



A Touchmark® community
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Much to celebrate as Waterford nears ninth anniversary



Message from
Deb Magnuson
—Executive Director

I never have looked forward to fall as much as I have this year. With each passing day, more details are completed on our construction project. There are days now when we don't have to move something or post another notice or discuss a projected completion date.

Our common spaces are simply lovely. Waterford has always had beautiful, usable spaces for friends and family to gather. Now those areas have been updated and enhanced. Of special note is our new auditorium. This room is used for chapel services, educational classes, special entertainment, meetings, and movies. The sound system is superb, and now we have room for everyone. Having our dining rooms back is another reason to celebrate. Residents enjoy having the choice of a large, busy dining room or a quieter, smaller space. Honoring preferences and offering choices have always been important to us. Try them both and see which you prefer.

October also is our birthday month at Waterford at Harwood Groves. On October 19, we are officially nine years old. Time has flown! I want to especially thank

residents, families, and staff who have shared their time and talents to build our great community. Each one of you has added something special, and it shows!



Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense

approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Waterford supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment/Wellness Director Mary Tvedt. Good food, good health, good company, and good conversation are the goals of the Waterford dining experience.

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Model homes now open

The new addition is complete, and Waterford is welcoming new residents. Everyone is raving about the contemporary design of the homes in the new addition.

Now is a great time to tour Waterford’s model cottage and condo-style homes. “The décor is gorgeous and seeing them furnished is a great way to envision how your own furnishings would fit in the space,” says Community Relations Manager Serena Jiskra. If you are thinking of making a move before the winter months, visit us today. The Sales



Waterford is featuring this model cottage home with an Avondale floor plan, which offers 1,861 square feet of living space.

team is looking forward to showing you all that is new at Waterford! Call Serena or Molly at 701-476-1200.



This attractive model condo-style home offers 995 square feet of living space.

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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 October is a poem about harvest/life wisdom.

A Harvest of Blessings

by Barb Brosowske
—Resident

As a newcomer to the Fargo Waterford community, I’ve already been inspired by vibrant residents with stories to tell! They’ve invited me into their lives with bits of history that evidence the journey that brought them to this place. The paths they’ve taken during times of plenty and times of less have pieced a patchwork of courageous life experiences with beauty and memories.

Life’s pendulums swing, as do the seasons, the years, and the generations. Autumn brings bountiful harvests, glorious colors, and memories of school days gone by. As a 28-year veteran teacher, there’s always a newness about unmarred erasers and pointed crayons. But the exuberance of participating in the learners’ discovery of their own potential is the key to the passion of teaching. It is a marvelous story in the molding of young minds, leaving their mark on the lives in their midst, young and old alike.

From all this, we gather life wisdom. With outstretched hands, we give to others, making connections and reaffirming each other’s value with honor and respect. Be who

you are, and come as you are, believing all will be provided for. Remembering gratefully from *Footprints in the Sand*, we all have been “carried” at one time or another through sickness or adversity. And another favorite from Jeremiah 29:11, “For I know the plans I have for you—to give you a future and a hope.” What a rainbow of promises is ours as we walk (or ride!) into the future with faith. Patterning one’s life as a candle—radiating light to far-reaching corners—reminds me that not one door closes until the next window view is in sight!

In closing, “day by day, there’s more and more to be so very grateful for.” I indeed am thankful for the opportunity to be “refueled” on my life journey by the rich and varied experiences of the folks who are blessed to be at Waterford.

For November, please submit a story and photo that conveys giving/sharing. Deadline for this issue is October 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

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Waterford’s first-ever pet show—a huge success

by Mary Tvedt
—Life Enrichment/Wellness Director

In late August, a great variety of animals, including a brown chicken that lays colored eggs, a hamster named Hammy, and numerous delightful dogs, visited Waterford.



Hammy, the hamster, tried to hide from his owner prior to coming to the event.

The pets belonged to staff members, residents, residents’ family members, and volunteers. Participants received an award for their special trait.

Some owners and pets came with humorous, cute “tails” to share. Hammy, the hamster, managed to sneak under the washing machine prior to the event, and the owner had to retrieve him.

There was Hooch, an interesting-looking dog that two little boys mistook for a pig. And of course, Coco, the Boston Terrier. The owner stated that Coco was an obedience-school dropout. Yet, this dog proceeded to sit, roll over, and shake hands upon command. Everyone wondered what he could do if he’d completed class.



Marlys Sell and Ed Stern



Helen Rogers shakes hand with a dog at the pet show.



