



A Touchmark® community
Est. 1980



Tour the new homes and club



Message from
Deb Magnuson
—Executive Director

What a difference a year makes! Last September, we were planning our “wish list” for the new phase of our Waterford community. This month, we are wrapping up the final touches. Every other section of the plan is being completed, and we are thrilled with the result!

The Health & Fitness Club is gaining quite a following. Resident members are actively using both the pool and the fitness equipment, and members from the Fargo-Moorhead community are signing up daily. The Health & Fitness Club was a great idea!

The landscaping is beautiful, and the final pieces of furniture are coming soon. We couldn't be happier with the final product. Architect Jim Dunwell from our Central Office has been a wonderful support. As we thought of more details, he went back to the drawing board. Amy and Ryan at YHR Partners were great to work with. My lack of skills in the design process was saved more than once by their expertise. Weis Builders furnished us with dependable, quality craftsmanship. Many thanks go to Barry, Jeremy, and Patrick.

Most of all, I want to thank the residents and staff for their patience with the noise, dust, closed-off balconies, and

temporary moves. We believed this project would enhance our community, and it has! We are going to enjoy the fall and winter using our new amenities.

If you haven't seen what we are up to, come on out. The coffee is on, and we'd love to show you around!

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People can affect onset of progressive memory loss

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer's disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is “if it's good for the heart it is good for the brain.”

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued devel-

“Older adults have more control over their cognitive vitality than they may realize.”

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—Elizabeth Stine-Morrow,
Professor of Educational Psychology,
University of Illinois

opment of brain cells in the area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain's region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked to brain cell growth and enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow's research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don't need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Waterford are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment/Wellness Director Mary Tvedt.

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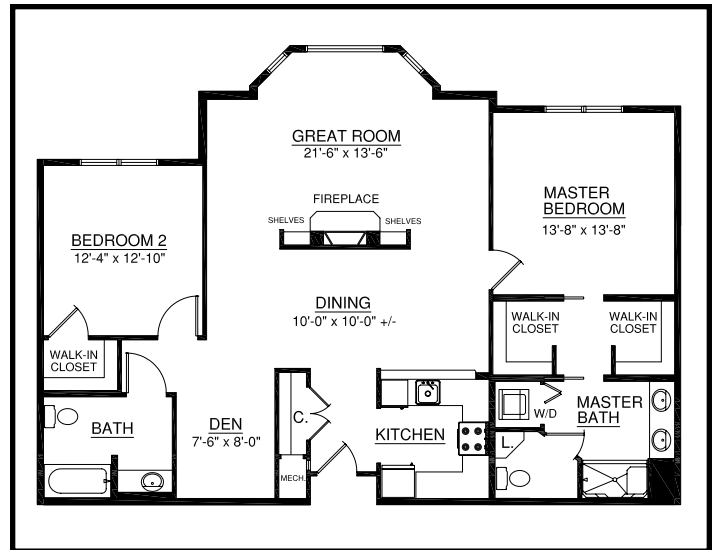
Find more time for friends and hobbies

by **Serena Jiskra**
—Community Relations Manager

Waterford residents enjoy more time with friends and the hobbies they love. When people move to Waterford, they most always discover they should have made the move sooner.

Even if you are able to clean your home, prepare meals, and take care of your yard, why wait to have the time to do the things you love most?

Now is a great time to visit Waterford and select a new home. The condo-style homes in our new addition are



Come tour this spacious two-bedroom, two-bathroom condo-style home today.

beautiful and offer several unique features. Some are as large as 1,445 square feet and include two bedrooms and two bathrooms. Several new cottage homes are complete and are conveniently located next to the Health & Fitness Club.

Contact Molly or me at 701-476-1200 to schedule a visit and learn how you can find more time for friends and hobbies today!

Mark your calendar!

The Waterford Health & Fitness Club grand opening is Thursday, September 13 from 7 am to 7 pm. Enjoy classes, activities, door prizes, and refreshments. There is no charge for the event. Call 701-526-1055 for more information. Come join the fun!

Treated to an English tea

by Mary Tvedt
—Life Enrichment/Wellness Director



Dining Services Manager Jayson Powers, who organized the English tea, dressed in English butler attire and greeted the ladies at the door.

Each lady was presented with a special invitation several weeks in advance. They were asked to bring their favorite teacup, saucer, and teapot. The day of the event, they were greeted at the door by Jayson dressed as an English butler. The tables were decorated with a wide assortment of teacups and saucers and teapots as centerpieces. The wait staff was dressed in black and white and wore white gloves.



Delicate teacups and saucers stood in a lovely arrangement ready for use.

