

Odd couple wins not-so-newlywed game



CJ Sahr and Mark Minette

The Not-so-newlywed Game, a fun spinoff of the popular television game show The Newlywed Game, is a much-anticipated annual tradition at Waterford. Residents and team members pair up with their spouses to answer questions about one another, competing against other couples for a variety of fabulous prizes. In a fun twist of events, the wives of Waterford Health & Fitness Club Director Mark Minette and Building Services Director CJ Sahr were unable to make it to the competition. The two good sports teamed up to make the odd couple, and amazingly won the game. Even by answering “hot dogs at the Stop-n-Go” to several questions, the two came out ahead of the other couples and walked away with a bottle of wine, a box of chocolates, and good-natured grins on their faces. Competing against Mark and CJ were Duane and Gloria Geffre, Katie and Aaron Carlson, and George and Beth Ann Smith.



Duane and Gloria Geffre (left) and Katie and Aaron Carlson



George and Beth Ann Smith

Dancing

Fitness Instructor Katie Bruckbauer (in white shirt) boogies to the music with her family and friends as the Rockin' 60s perform at a recent birthday dinner. Katie, her husband Mike, their two sons, and several of the boys' friends danced the night away with residents.



Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Tuesday, April 13, 5 pm

Out & About dinner outing: WF Maxwell's in West Fargo. Sign up at Front Desk.

Thursday, April 15, 4:45 pm

Monthly Birthday Party. Western theme. At 5 pm, residents will perform the skit *Cactus Juice Saloon*. Musical entertainment by the White Rose Band at 6:45 pm. All are welcome.

Sunday, April 18, 1:15 pm

Bus leaves for Fargo-Moorhead Symphony's *Masterworks V: An American Celebration*. (cont.)

(cont.) **Wednesday, April 21, 2 pm**

Fashion Show by Dress Barn with Waterford models. Refreshments to follow in the Willows Dining Room. Auditorium.

Thursday, April 22, 11:30 am

Men's Luncheon. Sign up at Front Desk for lunch, featuring speaker Carl Peterson from Peterson Seeds. Willows Dining Room.

Wednesday, April 28, 1:30 pm

Shopping at West Acres Shopping Center. Sign up at the Front Desk.

2010

in

20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Start a craft project.
- Start a downsizing project.
- Call a sibling or longtime friend and reminisce about childhood.
- Invite a friend to lunch.
- Decorate your home for a holiday.
- Take a nap.
- Hug someone.
- Try a new food.
- While watching television, take a stress ball and squeeze it with one hand for a count of six. Switch the ball to the other hand and repeat.
- Read a funny book or magazine.

Celebrating Moments of Pride: Six decades of volunteerism

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos and stories that highlight moments of pride for residents and team members.



Since her college days, Lucille May had been connected to Gallaudet University through her membership in Delta Zeta Sorority, a national organization with philanthropic efforts focused on assisting the hearing impaired. The university serves deaf and hard of hearing students. Lucille and her late husband,

Lee, established a scholarship endowment fund at Gallaudet in July 1996.

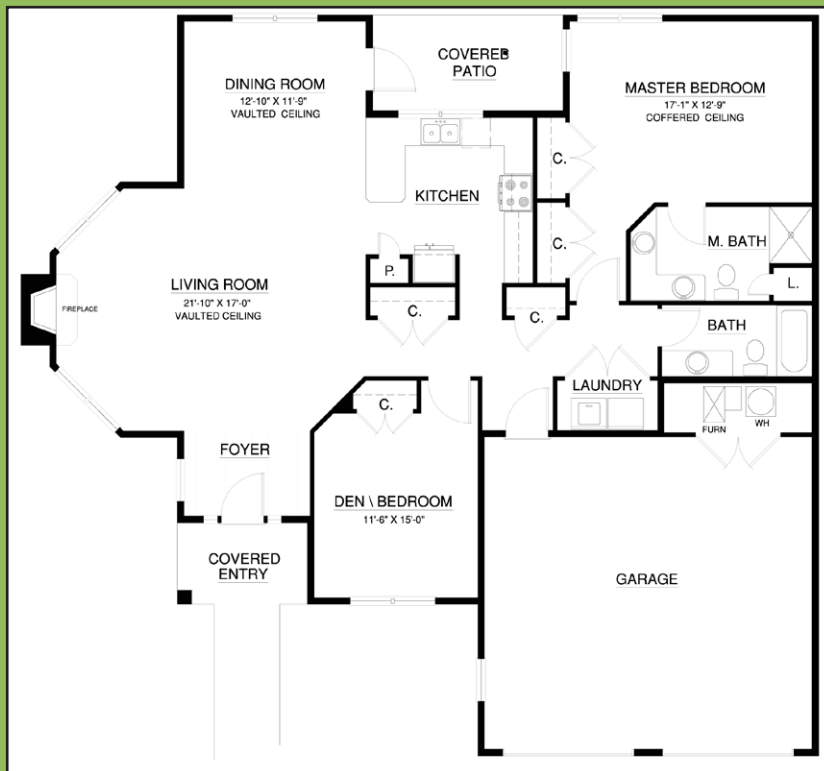
In September 2007, Lucille May was living in the Washington, DC, area and had accepted an offer to talk about successful fund-raising with Gallaudet business students who were majoring in fund-raising. After her presentation with the class, Robert Devilla, then-president of Gallaudet University, invited Lucille to a meeting in his office. He presented her with a silver platter emblazoned with the Gallaudet University emblem as a token of respect and appreciation for her six decades of volunteering.

