

Waterford hosts Active Aging Week

Public invited to participate in fun, healthy activities

In honor of Active Aging Week, Waterford invites people to participate in fun, healthy activities Friday, Sept. 26. There is no charge for the events. The celebration will include several activities:

- **9 to 11 am at Waterford Health & Fitness Club:** Displays and demonstrations by a variety of local vendors, including safe walking tips; taking care of your feet; hypertension; dry-skin conditions; microdermabrasion; chair massages; and Balance Master® assessments.
- **11 am in Waterford auditorium:** *Brain Buzz*, presented by Regional Center Director Gretchen Everson from the Minnesota-North Dakota Chapter of the Alzheimer's Association's Eastern North Dakota Regional Center in Fargo.
- **11:30 am to 1 pm in Prairie Rose Dining Room:** healthy lunch
- **1 pm in Waterford auditorium:** Style show by Scheels® All Sports, McCulley Optix Gallery and Foot Solutions

For more information, people can call 701-476-1200.

“We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives,” says Waterford Life Enrichment/Wellness Director Mary Tvedt.

Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles. ■



Rainbow, the baby wolf, bounces around Waterford

“Live with wolves, and you learn to howl.” —A Spanish proverb states.

Howls of laughter recently filled Waterford as Rainbow, the baby wolf, frolicked and visited people.

The Red River Zoo brought two-month-old Rainbow to socialize with people as part of its Outreach Program.

On the zoo's wolf blog, the zoo explains that it *(cont.)*



Rainbow introduces herself to Edna Bartle as they shake hands.

(cont.) hopes to socialize the wolves so they will be more willing to display common wolf behaviors in front of people.

“Rainbow was more than happy to show off her wild side, as she ran around licking faces and howling,” says Life Enrichment/Wellness Director Mary Tvedt. “She scampered around the room accepting the pats, caresses, and hugs from residents, and after all the playing, she curled up on a chair for a nap.” ■



Beth Ann Smith and Rainbow share a big hug.



Ilene Stensrud pets a sleepy Rainbow.

Staff certified as Geriatric Wellness instructors



Associate Professor of Psychology at Western Oregon University Rob Winningham (center), PhD, led Cognitive Training Workshops for members of the Waterford staff and invited guests. From left: Devonshire Manager Hope Gregory; Executive Director Deb Magnuson, RN, BSN; Personal Trainer Heather Muscha; Rob; Devonshire Program Coordinator Lindsey Palczewski; Life Enrichment/Wellness Director Mary Tvedt; Waterford Health & Fitness Club Director Mark Minette; and Life Enrichment/Wellness Assistant Katie Carlson. Attendees participated in 11 hours of training, passed the exam, and were certified as Geriatric Wellness Instructors for a period of two years.

