

## Holidays marked by giving

Giving is an important component of residents' lives throughout the year. During the holidays, people are especially busy sharing their time and talents. Here are a few of December's activities.

Residents and staff dressed dolls, stuffed toy animals, and finished other toys for the annual Toys for Area Children project by State Bank & Trust. The toys were distributed to local children in need.

A group helped fold newsletters for Fargo's Birthright International. People wrapped 40 boxes for centerpieces for March of Dimes' annual fund-raiser Bowls For Babies.

Waterford finished the month by



Residents and staff filled six food boxes with nutritious, nonperishable food to give to local families in need. Each box contained a variety of food, including cereal, peanut butter, pasta, and more. Bud Medley (from left), Marcy Fellbaum, and Becky Thompson help stock the boxes.



Becky Thompson (from left), Phyllis Dowdell, and Grace Hans display the toys they helped assemble for the Toys for Area Children project.

collecting nonperishable food items for the annual Holiday Food Box project. The project is a collaborative effort of Touchmark communities and the Touchmark Foundation to respond to hunger among seniors and families. Last year, over 700 households received boxes of nutritious food through the effort of Touchmark communities in the US and Canada.

"We are proud of the fact that we have a reputation of being (cont.)

(cont.) willing and able to help many different worthwhile causes quickly and efficiently,” says Life Enrichment/Wellness Director Mary Tvedt. “And we’re always looking for more ways to help the broader community.”

To learn more about Waterford’s volunteer program, contact Mary at 701-476-1200. ■



People assemble wooden toys for the annual Toys for Area Children project.



Arla Strege (from left), Jeane Mason, Evelyn Fisher, and Phyllis Dowdell are busy making toy kits.

## 2008—your fittest year yet

Have you ever made a New Year’s resolution in January only to find it limping along in February? And by March, your resolve for the new year has vanished? Well, before this story becomes your own, discover these new offerings at the Waterford Health & Fitness Club and make 2008 your fittest year yet.

### New classes

**Circuit Training:** In this class you’ll keep your body moving by rotating between one station and the next. Circuit training benefits your body aerobically while still building strength. Each class features new exercises to beat boredom. If you need to kick-start your metabolism, give circuit training a try. The class is Mondays and Wednesdays at 5:30 pm. Questions? Call Heather at 701-526-1055.

### New services

**Balance Master®:** This machine evaluates the sensory and motor parts of your balance system. If you have experienced a recent fall, feel unsteady on your feet, have spells of dizziness or other reasons to believe you might have a balance problem, talk to your doctor. Equipped with the medical history from your doctor, the 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.

**Massage Therapy:** This offering is available to club members as well as the public. Enjoy the benefits of massage, including alleviation of low-back pain, improved range of motion, enhanced immunity by stimulating lymph flow (the body’s natural defense system), increased joint flexibility, and improved circulation. Massage is beneficial for individuals with anxiety or depression, as it can relax muscles and enhance positive, calm thinking. Research has shown that massage can help reduce insomnia and tension. Call 701-526-1055 to schedule a half hour or hour massage. Cost for half-hour massage: \$45 for member and \$50 for public. Cost for hour massage: \$55 for member and \$65 for public.

### New staff

Katie Braton joins the Waterford Health & Fitness Club as a licensed massage therapist. Katie also is a certified nursing assistant as well as a certified lifeguard and brings a wealth of experience in working with individuals (cont.)

(cont.) of all ages. She specializes in Swedish Massage, Deep-Tissue Massage, and Relaxation Massage. To make an appointment with Katie, call 701-526-1055.

