

News wrapped in fresh format

HAPPY HOLIDAYS AND SEASONS GREETINGS FROM WATERFORD. During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd like to hear what you think of our updated look.

Feedback is very important to us. Each year, Waterford surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

We just completed this year's survey, and we're delighted that our Life Enrichment/Wellness program was rated the highest of all Touchmark communities in the US and Canada. This is a real tribute to the partnership of residents and our staff.

Whatever the time of year, we welcome your feedback. The coffee's always on—come by and let us know what you're thinking.



Warmly,

A handwritten signature in black ink that reads "Deb Magnuson".

Deb Magnuson
Executive Director

Waterford celebrates Grandest Opening

Nine years ago, Waterford at Harwood Groves opened its doors and held a grand opening. In late November, Waterford held its *grandest* opening to mark completion of an expansion and extensive remodel.

Guests munched on appetizers, ate delicious desserts, enjoyed beverages (including champagne), and toured the new cottages and apartment homes. The F-M String Quartet entertained guests with a lovely selection of music, and later, members of the FM Chamber of Commerce participated with Waterford staff in a ribbon-cutting ceremony, which was followed by an ice-carving demonstration by Kim Brewster, owner of Ice Art, Inc. Executive Director Deb Magnuson has been with Waterford since it opened in 1998. "Watching Waterford grow from an empty building to a community rich with amazing residents and staff has been one of my great joys," she says. "There is warmth and

caring within these walls." Sixty new apartment homes as well as four cottages were added to the popular resort-style retirement community. The new apartment (*cont.*)



FM Chamber of Commerce President & CEO David Martin presents Waterford Executive Director Deb Magnuson with a congratulatory plaque at the ribbon-cutting ceremony. See more photos on page six.

(cont.) homes range from 715 square feet to more than 1,500 square feet and offer a variety of designs—from one bedroom and one bathroom to two bedrooms, two bathrooms with a den. Some homes include a fireplace, and a patio is available with some. The three-story expansion includes an attached enclosed parking garage.

The new cottages feature four floor plans ranging from more than 1,300 to nearly 1,900 square feet. Each home includes two bedrooms and two bathrooms, a gas fireplace, and a two-car garage. Some homes also have a den or sunroom. Residents of both the cottages and apartment homes enjoy housekeeping services, restaurant-style dining, membership in the Waterford Health & Fitness Club, and Waterford's Life Enrichment/Wellness program.

During the construction, Waterford's lounge and dining areas were remodeled, and the residences in Memory Care were enhanced and a secure exterior courtyard added. In addition, a new Health & Fitness Club was built. It features a 25- by 50-foot pool, therapeutic spa, aerobic studio, and strength-training and other equipment. Services include health and wellness screening, fitness assessment, and personal training.

“The Health & Fitness Club is an exciting addition to our campus as well as to the entire area,” says Deb. “This club is designed specifically to meet the needs of people 40-plus years; it provides many ways for people to enhance their balance, strength, flexibility, and cardiovascular health. The pool is proving especially popular with people.”

Call today for a personal presentation of the new expansion. ■

You said it!

“I enjoy being with people and the camaraderie we have here with all the residents.”

