

Meet Executive Director Kari Dick

Kari Dick has been appointed executive director of Waterford at Harwood Groves. In this position, she will oversee all aspects of the retirement community, including the health and fitness club, independent and assisted living as well as memory care services.

For the past seven years, Kari has held several executive and administrative positions with The Evangelical Lutheran Good Samaritan Society in Washington and North Dakota. She was responsible for skilled nursing and assisted living care as well as marketing, resource development, compliance, human resources, and other areas. Kari holds a Bachelor of Science in Health Services Administration and Gerontology from Minnesota State University Moorhead and is currently pursuing a Master's in Health Care Management/Project Management from the University of Mary.

"I'm very excited to join the Waterford team, and I look forward to continuing the community's tradition of excellence," says Kari.

Active in the Fargo community, Kari is a member of the North Dakota Long-Term Care Association. She and her husband, Eric, have twin girls and a boy. Away from work, Kari enjoys reading, traveling, and spending time with family. ■



From left: Newly appointed Executive Director Kari Dick meets residents Marilyn Taylor, Doje Baker, and Tony Walter.

Building new brain connections



There's momentum growing behind the Brain Aerobics class at Waterford. People are joining the twice weekly class, which offers a mixture of puzzles, word games, and physical tasks, all aimed at cognitive enhancement. Last fall, a number of staff attended a Cognitive Enhancement Training workshop and received their Geriatric Wellness Instructor certifications. Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, led the workshop. During a recent Brain Aerobics class, people rotated between four stations and challenged their brains and bodies with cognitive and physical tasks. Fred Scheel (left) draws an object with his eyes closed while others observe.

(cont.)

(cont.)



From left: Arline Hudson, Fran Hackleman, Lois Vogel, and Dorothy Prafcke recite the alphabet or count by fours while completing a visual spatial game. The frontal lobe, which is in charge of attention and memory, creates additional connections when challenged with a dual task, like those offered in the Brain Aerobics class.



Seeing a Sit & Dance fitness video for the first time, participants focus and learn the new dance moves. Trying a new and different task, like the dance video, helps build the brain.



Evelyn Fisher (in red) throws the beanbag with her nondominant hand. This task also requires focus and helps build connections in the brain.

Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocampus and other learning centers in the brain) is (cont.)

(cont.) most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers

for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We don’t get to pick our parents. We can and do choose our

10 steps to whole-person wellness:

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega-3s are good for the brain, mood, and memory ability.
8. Try to learn something new every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

habits that can lead to well-being and good health.

At Touchmark, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Mary Tvedt, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

Dr. Marge’s Smoothie Recipe

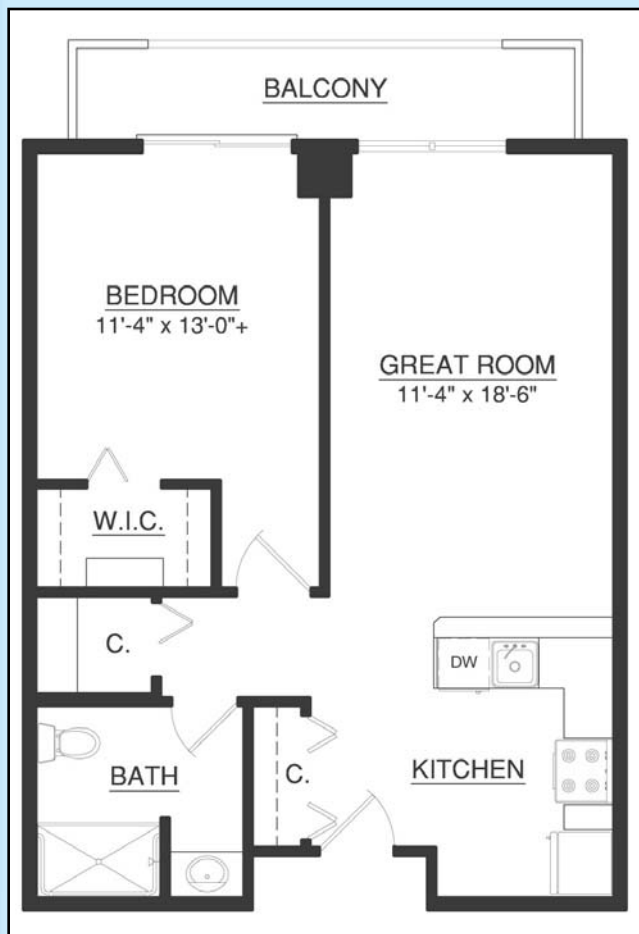
Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

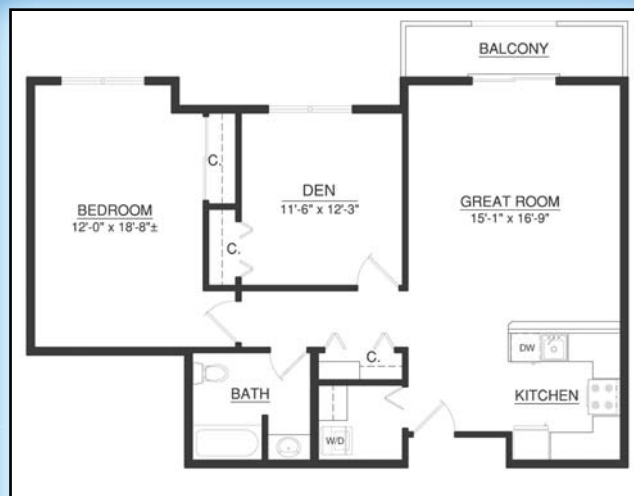
Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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Look what's available at Waterford!



