

Gardening fever spreads

With the addition of three new planter boxes, flowers, vegetables, and herbs are flourishing at Waterford. After staff installed the waist-high planters, which are easy to walk around and water, a group of residents have been maintaining the growing plants.

“Residents requested a spot to put in a few tomatoes or grow their favorite flowers,” says Life Enrichment/Wellness Director Mary Tvedt. “Now they’re planting, watering, and showing off these plants and enjoying the exercise, fresh air, and friendships.”

The planters are located outside the dining rooms, where everyone can view the colorful array of geraniums, petunias, cosmos, violets, and herbs. To add to the colorful

display, retired farmer Tom Reid planted vegetables. “His tomatoes and onion sets are doing great,” shares Mary.

Clarence George, retired pharmacist and passionate rose gardener, donated and maintains eight rosebushes, which decorate a courtyard.

Esther Miller’s daughter owns a greenhouse, and during the busy spring and summer months, Esther used to work with her daughter to prepare the plants for the busy season.

For the second year, Esther’s family has donated gorgeous hanging plants and huge potted flowers to decorate the Waterford main entrance. ■



Clarence George shows off his beautiful rosebush.



Doris Flaming (left) and Life Enrichment/Wellness Assistant Katie Carlson appreciate the ease of working in raised planters.



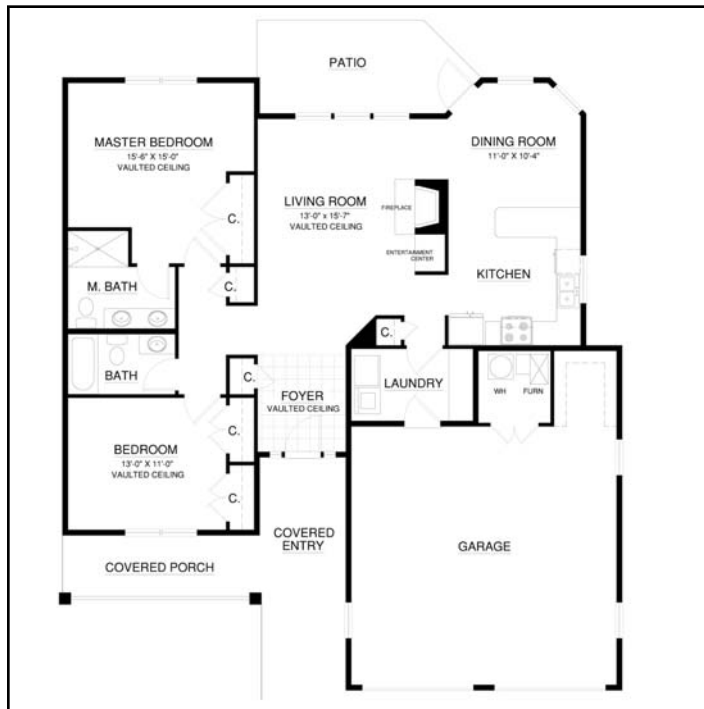
Tom Reid regularly nurtures the plants.

How does help with your housekeeping sound?

Living at Waterford enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

Waterford's maintenance-free homes offer housekeeping services. In addition, the lawns are mowed in warm weather and the snow is shoveled in winter. Plus, a variety of amenities and services, like scheduled transportation, are included.

At Waterford, people have the opportunity to fully embrace an active lifestyle. Visit Waterford or call 701-476-1200 today to learn more about this summer's featured homes. ■



The Amherst, located at 3420 Waterford Drive, offers 1,325 square feet, two bedrooms with master bath, and a two-stall garage. This cottage home features vaulted ceilings, fireplace, and patio.



This 715-square-foot apartment features a walk-in closet and central air. Call today for a personal presentation.



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Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham, PhD, Associate Professor of Psychology at Western Oregon University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- “The old adage ‘use it or lose it’ has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia.”

- “Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer’s Disease.”