Effie Stefanson
—Resident

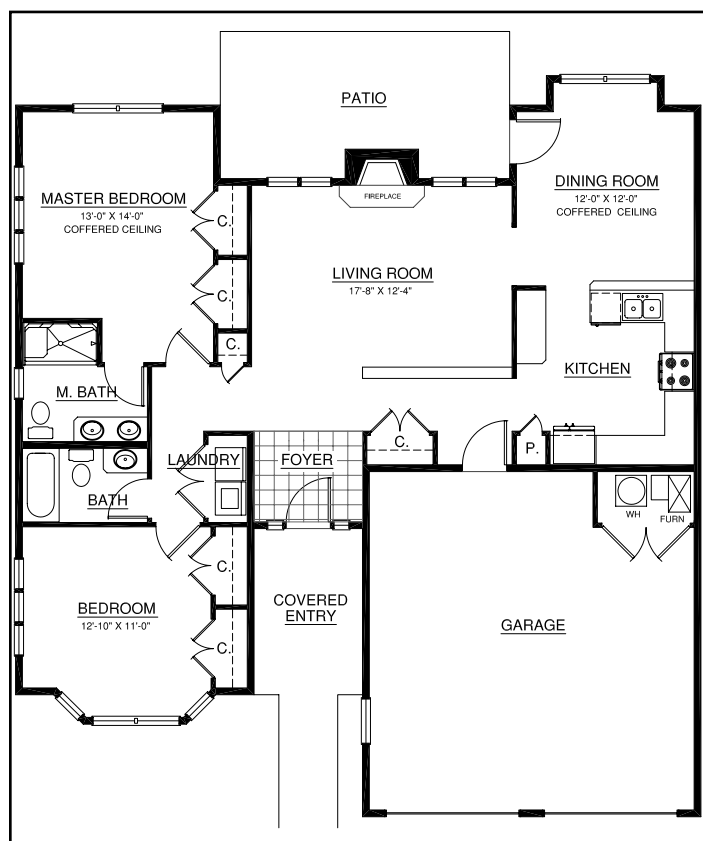
Holiday meals without the hassle

Do you enjoy spending time with friends and family over a delicious holiday meal?

When you're part of the Waterford community, you can take advantage of Waterford's catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Waterford staff can help you design a memorable menu for your family dinners and holiday celebrations.

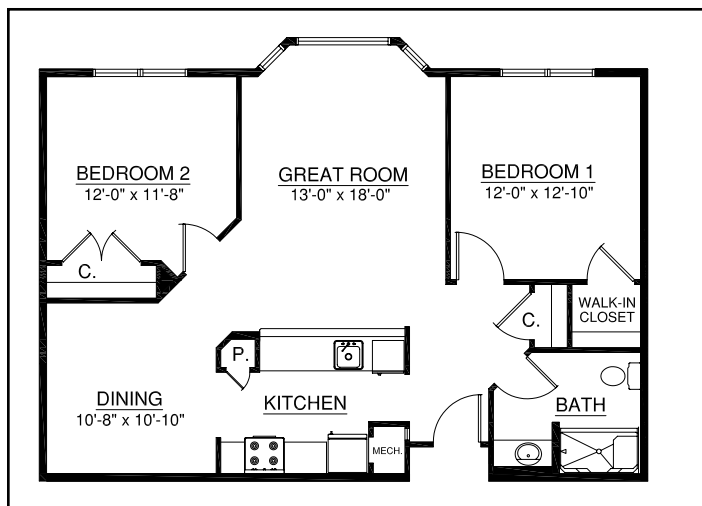
Call 701-476-1200 to learn more about the private dining room, catering, and the many amenities and services at Waterford. ■

The 1,381-square-foot Chelsea cottage



Enjoy two bedrooms, two bathrooms, a fireplace, patio, and a two-stall garage while taking advantage of the many Waterford amenities and services.

The 995-square-foot, plan-B apartment



This home is perfect for entertaining with its private dining area, and with the spacious closets, you'll have plenty of storage. The home also includes central air.

Join the new fitness class, try the new service, and meet the new staff

Membership at the Waterford Health & Fitness Club continues to climb, and the Club has added an additional class, services, and staff to meet the need.

Tai Chi Chih now offered—Using a series of slow, soft movements, Tai Chi Chih helps circulate energy throughout the body. When done regularly, it can produce relaxation, create more energy, and improve physical and mental health. For many, it promotes weight loss, increased joint movement, blood pressure reduction, and improvements in mental clarity. Anyone who is interested in a healthier body, mind, and spirit would enjoy the benefits of Tai Chi Chih.