**Coming soon: new aquatic fitness classes! ■**

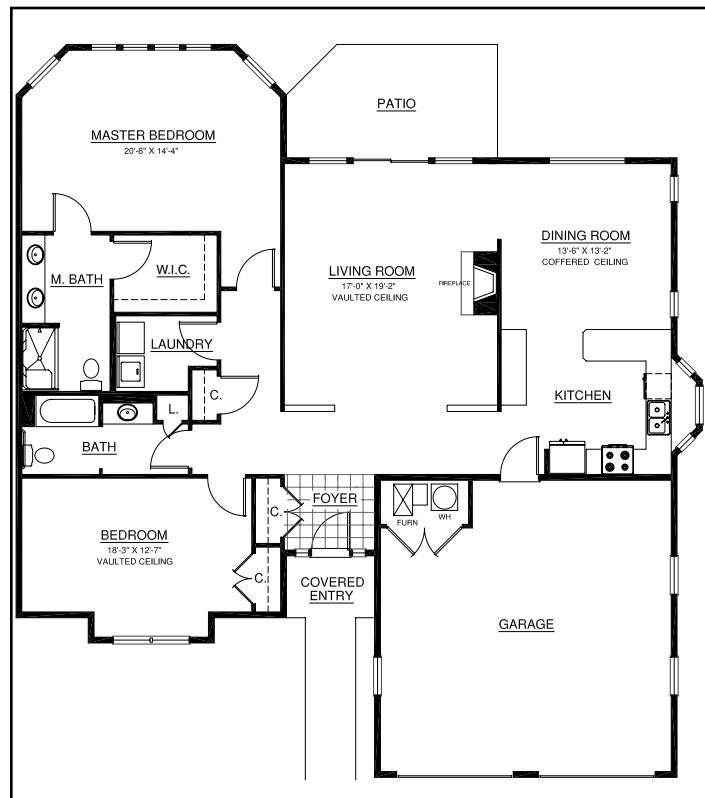
## Fitness—a way of life at Waterford

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

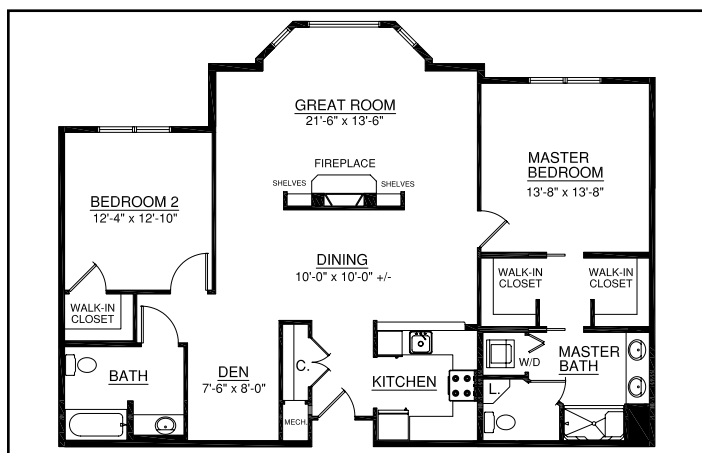
Waterford's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool ([www.easyfo-](http://www.easyfo-ryou.info/index.asp)

[ryou.info/index.asp](http://www.easyfo-ryou.info/index.asp)) can help people decide if they're ready to start an exercise program or should first consult with their health care provider. To learn more about the many Waterford services and amenities, visit or call today. ■



The Dartmouth cottage offers 1,830 square feet, two bedrooms, and two bathrooms. The home is equipped with a washer and dryer, central air, and a two-stall garage. The vaulted ceilings create a roomy feeling, and the gas fireplace and master bath offer extra comforts.



This 1,445-square-foot apartment offers two bedrooms, two bathrooms, a fireplace, and a washer and dryer. There's extra space in the den, a lovely master bathroom, and central air. East and south views are available.

## The mind-body connection affirmed

*“When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn't just stick with traditional research.”*

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. “Our grandmothers knew all along that our minds and bodies were (cont.)

(cont.) connected, even if the scientific community didn't. We've simply provided irrefutable data showing that it is true."

Felten's field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired connection between the body's immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body's resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to 'just participate' in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.



At Waterford, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help support these goals. To obtain assistance and guidance for your personal wellness program contact Health & Fitness Club Director Mark Minette. ■

## Destination ... Discovery



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

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction.

Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

"I didn't realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and

found others that I had known over the years but lost track of." This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person's days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

"There are so many things to do all the time; it's hard to choose one." It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing

**"If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time."**

—Ann Davlin, dancer at 93 years of age

Waterford's various events and offerings. To support your development

of new “destinations of discovery,” contact Mary Tvedt, director of Life Enrichment/Wellness.

May 2008 bring you good health and much happiness. ■

## You said it!

*“[I’ve] met a lot of friendly people here. I like my cleaning lady, the food, and the bus rides to appointments and outings. Everything is under one roof—and no climbing steps!”*

**Caroll Manger**  
—Resident

## The Tigers versus the Dollies

Throwing horseshoes or beanbags is a popular game. Waterford combined the best of the two, creating a new pastime.

Residents have participated in several competitions with other area retirement communities and have earned quite a reputation for being an excellent competitor. They created



Waterford Executive Director Deb Magnuson takes a swing with the beanbags. Deb was the team captain of Deb’s Dollies.

a group called Tony’s Tigers, named after the team captain Tony Walter.

Recently Tony’s Tigers challenged Waterford Executive Director Deb Magnuson to form a staff team and compete. The object of the game is to throw eight beanbags from six feet away into a wooden frame with three holes. Each hole has a different point value.

The day of the competition, Tony’s Tigers entered the room to the theme song from *Rocky*. Adding to the intimidation was Grace Hans, with her lively warmup.

Nevertheless, Deb’s Dollies performed well and beat Tony’s Tigers by a few points, earning the coveted “pork-n-bean” trophy. ■

## Coming Events

**Thursday, Jan. 3, 1 pm**

*Staying Safe in Winter/Fall Prevention*, presented by Roger Stroh, PT. Auditorium. No charge.

**Friday, Jan. 11, 3 pm**

Red Hat Tea Party with music and presentation by Lynn and LaVonne Rustad. Prairie Rose Dining Room.

**Saturdays, Jan. 12, 19, & 26, 2 to 4 pm**

Communiversality class. *Talkin’ Bout My Generation*, presented by North Dakota State University Assistant Professor of Education Thomas Hall, EdD. Auditorium. Cost: \$7.

**Thursday, Jan. 17, 4:45 pm**

Monthly birthday party with Hawaiian theme. Drinks at 4:45 pm. Dinner at 5 and 5:15 pm. Apollo Strings perform at 6:30 pm.