



A Touchmark® community  
Est. 1980

# Take in the summer fun!



**Waterford vs. Riverview.** Three times a week, several Waterford residents gather to put their virtual bowling skills to the test with the wildly popular Wii. According to volunteer coach Duane Geffre (top, second from right) it's time to raise the stakes. Duane is one of Waterford's most dedicated volunteers, having volunteered regularly since November 2007. "I enjoy it so much; I hope I never have to quit," he says about spending several days a week with Waterford residents. Away from Waterford, he works with the National Association Services of the Dept. of Agriculture.



Lennie Miller tends to the rose bushes in the Waterford courtyard. Lennie developed a "green thumb" while helping his daughter in her greenhouse and now lends his talents to the Waterford blooms. Jim and Vivian Garvey's daughter, Kay Adams, purchased the plants for residents to enjoy.

Residents toured war memorabilia at the Fargo Air Museum and viewed exhibits that were part of EAA's World War II B-17 Bomber Aluminum Overcast Tour. They also talked with flight crews from the war. Some of the planes on exhibit include the Corsair, TBM Avenger, Japanese Zero, P 51 Mustangs, and L Birds.



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Las Vegas? Or Waterford? You couldn't tell the difference at the casino-themed birthday party! Residents and staff flocked to the foyer and auditorium to test their luck. After a stop at the "money cage" to pick up complimentary Waterford bucks from Executive Director Kari Dick, people hit the tables. The room pulsed with excitement as people earned additional Waterford bucks playing black jack, roulette, horseracing, pull tabs, and dice games. At the close of gaming, the top "high rollers" were Emi Jackson in first place, winning a cash prize of \$10, and Lila Dahl in second place, taking home \$5. Residents then enjoyed a meal of steak and shrimp with chocolate cake decorated with dice icing. The evening ended with Michael Helm playing jazz and blues on the piano.



## Save the date!

Celebrate Active Aging Week with Waterford!  
Events are planned during the week of Monday,  
Sept. 21 to Sunday, Sept. 27.  
Watch for more information to come.

## Coming Events

### Thursday, August 20, 4:45 pm

Monthly Birthday Party. Beach theme. Beverages in the auditorium at 4:45 pm, dinner at 5 and 5:30 pm, and entertainment by H&V melodies at 6:45 pm.

### Tuesday, August 25, 5 pm

Out & About at the Moorhead Country Club.

### Wednesday, August 26, 1 pm

Boat ride on Pelican Lake, compliments of resident Leona Paulson and her daughter Linda Jeffries. Refreshments will be served.

### Thursday, August 27, 2 pm

Clarinet music by Tracy Myers. Auditorium.

## There's no place like home



Located at 3432 Waterford Drive, this home offers 1,830 square feet of living space, two bedrooms, two bathrooms, and a two-car garage. A rental option is available for this home. Call today and discover why, "It's a great day at Waterford."

## Going green—and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local "green" architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building is equivalent to removing 121 (cont.)



Experience worry-free retirement living at Waterford. Apartment 125 offers one bedroom and one bathroom. Beat the heat this summer by taking a dip in the pool at the on-site fitness club, just steps from your door.

(cont.) cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At **Waterford at All Saints** (Sioux Falls, South Dakota), **Waterford at Harwood Groves** (Fargo, North Dakota), and **Waterford at Fairway Village** (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at **Touchmark on West Prospect** (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At **Waterford on Saddle Drive** (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to “Go Green” in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses, and other mass transportation offerings;
- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Kari Dick. ■

## Club happenings

### Coming soon—physical therapy

Waterford Health & Fitness Club is pleased to announce a partnership with ProRehab Physical & Occupational Therapy to provide physical therapy services at the club.

On its Web site, ProRehab states that the company “was founded with the goal of bringing health care back to its fundamental and most important purpose—helping people.”

If your current course of treatment is not giving you the results you had hoped for, please call the club to set up an appointment for a complimentary consultation and find out if physical therapy is the right choice for you.

Therapy services are scheduled to start in September. More information will be available later this month.

### How to ... classes

- How to ... monitor your workouts to ensure success. Tuesday, August 11, 8:30 am. Learn tips to help monitor your workouts for continued progress. Class will cover the importance of food journals, monitoring your heart rate, and adjusting sets and repetitions.

- How to ... understand rate of perceived exertion. Tuesday, August 25, 8:30 am. Everyone has different capabilities when it comes to fitness and training, so monitoring your rate of perceived exertion can help you judge how hard to push yourself.

### You said it!

“I look forward to coming here [Waterford Health & Fitness Club] because of the graciousness of the staff. The Waterford is a lifesaver for me.”

—Kathleen Mary Burkett

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## Weight loss tips

Are you at a weight loss plateau? If you have been dieting and exercising and you saw great progress at the beginning of your new program, and now the scale won't budge, don't be discouraged. It happens to everyone. Many people get frustrated and give up on their fitness and nutrition program. By staying focused on your program you can overcome this natural challenge.

Here are some things you can do to battle the weight loss plateau:

- Make sure you are not cheating on your diet. Keep a food journal to review where your calories are coming from. Keep an eye on calories that you drink—coffees, sodas, fruit juices, etc.
- Vary your workout routine. Try different classes and increase your strength training.
- Increase your time and intensity. Walk longer and/or at a faster pace.
- Eat more fiber. Fiber helps remove toxins from your body.
- Get help! A personal trainer can motivate you and design a program to battle the plateaus that are bound to come along.
- Don't judge your success by the number on the scale. This can discourage many people and lead them to abandon their diet and exercise program. Monitor your success with how you feel, how you look, and your energy level.

Keep these things in mind to help you achieve your goals. If you need a little extra help, please contact Mark Minette or Heather Muscha to set up a personal training appointment. ■

## Share your time and talents

Research continues on the positive impact of “giving back” in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.

## You said it!

*“Waterford has already become like a second home to me in the short time I have been here. Because we have such great residents and staff, I feel honored to be part of our community.”*

**Melinda Moffett**

—Team member