Balance Master® services available—The Waterford Health & Fitness Club now has a Balance Master® machine, which evaluates the sensory and motor parts of your balance system. If you have experienced a recent fall, feel unsteady on your feet, experi-

ence spells of dizziness, or have other reasons to believe you might have a balance problem, talk to your doctor. Assisted by the medical history provided by your doctor, the Waterford Health & Fitness Club can offer you an assessment to determine your ability to maintain your balance as well as your risk of falling. For more information, please contact Health & Fitness Club Director Mark Minette at 701-526-1055.

Meet the new fitness staff—Heather Muscha joined the Club as the coordinator of Group Exercise Classes, and she is available for personal training. Heather is a graduate of North Dakota State University with a Bachelor of Science in Human Performance and Fitness. She brings with her a wealth of knowledge and experience in wellness and group exercise. For information on how to schedule personal training services, contact Waterford Health & Fitness Club staff.

Coming Soon! Massage Therapy and the Every-Member-Bring-A-Member campaign. ■

Hobbies and handicrafts showcased

Hand-painted cards, railroad memorabilia, a tractor collection—all were part of the recent Hobby Show Day at Waterford. Standing near their collections, presenters shared stories and reminisced about their hobbies.

Retired farmer George Smith showcased (cont.)



George Smith shared his colorful tractor collection at the recent Hobby Show Day.



Jo Bach shares her hand-painted cards and pictures.

(cont.) his miniature tractor collection, which he’s been collecting for more than 50 years.

Other entries included handi-crafts, paintings, handmade baskets, railroad memorabilia, crocheted heirlooms, and many more special and unique treasures.

“It really was a great way to learn more about each other’s skills and interests,” says Life Enrichment/Wellness Director Mary Tvedt. ■



Bud Medley with his railroad memorabilia.



Grace Hans displays some her handi-crafts.

Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both (cont.)

“ I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life.”

—Aimea Saul, artist

At Waterford, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/ Wellness program. Contact Director of Life Enrichment/Wellness Mary Tvedt to become an active changemaker and contributor to the circle of life. ■

The Not-So-Newlywed Game

Five couples, each married from 49 to 66 years, recently took part in the game modeled after the popular TV show. Executive Director Deb Magnuson acted as the emcee, asking questions of the participants. The wives left the room, and then the men answered five questions. When the women returned, they were asked the same five questions to see if they could match their husbands' answers. There was lots of laughter as the couples struggled to think of how their spouse would answer. The women then took their turn answering questions, which their mates tried to match. Prizes included wine and chocolates.

life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.



Participants in the Not-So-Newlywed Game show off their prizes. The Hoags and Sillers tied for first.

Coming Events

Saturday, Dec. 1, 4:30 pm

The Oak Grove Madrigal Singers.

Thursday, Dec. 6, 5:30 pm

Dining with Deb at the Fargo Country Club.

Friday, Dec. 7, 2:30 pm

Holiday Social. Bring your teacups and saucers.

Monday Dec. 10, 3 pm

Lefse making and tasting.

Wednesday, Dec. 12, 10:45 am

Tour and lunch at the Plains Art Museum.

Saturday, Dec. 15, 2 pm

Holiday Pops concert at the Fargo Theatre.

Sunday, Dec. 16, 1:15 pm

Scrooge the musical. Fargo Moorhead Community Theatre.

Monday, Dec. 24, 11 am to 2 pm

Brunch in the Prairie Rose Dining Room.

Grandest Opening photos



Resident Vi Stenehjelm stands next to a sparkling ice-sculpted vase that was created by Kim Brewster, owner of Ice Art, Inc.



The F-M String Quartet plays a selection of music.



Kim Brewster, owner of Ice Art, Inc., performs an ice-carving demonstration.



From left: Residents Jim and Vivian Garvey, Dining Services Manager Jayson Powers, and Lorine Nohr pose near the ice-sculpted Waterford logo.



Waterford
A Touchmark affiliate
Est. 1980
Health & Fitness Club

Give the gift of good health—purchase a Health & Fitness Club gift card this holiday season