Elsie Brenkworth (left) and Marlys Sell hold their dogs, who are sisters.

Upcoming events

Thursday, October 4, 2 pm—The Fargo Depot Singers. Foyer.

Thursday, October 18, 4:45 pm—Monthly birthday party with Oktoberfest theme. Music at 6:30 pm by Odell Braaten on the accordion.

Wednesday, October 24, 2 pm—Style show by Waterford residents at Pendleton Woolen Mills clothing store.

Thursday, October 25, 9 am to 3 pm—Hobby Show Display. Foyer.

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,’” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.” To read Marge’s article, visit Touchmark.com/community-involvement.htm.

Health & Fitness Club celebrates grand opening

The new Waterford Health & Fitness Club, designed specifically to meet the needs of people 40-plus years, opened in mid-September. Local area residents and more than 30 business leaders, who are part of the Chamber of Commerce of Fargo Moorhead, participated in the event.

People sampled several aerobic and water exercise classes, signed up for door prizes, tried the swimming pool, and enjoyed healthy food. WDAY’s Hot Talk radio personality Scott Hennen broadcasted at the club.



Waterford staff and Fargo Moorhead Chamber of Commerce representatives participate in the official ribbon-cutting ceremony.

According to Health & Fitness Club Director Mark Minette, the new club is a unique offering in the area. “Every aspect of this club has been planned to support the fitness needs of people 40 years and older,” says Mark. He points out that new research stresses the importance of an ongoing fitness program. “We now know that exercise helps people’s mental acuity as well as physical fitness.” Mark explains that a comprehensive fitness program will include cardiovascular training, strength building, flexibility, and balance. The Waterford Health & Fitness Club staff are trained to assess individuals’ current fitness levels and develop personalized plans.

The Waterford Health & Fitness Club meets the guidelines for health and fitness clubs established by the International Council on Active Aging. The new club features a variety of fitness options, including a 25- by 50-foot pool, therapeutic spa, NuStep recumbent ellipticals, Precor treadmills, elliptical trainers, and Keiser strength-training equipment,

and an aerobic studio. Services include health and wellness screening, a functional fitness assessment, and personal training.

During September, 57 new members joined the club. “Aquatic classes are popular, with an average of 10 participants per class,” shares Mark. “We’ll be adding massage therapy and the Balance Master® soon.”

The Club is currently offering a special: Members receive a complimentary Waterford beach towel if they purchase a full-year membership or recruit an annual member.

The club is located at 1200 Harwood Drive; people can call 701-526-1055 or visit WaterfordFargo.com/HFC for more information.

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What others are saying

“The people, both residents and staff, within the Waterford, provide a family-like atmosphere, which is what is most important to me. Meals together with the new friends who I have met, great entertainment during the week, and many, many activities have kept me busy.”

Tony Walter
—Resident

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Stay healthy—avoid the flu

by **Nona Phelps, RN**
—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here’s what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying

the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

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Waterford executive director receives award from MSUM

Minnesota State University Moorhead presented alumni awards to five of its graduates during Homecoming Week and recognized the recipients at an awards banquet in late September. Waterford Executive Director Deb Magnuson was among the recipients and received the annual Eva Vraspir Nursing Award.

Deb, a Fargo native, earned a nursing degree at MSUM in 1997 after graduating from the St. Luke's Hospital School of Nursing and working nearly 20 years in the health industry. That included 11 years as a clinical instructor for the University of North Dakota School of Medicine and five years as a managed care reviewer and later as an employment coordinator for Dakota Hospital in Fargo.

Before joining Waterford, Deb was director of operations for Country Health, an eight-location medical equipment company owned by Lutheran Health Systems. Deb started at Waterford in 1998 as a health services manager and in 1999 was named its executive director. She has served as president and board member of the local chapter of the North Dakota Nurses Association and as a board member of Sigma Theta Tau, an international nursing honor society. She is a member of the board of directors for the Dakota Medical Foundation.

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Riding the SS Ruby Pontoon on the Red River



Becky Thompson takes a turn at the wheel.



Lucy Bachman (left) and daughter JoAnn have fun while riding the SS Ruby Pontoon.

Visiting the Garvey's home on Lake Melissa



Every year, a group travels to the home of Waterford residents Jim and Vivian Garvey for a day of outdoor fun. From left: Beth Ann Smith, Phyllis Dowdell, and Tom Dowdell joined the group.



With music playing, people formed a conga dance line.



Jayson Powers, Dining Services manager, participates in the "limbo" contest.

