



A Touchmark® community
Est. 1980



Growing together



Message from
Deb Magnuson
—Executive Director

Welcome to spring! The deep freeze of February is over, and we are onto bigger and warmer things. Our biggest news continues to be the progress of the new building additions. Most of the activity is inside now. So the curiosity grows! Residents will be the first to tour the new spaces, and they are getting mighty anxious to see what has been happening.

Now we can prepare for the changes that will be occurring in our current building. The final details of remodeling are in the preparation stages, and I am very excited about the proposed improvements. Change of any kind requires an adjustment period, but I strongly believe the end product will be well worth it.

Special thanks to the residents and staff for their commitment and belief in our community. This growth is only possible because we all believe in the dream!

Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure out how the global population can cooperate and work together for the greater good of all.

A study of positive emotion, character, and institutions by Seligman and Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of the ancient Greeks to the Psychology departments

“I think we are our memories more than we are the sum total of our experiences.”

—Martin Seligman, psychologist and writer

in today’s universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life

satisfaction in regard to a life well lived and are a high index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 Time magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight

simple steps to lift your level of happiness, based on the research of University of California psychologist Sonja Lyubomirsky:

1. **Count your blessings.**
2. **Practice acts of kindness.**
3. **Savor life's joys.**
4. **Thank a mentor.**
5. **Learn to forgive.**
6. **Invest time and energy in friends and family.**
7. **Take care of your body.**
8. **Develop strategies for coping with stress and hardships.**

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging's *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford Life Enrichment/Wellness Director Mary Tvedt for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

Traveling to the Orient

by Mary Tvedt
—Life Enrichment/Wellness Director

In January, about 40 residents “traveled” to the beautiful island of Japan. They traveled in complete comfort and didn't have to pack a bag, spend hours on a plane, or sleep in a strange bed. The gorgeous sights of Japan were brought to us by our wonderful business manager, DiAnn Owens-Hunter, and her husband, Vern.

DiAnn and Vern were in Japan for two weeks in September 2005. They visited Tokyo and Hiroshima. Vern, being an architect, was especially interested in the unique buildings, bridges, gardens, and other structures. DiAnn collected beautiful table settings, jewelry boxes, and other authentic trinkets.

At the event, DiAnn and Vern treated us to Japanese tea



From left to right: Waterford Business Manager DiAnn Owens-Hunter, Ilene Lodoen, Vern Hunter, Beth Ann Smith, and Life Enrichment/Wellness Assistant Katie Carlson.



Waterford Business Manager DiAnn Owens-Hunter shows a Japanese table setting to resident Jim Garvey.

and delicacies. They also showed breathtaking slides of their trip. It was a treat to see them dressed in authentic Japanese kimonos. DiAnn was generous in sharing one of her kimonos with me.

Another special treat was the outfit worn by Katie Carlson, Life Enrichment/Wellness assistant. It was a silk kimono given to Waterford resident Ilene Lodoen by her late husband, Clayton, after the war around 1946.

Since DiAnn and Vern are avid travelers and wonderful presenters, we are looking forward to their next trip.

A special thank you

—Vern Hunter

Northern Plains Botanic Garden Society President

Thank you to the great residents of the wonderful Waterford for allowing DiAnn and me to share our Japanese experiences with you. Our Japanese trip was enjoyable, and we would recommend it to anyone. I also appreciated the opportunity to display the proposed Japanese Garden at the botanic gardens, which is being developed in North Fargo by the Northern Plains Botanic Garden Society.

I failed to mention that Clara and Jim Wilkins have donated their 500-bulb gladiolus collection to the Northern Plains Botanic Garden Society, and we look forward to planting them this spring and enjoying their beauty next fall. For over 20 years, Clara and Jim have been developing their gladiolus bulb collection by rejecting the lesser-quality bulbs and replacing them with new bulbs for spring planting. It is truly a prized collection, and the Garden Society is proud to be their recipient.



