



A Touchmark® community
Est. 1980



Fitness club to open!



Message from
Deb Magnuson
—Executive Director

National Senior Health & Fitness Day is celebrated at Waterford every May. This year will be especially significant! Not only have we welcomed our new Health & Fitness Club Director Mark Minette, but we get to preview the new Health & Fitness Club! We'll have the healthiest community in Fargo.

There are classes to plan, people to hire, and lots of organizing to be done. I've been waiting all winter for time in the spa pool. Not just that, I've promised to teach the first class in "water walking." Before I hear from any of you, I need to clarify that I will be walking in the water. I'm hoping to convince a few friends to join me, so get your swimsuits out!

Next month, we hope to be able to share pictures of the new Health & Fitness Club. We'll have the summer to fine-tune the programming before the homes addition opens in the fall. The year of 2007 is very special at Waterford. Stop in to see what we are up to!

From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations ("The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older") has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

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—*Marilynn Larkin, MA, fitness professional and medical writer and editor*

- A safe and accurate physical activity prescription that meets the unique needs of the individual.

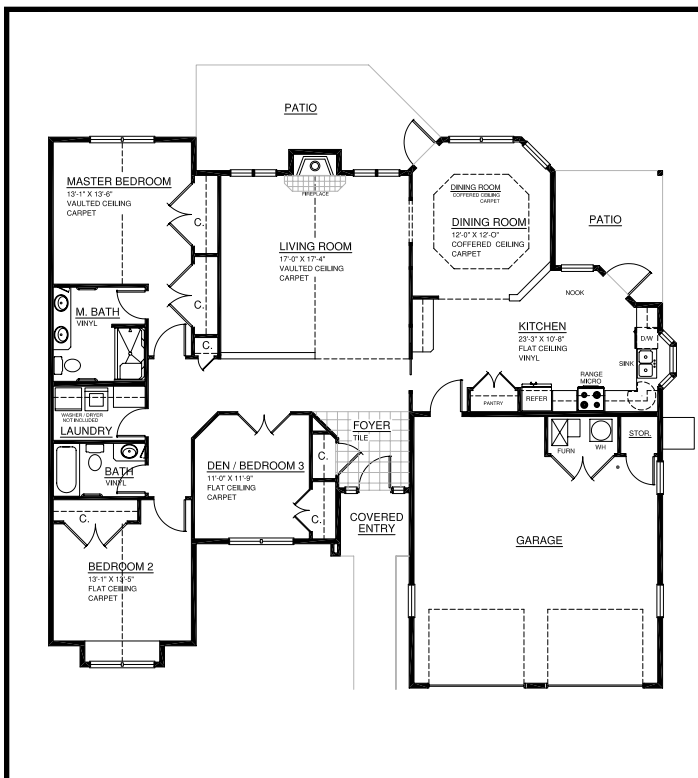
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.
- Support through the transition process from professionals and peers.

Waterford is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment/Wellness Director Mary Tvedt.

You can live here!

by Serena Jiskra
—Community Relations Manager

Have you been looking for a one-level home where all of



Call today to learn about this available home.

the maintenance and upkeep are taken care of? Would you like to have the convenience of services close by? Are social events and activities something you have enjoyed in the past but now find difficult to get to?

You can live in a cottage home at Waterford and enjoy maintenance-free living with amenities and services close by. Why wait? Join us for an open house at our cottage homes on **Wednesday, May 16 from 1 to 3 pm**. Tour the available homes, enjoy refreshments, and meet Waterford cottage residents. Find out why Waterford is a great place to call home.

The *Today* show's Al Roker visits Fargo to support charity

by Mary Tvedt
—Life Enrichment/Wellness Director

What would it take for you to get up at 5 am and stand in the brisk morning air for an hour and a half? A group from Waterford decided that supporting Project Linus and getting a chance to rub shoulders with Al Roker from the *Today* show were good reasons to do just that!

The *Today* show honored Lynne Olien, the coordinator of the local Project Linus chapter. Having the *Today* show in Fargo was a big event, and *The Forum* noted in its coverage that “Weatherman Al Roker presented more than \$23,000 of supplies to the Fargo/Eastern North Dakota chapter



Resident Grace Hans displays a quilt she made for Project Linus with Al Roker from the *Today* show.



The Waterford Helping Hands volunteers recently attended a live broadcast of the *Today* show.

of Project Linus, which provides handmade blankets to children up to 18 years old who are ill, traumatized, or otherwise in need.” Supporters of this great cause were asked to be on hand at 6:45 am to show a grassroots support of Project Linus.

For approximately two years, a group of Waterford volunteers have cut quilt squares, stamped and attached labels, addressed envelopes, and done various jobs to assist Lynne with her overwhelming job as coordinator. We call ourselves the Helping Hands.

After receiving notice that the *Today* show crew would be in West Fargo for a live taping, I mentioned it to the volunteers. I expected their reaction to be one of interest and support, but I was taken back when they enthusiastically stated that they would like to be there. We made a plan to leave the Waterford at 6:15 am.

We had a great time meeting the crew, cheering with the crowd, and, because we got up so early, treating ourselves by going out to breakfast before returning home. The experience was rewarding, and we are excited to continue assisting Project Linus in any way possible.

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Learning in Uganda and Rwanda

by **Katie Carlson**
—Life Enrichment/Wellness Assistant

Lifelong learning is something that Waterford encourages among residents and staff members. During the month of

February, my husband, Aaron, and I had the opportunity to do a lot of learning! Because of our interest in Christian mission work and Aaron’s background in agriculture, we took the opportunity to spend four weeks in the African countries of Uganda and Rwanda. The time we spent in these cultures reminded us of the many things we have to be thankful for and taught us some important truths.