Apartment 300 offers one bedroom and comes with assisted living services. Call today for a personal presentation.



Call today for a personal presentation of apartment 222. This 1,025-square-foot home has one bedroom, one bathroom, a den, and washer and dryer hookups.

Build your brain

4	7		9		1	6		5
	2		3				8	4
								1
	1	4	7		8		5	
6			2		3			9
	3		6		5	8	1	
8								
5	9				4		2	
7		1	5		2		9	8

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.

Continue a happy “you” year!

Have you ever made a resolution in January only to find it staggering along in February? And by March, your resolve for the new year has vanished? Well, before this story becomes your own, let the Waterford Health & Fitness Club help make this new year a successful “you” year. Check out these new classes and services, and call us today to learn more or sign up.

- **Tai Chi**—Experience the great benefits of Tai Chi. The slow, controlled movements taught in this class can help reduce stress, increase energy, improve cardiovascular health, and aid in weight loss. All levels are welcome. For times and dates, please contact club director Mark Minette at 701-526-1055.
- **Massage Therapy**—Enjoy the benefits of massage, including alleviation of low-back pain, improved range of motion, increased joint flexibility, and improved circulation. Club massage therapist Katie Braton is available for 30-minute or hour-long

massages. For prices or to make an appointment, call the club at 701-526-1055.

- **Balance Assessments**—The Balance Master® 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, contact Mark at 701-526-1055.
- **Personal Training**—A personal trainer offers accountability and can personalize a fitness program to fit your goals, budget, and schedule. Prices for personal training sessions are \$20 for a 30-minute session or \$30 for a 45-minute session. Contact Heather Muscha at 701-526-1055.

February class schedule: New classes start Feb. 16, 2009. ■

Giving to those in need

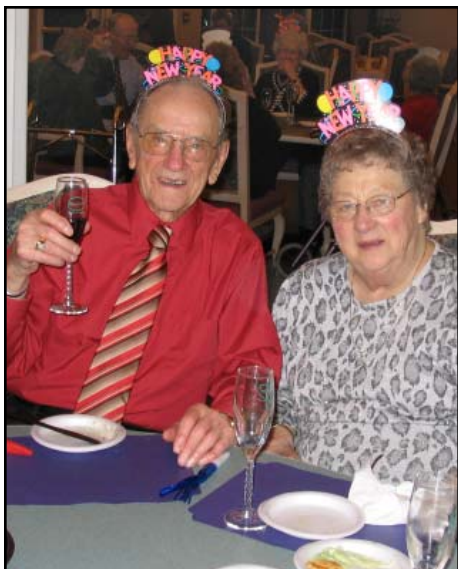


Waterford residents are always looking for a way to give back to the community. Most recently, they adopted the women and children at the YWCA Cass Clay Emergency Shelter. Betty Richardson and Elsie Brenkworth headed a volunteer effort and worked with other residents to make and donate homemade afghans, scarves, hats, and 40 felt stockings filled with candy. Betty Richardson, alone, knitted and donated 24 scarves. The YWCA reported that the families were delighted with the donations. Waterford residents and team members will continue to make treats throughout the year and donate them to the adopted families.

Ushering in 2009



The New Year's party included the popular hors d'oeuvres contest. Many residents created and entered a variety of tasty food. Volunteers Kay Kundert, Bill Pallasch, and Duane Geffre judged the contest. First place was a tie between Margaret and Don Barnard and Doris Flaming, who each brought artichoke dip with crackers. Coty Smith came in second place with her homemade candied pecans. Third place honors went to Ed and Marge Hoag for their smoked oyster crackers, presented on a three-tiered platter. Contest winners: (top, from left) Ed, Coty, Doris, Margaret and (front, from left) Marge and Don.



Residents and team members celebrated with a party and noted the countdown to 2009 with noisemakers, hats, and horns. Pictured are Lennie and Esther Miller.

Coming Events

Wednesday, Feb. 11, 11 am

Enjoy lunch out on the town at Toscana Italian Restaurant.

Saturday, Feb. 14, 2:30 pm

Not-So-Newly-Wed game. Auditorium.

Monday, Feb. 16, 3 pm

President's Day trivia game. Hoyle Room.

Thursday, Feb. 19, 5 pm

Join your friends and neighbors "Out & About" at the Cork 'N Cleaver Restaurant.

Thursday, Feb. 26, 4:30 pm

Enjoy live music by Cecil Malme & Friends. Auditorium.

4	7	8	9	2	1	6	3	5
1	2	6	3	5	7	9	8	4
3	5	9	4	8	6	2	7	1
2	1	4	7	9	8	3	5	6
6	8	5	2	1	3	7	4	9
9	3	7	6	4	5	8	1	2
8	4	2	1	7	9	5	6	3
5	9	3	8	6	4	1	2	7
7	6	1	5	3	2	4	9	8

Answers to the puzzle on page four