A display of the proposed Japanese Garden at Northern Plains Botanic Garden Society hangs in Waterford, provided by Vern Hunter, Northern Plains Botanic Garden Society president.

What others are saying

“The atmosphere here is very pleasant and wholesome. We have everything we need and more.”

Evelyn Gilmore

—Resident

Enjoy a maintenance-free lifestyle

by Serena Jiskra

—Community Relations Manager

Tired of shoveling the walk this winter? Choose a home at Waterford and say goodbye to that snow shovel!

Construction is progressing quickly on the homes in our new phase. There is a lot of interest, and reservations are currently being accepted. Stop in today, select your new home, and say goodbye to that snow shovel next winter.



Waterford is building a 112,000-square-foot addition, which will include 60 condo-style homes and a health and fitness club. Eight duplex homes also are being built and several refurbishments will occur within the current main building. Stop by today to learn more!

New arrival—weighing in at just over 4,000 pounds and measuring 200 inches ...



Waterford is proud to announce the arrival of our new 2006 Toyota Sienna van! It will be used for more economical transportation of smaller groups to medical and dental appointments. It also will increase Waterford's ability to take larger groups on outings, such as the foliage trip, ball games, dining outings, and more.

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Men visit Lone Star Steakhouse & Saloon

by Ashley Hartung
—Administrative Assistant

In January, the men of Waterford were treated to a men's only luncheon at Lone Star Steakhouse & Saloon in Fargo. The women always get together for Red Hat events and such, so we felt it was time the men got together. The men did get to bring a couple of dates, though! Mary Tvedt, Life Enrichment/Wellness director, and Katie Carlson, Life Enrichment/Wellness assistant, accompanied them.

At 11 am, the men were ready to get on the bus. The women greeted the group at the front entrance, wishing them a good time.

At Lone Star, everyone had a great time, too! There was

lively conversation and delicious food and drinks. Some of the men took pictures next to the cowboy décor. It was a fun afternoon. They can't wait to do it again!



The guys feasted on mouth-watering food, volleyed smart jokes, and enjoyed lively conversation.



Waterford men respond to well wishes before leaving for a men's lunch at the Lone Star.

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 March is a humor and laughter poetry feature.

Humor

by **Lucille Bachman**
—Resident

Humor

The dictionary says

A Whim to gratify

The Sense of the Ridiculous

The Joy of Giving Over

A Twinkle in the Eyes

A Child's Laugh

Grandpa's Chuckle

Life Can Be Sweeter, Fuller, and

Gratify the Spirit of Every Day

Because we can Laugh

Humor

What a Wonderful Gift

Think of Life

Without a Laugh

A Funny Picture

A Clown's Face

One of Mary's Jokes

How Dull Life Would Be

I Sat in the Park on a Bench one day

And Watched the Faces that Passed by

And I thought Why This is Funny

And Then I knew

The World had Given us a Reason to Laugh

A Wonderful Sense of Humor

For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

Upcoming events

Saturday, March 3, 1 pm—Just for Kix dancers. Foyer.

Thursday, March 8, 5 pm—“Dining with Deb” at Red Lobster.

Friday, March 9, 4 pm—*Travels through the land where Jesus walked* and slides of Jordan, Israel, and Egypt, presented by Retired Minister Roger Damyahn.

Sunday, March 11, 2 pm—FM Symphony. North Dakota State University.

Tuesday, March 13, 1 pm—*Keeping Fit All Day Long*, presented by Roger Stroh, PT, from At-Home Therapy Services. Chapel.

Thursday, March 15, 6:30 pm—St. Patrick's Day—themed birthday party. Great Plains Harmony will sing. Foyer.

Saturday, March 17, March 24, March 31, 2 to 4 pm—Communiversity Class. *The laughter of Silence*. Chapel.

Wednesday, March 21, 1:30 pm—*Adventures in Uganda*, presented by Katie and Aaron Carlson. Chapel.

Wednesday, March 21, 6:30 pm—First Presbyterian Friendship Choir. Foyer.