Our trip was a wonderful experience packed full of learning, and much of what we saw made us very thankful for the things we often take for granted. As we traveled to many rural areas, we learned how thankful we are for America’s well-kept roads, efficient travel systems, and safe vehicles! We learned to be more thankful for our grocery stores that contain safe and healthy food and for our jobs that provide the money to shop in these grocery stores.

For the vast majority of Africans in Uganda or Rwanda, the food that they have to feed their families must be grown in their own garden and must be thoroughly cooked to remove the prevalent disease-causing microorganisms. Seeds are saved from the harvest and planted again the next year in hopes that enough rain will fall to bring about another harvest. We visited many churches and gained a better understanding of what heaven will be like with people from every nation. We were reminded to appreciate our health as we saw the lack of health care and health education, resulting in statistics such as an average life span of 40. We have so much to be thankful for living here in Fargo, North Dakota.

These new cultures also brought to light some important truths that easily can be forgotten in our home in America. In the villages, we were reminded that joy is not found



Life Enrichment/Wellness Assistant Katie Carlson and her husband, Aaron, recently shared about their trip to Uganda and Rwanda.

in what clothes you wear, the size of your house, or the number of your possessions. We met some Africans who lived in mud huts with no electricity and walked to the river for water who found joy in helping others and praising God for his work in their lives. The Africans have nearly mastered the art of hospitality and generosity. Many times we were welcomed into homes and given something to eat. They would celebrate our being there with soda and/or meat, both of which are very expensive for them. We appreciated the importance they put on caring for their family members, both financially and physically. It is obvious that African life does not run on a timed schedule, as there is always time to sit and talk with a friend. These cultures make time for and focus on the most important things in life.

As much as we enjoyed our time in Uganda and Rwanda, it is wonderful to be home. I missed coming to Waterford and seeing each of you.

Health seminar offers practical advice

by Ashley Hartung
—Administrative Assistant

Roger Stroh, PT, from At-Home Therapy Services, recently gave a seminar entitled *Keeping Fit All Day*. Many residents and Fargo-area community members attended the event. Roger works with residents regularly, so they all knew it was going to be a great seminar.



At a recent health seminar, resident Grace Hans stands next to presenter Roger Stroh, PT, and shares how she stays healthy and fit.

To start things off and get the crowd involved, Roger wanted to know who was the “most mature” in the crowd by a show of hands. Waterford resident Grace Hans proudly acknowledged that she was the “most mature,” and Roger had her stand and explain how she stays healthy and fit. Grace, who is always good for a laugh, replied, “I eat

healthy and get lots of exercise. I had five children; so I had great practice!”

Roger went on to explain how to stay fit, and he offered some simple ways to take care of yourself and stay in shape, which include:

- **Get up and get going**
- **Eat a good breakfast**
- **Wear comfortable clothing**
- **Plan your day and be consistent with your routine**
- **Build exercise into your routine**
- **Go outside every day**
- **Call or visit a friend every day**
- **Stand instead of sit**
- **Take the stairs**
- **Hide your remote**
- **During commercials, exercise your legs and arms**

These are all simple, easy ways to keep happy and healthy. After the seminar, I noticed some people taking the stairs, and in recent weeks, there’s been an increase in the number of residents attending fitness classes. It is great to see everyone participating in activities that are so important for health. Now we just can’t wait until we have the Health & Fitness Club and can use the pool!

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 May is an article about active living—sports/fitness theme.

Learning a new game

by Josephine Bach
—Resident

When walking away from my home of 50 years I had no idea it was my last time exiting it. A broken foot brought me to a recovery room in Waterford for three months.



Josephine Bach competes at the recent Beanbag Tournament.

Now seven months later, I am permanently living at Waterford.

The day I arrived I should have been bowling with my senior league. Later, I was introduced to the beanbag game, which replaced my bowling. We meet every Tuesday in the Heart Smart Exercise Room to practice our beanbag skills. It is a lot of fun and takes practice and concentration.

Thanks to the wonderful residents and staff, this transition in my life has been much easier, and I even learned a new game!

For June, please submit an “I remember when ...” nostalgic story. Deadline for this issue is May 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

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What others are saying

“The best part of living here is the pleasant and caring staff. They are always ready to help and care about the smallest things.”

Elenore Smith
—Resident

Upcoming events

Wednesday, May 2, 11 am—Men’s Only Luncheon. Famous Daves.

Wednesday, May 9, 2:30 pm—Fargo Depot Singers. Foyer.

Thursday, May 10, 5 pm —“Dining with Deb” at Oxbow Country Club.

Thursday, May 17, 6:30 pm—Monthly birthday party. “Spring Fling” (resident Tom Dowdell and his daughter-in-law, Christine Dowdell) will sing. Foyer.

Wednesday, May 23, 11 am—Ladies Red Hat Luncheon. Radisson Hotel.

Thursday, May 24, 1:30 pm—Shaftesbury High School Concert Band from Winnipeg, Manitoba. Foyer.



Wednesday, May 30—National Senior Health & Fitness Day.

International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own.” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system;**
- **Maximize individual capacity—do as much as you can;**
- **Make sure your “whole person” shows up every day;**
- **Take on self-responsibility;**
- **Recognize that life happens and make a decision to be positive.**

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be Well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