- “Other studies have found support for the ‘use it or lose it theory.’ For example, we know that the more time people spend engaged in educational pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop Alzheimer’s, on average, over four years later in life than people who only know one language (Bialystock et al., 2007).”

- “People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people’s ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age.” ■

Living with intention



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

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Waterford, the Life Enrichment/Wellness program focuses on providing social environments where residents, families, and staff can develop (*cont.*)

(cont.) relationships and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

Coming Events

Monday, Aug. 11, 10 am
Day trip to Jim & Vivian Garvey's lake home.

Wednesday, Aug. 13, 11 am
Lunch at mystery destination.

Thursday, Aug. 14, 6:30 pm
Monthly birthday party with western theme. Music by Destiny.

Thursday, Aug. 21, 1:30 pm
Waterford Senior Olympics. Opening ceremony and games.

Friday, Aug. 22, 3:30 pm
Waterford Senior Olympics. Games and awards.

Tuesday, Aug. 26, 6:15 pm
RedHawks® baseball game. Cost: \$8.25

Wednesday, Aug. 27, 10 am
Games with ABC Sandcastle Child Care.

Thursday, Aug. 28, 5 pm
Dining with Deb at the Olive Garden.

Join Waterford for Active
Aging Week
Sept 22 to Sept 28



Celebrating birthdays with a casino night



Administrative Assistant Joanie Pesek (standing) deals blackjack to (from left) Audrey Dura, Clara Lee, and Denise Mullen.



Hope Gregory, RN, leads ladies in a round of circle dice game.



From left: Life Enrichment/Wellness Assistant Katie Carlson poses with high rollers Betty Hunter, Mary Gibb, and Denise Mullen.

News from the Club

Discover FallProof H2O

In partnership with the Center for Successful Aging at California State University, Fullerton, the club will soon be offering FallProof H2O. The 12-week class is part of a research project that the Center is conducting.

Club Director Mark Minette received his FallProof H2O certificate of completion during a training session in May and has been using many of the techniques in current classes and will be leading FallProof H2O when it starts in September. The class is available to Waterford residents who meet the criteria for the study. If you would like to participate or would like more information, please contact Mark at 701-526-1055.

Mark your calendar for these fall classes

- **Circuit Training:** A group of exercises performed one right after the other in the weight room or exercise studio. Designed for muscular and cardiovascular strength and endurance.
- **Deep Water Exercise:** A no-impact workout, where the intensity is increased by using the resistance of the water. Using float belts, class participants power walk or run in the water where their feet do not touch the bottom.
- **Basic Water Exercise Classes:** Classes are held in the shallow end of the pool. Knowing how to swim is not a prerequisite.

For more information or to register, call 701-526-1055.

Look for locker room enhancements

In an effort to provide a comfortable environment for members, the club has purchased slip-resistant matting for the men's and women's locker rooms.

The matting will provide an antiskidding surface from the showers to the pool and changing area and will be installed in the near future. The installation will be done at a time of least inconvenience.

Member survey results

Recently, members took part in a Member Satisfaction Survey.

“Thank you for completing the annual survey,” says Mark. “Your input is greatly appreciated. It is a pleasure to partner with you in pursuing a healthy, full lifestyle.”

Highlights from the survey include:

- More than 78 percent of the surveys returned rated the staff as “exceeds my expectations” in the category of professional, helpful, available, and friendly.
- Eighty percent of respondents rated the equipment as “exceeds my expectations” in the category of “appropriate for my fitness needs.”
- One hundred percent of responders said “yes” when asked if they would renew their membership when it expires.
- Finally, 100 percent of respondents answering the final question said “yes;” they would recommend the Waterford Health & Fitness Club to a friend.

A special thank you

“Thank you to all of the residents, club members, staff, and friends who have supported me during my healing process after surgery to repair my Achilles tendon,” says Mark. “Your support has been very much appreciated. My hope is to be back to teaching aquatic fitness classes and providing support to you in all of your wellness needs as soon as I possibly can.” ■