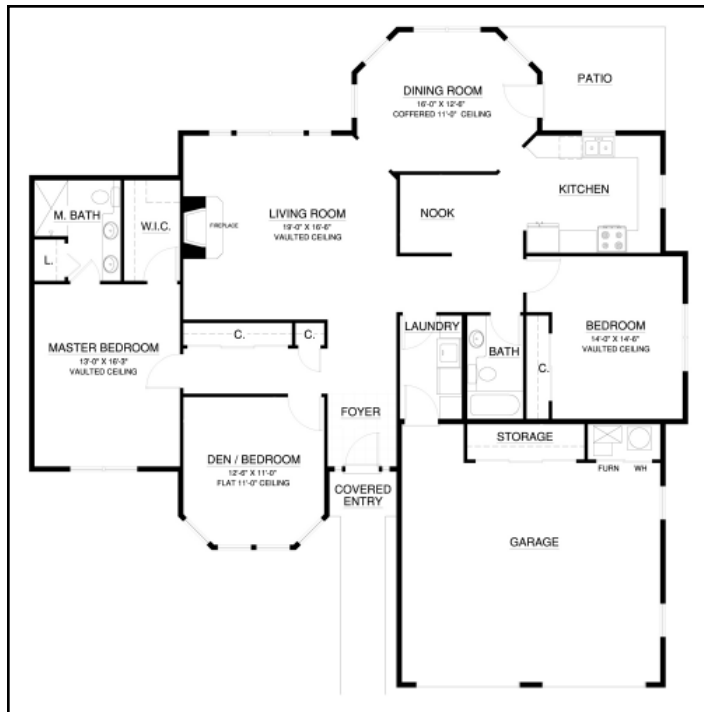
Enrich your life

Waterford features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

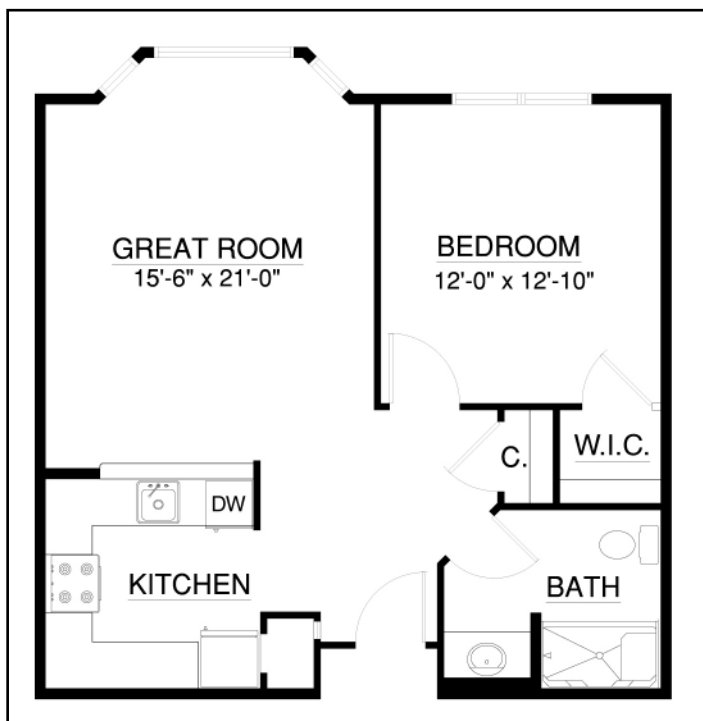
For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

Waterford offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 701-476-1200 today to learn more about the Waterford lifestyle and dynamic Life Enrichment/Wellness program—and the fall's featured homes. ■



The Manchester is located at 3424 Waterford Drive and offers 1,832 square feet, two bedrooms, and two bathrooms. This cottage home features central air, fireplace, two-stall garage, vaulted ceilings, and patio.



This one-bedroom apartment features 705 square feet. Call today for a personal presentation.

Coming Events

Monday, Sept. 8, 1 pm

Boat ride on Pelican Lake. Pie and coffee will be served.

Wednesday, Sept. 17, 1:30 pm

Beanbag Tournament against Edgewood Vista.

Thursday, Sept. 18, 6:45 pm

Monthly birthday party with rock-'n'-roll theme. Entertainment by the rockin' '60s.

Use it or lose it—redefined!



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

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive enhancement activities that can delay—and even interrupt—the onset of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes

and subsequently move from independent living to assisted living; from assisted living to memory care or skilled nursing.

- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Waterford Life Enrichment/Wellness Director Mary Tvedt. ■

Admiring a blooming garden



Waterford volunteer LaVon Rustad (in pink, left) recently invited residents to her home for a spectacular garden tour and refreshments. People donned their favorite gardening hats to get into the outdoor spirit.



LaVon shares her knowledge of flowers.

Read what's happenin' at the club

The Waterford Health & Fitness Club is offering a **Balance Evaluation and Training Program** as part of the award-winning Fall Reduction and Awareness Program. For a balance assessment and three 30-minute personal training sessions, the cost is \$100.

Challenge your brain with **Cognitive Enhancement Class**. This fun, stimulating class includes a variety of activities that challenge your mind's attention and memory. This five-week class starts Sept. 16 and will be held Tuesdays and Thursdays at 1 pm. Cost: \$50 for members and \$75 for the public.

In partnership with the Center for Successful Aging at California State University, Fullerton, the club will 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 April and will be leading the class. This class is available to 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.

Gift cards are available for balance assessment classes, personal training sessions, and massage. For more information, contact Mark at 701-526-1055. ■

Touchmark vice president writes for recent issue of The Journal on Active Aging

In the July/August issue of The Journal on Active Aging, Touchmark Vice President of Wellness & Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

"Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age," writes Marge.

Read the full article online at WaterfordFargo.com/common/pdf/civic-engagement-enrich-lives.pdf. ■



Life Enrichment/ Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program,

Touchmark makes a concerted effort to reach out to community partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.