What a joy it is to work in an environment where co-workers take pleasure in seeing residents enjoy new experiences. The Touchmark philosophy that all staff are part of the Life Enrichment/Wellness team again came to life recently when I was approached by Dining Services Manager Jayson Powers with his idea to treat the ladies to an English Tea. Jayson worked out each detail of the event, including the wait-staff attire, menu, and table settings, and he even offered to present a short narrative to describe the homemade treats and the wide variety teas offered.

Each lady was presented with a special invitation several

Two varieties of homemade biscotti, blueberry scones, and crab- and roasted-tomato-filled pinwheels were offered. Each table was buzzing with stories of the history of the teacups. Even the most dedicated Norwegians, who have a hard time

giving up their coffee, were good sports and enjoyed the tea during this party.

After the tea, the ladies asked Jayson and his staff to stand for a round of applause and requested that tea be repeated in the near future. Plans are in the works for a holiday tea.

Thank you Jayson and staff for a wonderful afternoon treat.



Dining Services Manager Jayson Powers serves treats at the recent ladies' tea. From left: Elsie Brenkworth, Denise Mullen, Roz Siegel, and Betty Hunter select treats and prepare their tea.



A lovely table spread sits before Doje Baker (left) and Doris McAndrew.

What others are saying

“The best part of living at Waterford is that all things are here for entertainment. It keeps you in touch with the community and helps you stay active mentally and physically.”

Frances Hackleman

—Resident

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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 September is a book review of your favorite book.

So many books, so little time

by Lucille Bachman

—Resident

When I was asked to write a paragraph on one of my favorite books, I almost automatically thought of *So-Fat and Mew-Mew*. When I started school, the first book I read was *So-Fat and Mew-Mew*, the tale of a dog and a cat. I loved it and read it again and again.

How to tell what is a favorite? Any of these could be: *Gone with the Wind*, because I lived in the South; *The Clan of the Cave Bear*, my interest in ancient civilizations; books on Aztec and Mayan civilizations. Recently I read *The Da Vinci Code*. I want to read it again.

In the end, *So-Fat and Mew-Mew* comes in first!

Lucille, who has lived at Waterford for three years, is a member of the Library Committee and has a great love for books.

For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 14. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

Stay active and maintain your health

by Mark Minette

—Health & Fitness Club Director

On a daily basis, many of us deal with pain or discomfort due to arthritis. After a knee injury while playing high school football, I was told that there was a good chance that I would experience the effects of arthritis for the rest of my life. As a teenager, I didn't understand much about arthritis and how it would affect me later in life. I am very fortunate in that my arthritis is very manageable and hasn't controlled what I do on a daily basis, but it does remind me, from time to time, that I need to be proactive in how I stay active and healthy.

According to an article from *MayoClinic.com*, exercise is critical for people with arthritis. With proper exercise you can increase strength and flexibility, reduce joint pain, and help combat fatigue. Strengthening muscles around your joints helps maintain bone strength, increase your energy level for daily living, and helps control weight.

Inversely, lack of exercise and activity can contribute to increased pain and discomfort in joints. Keeping your muscles strong will maintain the support of your joints.

There are several types of exercise that you can do to help maintain or increase your independence. Range of motion exercises relieve stiffness in the joints, strengthening exercises support and protect joints, and aerobic exercises help control weight and increase stamina and cardiovascular health. The key is a balanced plan that incorporates components of all of these types of exercises.

It is important to start any exercise program slowly and ease your joints into the activity. Some tips to consider when starting an exercise program are:

- **Heat up the joints you'll be exercising before any activity (use warm towels, shower, heating pad, etc.).**
- **Move your joints gently to warm up.**
- **Exercise with slow and easy movements.**
- **Use a cold pack on joints after exercising to help reduce swelling and pain.**

The Waterford Health & Fitness Club can help you get started or help you maintain your fitness program with

aquatic classes, aerobic classes on flexibility and balance, proper strength training, and aerobic conditioning equipment. As with any fitness program, you should consult your physician before you get started.

For more information on the current and future Health & Fitness Club programs, please call me at 701-526-1055. We look forward to providing you with the support and motivation you need to achieve success in your health and wellness goals.

Upcoming events

Thursday, September 6, 5 pm—Dining with Deb at the Olive Garden Italian Restaurant.

Wednesday, September 12, 2 pm—Coldwater Creek style show.

Thursday, September 13, 7 am to 7 pm—Waterford Health & Fitness Club Grand Opening.

Wednesday, September 19, 10 am to 2:30 pm—Bonanza Farm tour in Mooreton, North Dakota.

Thursday, September 20, 4:45 pm—Monthly birthday party.

Monday, September 24, 9 am—Dakota Magic Casino trip.

Thursday, September 27, 1 pm—Medicare Part D presentation.

Thursday, September 27, 4 pm—Men's only pool party.

