitchen staff to please everyone.

It is great having Jayson here, and we look forward to many delicious meals!

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What others are saying

When we knew it was time to choose a retirement home, it was not a difficult decision to come to Waterford. We had visited here many times as Emery had led the weekly worship service, and we found it to have a very kind, friendly, and inviting atmosphere. Having been here now for awhile, it has met our expectations. The excellent staff has been responsive in every way. We are happy in our new home!

Emery and Corinne Roy
—Resident

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Celebrating birthdays with a Hawaiian party

by Ashley Hartung
—Administrative Assistant

We celebrated January birthdays by having a Hawaiian party. Everyone dressed in their grass skirts, leis, and Hawaiian attire. In the middle of a North Dakota winter, we felt as though we were sitting on a beach in Hawaii ... well, almost.

We started the evening by serving tropical drinks and recognizing the January birthdays. Dinner was next, and it was absolutely delicious. We had tossed green salad with coconut, mint vinaigrette, and fresh parmesan cheese. We also savored Kailua roast pork, mango salsa, roasted savory trio potato, and sautéed asparagus. As if that wasn't enough, we finished with pineapple upside down cake. It was a meal to remember—that is for sure!

After dinner we listened to The Apollo Strings from Moorhead High School. The musical group visited last



Head chef Jayson Powers brings more than 15 years of professional experience and a lifelong love of cooking to Waterford.

year, and we were lucky to have them back for this special occasion. It was a great night, and we can't wait to see what theme Mary has for the February birthday night.



Left to right: Life Enrichment/Wellness Assistant Katie Carlson, resident Vivian Garvey, and Life Enrichment/Wellness Director Mary Tvedt show off their Hawaii outfits. Vivian joined other residents who dressed to show what Hawaii would be like if it was in North Dakota.