Spring into the good life!



Conveniently located on the first floor, the 887-square-foot apartment 126 offers one bedroom and one bathroom. You're steps away from the Waterford Health & Fitness Club and its rich schedule of classes and fitness equipment

designed for older adults. After a workout, step out onto your patio to enjoy some springtime sunshine. Call today!



Experience the life-enriching benefits of the dynamic Waterford at Harwood Groves community from your new cottage home. Located at 3410 Waterford Drive, this roomy 1,559-square-foot home offers two bedrooms and two bathrooms. The programs and activities of Waterford's national award-winning Life Enrichment/Wellness program are available, as well. Call or stop by today for a personal presentation.

Moments of Pride —in the future



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

"What a difference a generation makes. Yes, there have always been people who lived to be very old, but never before have so many people lived so long—and never before have so many lived so strong." —Jack Rosenthal, president of the New York Times Company Foundation and chairman of ReServe

The 2010 Moments of Pride theme for Touchmark's 11 communities is not just about the past. It is very much about the present and the future. Longevity may be the most important contributor to solving many—if not most—of the world's current problems. The wisdom and life experience of older adults around the world can and does make a difference in solving some of the most perplexing problems, such as poverty, the environment, and even world peace.

ReServe is a fast-growing nonprofit organization of older adults dedicated to fulfilling the mission of using lifetime skills to give back to society. So far, it has enlisted 1,000 older adults in New York who are eager to volunteer their talents and time. Now ReServe is about to go national—and hopefully international in the future. (cont.)

(cont.) Its goal is to find partners in other cities who also recognize the value of enhanced longevity.

In addition to ReServe, other similar organizations include Civic Ventures, Experience Corps, and many others. All of them match the mission of the Civic Engagement category of the Full Life Wellness & Life Enrichment Program at all Touchmark communities. Resident and team member volunteers are active in all locations where Touchmark has a presence.

Partnering with the greater community in cities in the United States and Canada is a tradition that creates moments of pride and also makes a lasting difference to both the volunteers and the surrounding city.

If you are interested in serving as a volunteer at a Touchmark community or the surrounding community, contact a member of the Life Enrichment/Wellness team to find a suitable outlet for your talents, time, and skills. It is true that “if it

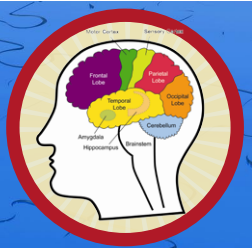
is going to be, it is up to me” ... not someone else. ■

You said it!

“I chose Waterford because of its location in Fargo. I think it is very well run, and residents and staff are marvelous. That is why I am happy.”

Mary Magill
—Resident

Brain Builders



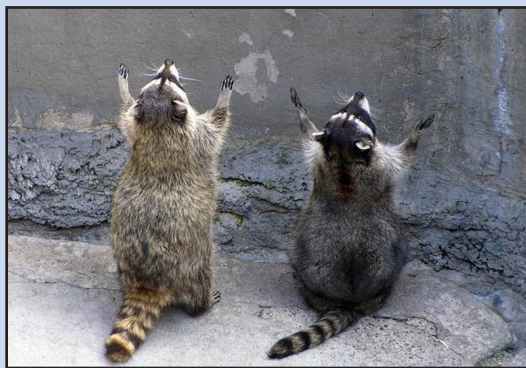
Change one letter in each word to make a new word. The theme is food. The first two are done for you.

- | | |
|----------------------|------------------|
| 1. DREAD: __ bread__ | 10. SOUL: _____ |
| 2. MILL: __ milk__ | 11. EGO: _____ |
| 3. BATTER: _____ | 12. BATON: _____ |
| 4. HEAT: _____ | 13. HAT: _____ |
| 5. MEET: _____ | 14. RIDE: _____ |
| 6. BORN: _____ | 15. STEAL: _____ |
| 7. DEMON: _____ | 16. DISH: _____ |
| 8. FORK: _____ | 17. TUNE: _____ |
| 9. REEF: _____ | 18. OATH: _____ |

- ANSWERS
- | | | | |
|-----------|----------|-----------|-----------|
| 1. bread | 5. meat | 9. beef | 14. rice |
| 2. milk | 6. corn | 10. soup | 15. steak |
| 3. butter | 7. lemon | 11. egg | 16. fish |
| 4. beat | 8. pork | 12. bacon | 17. tuna |
| | | 13. ham | 18. oats |

A sampling of captions

Last month, team members and residents submitted their funny captions to accompany this photo. Here's a sample from various communities.



- “Stick ‘em up! This a robbery.”
~ Resident Marion VanDinter
- “Two naughty raccoons minus the dunce cap.”
~ Resident Eve Brouard
- “Hallelujah.”
~ Resident Nancy McLaughlin
- “What’s the big deal. We didn’t mean to do it.”
~ Resident Larry VanZummeren
- “Thank you ladies and gentlemen, and for our next number ...”
~ Resident Clare Peters

What is wellness?

To help people focus on all aspects of wellness, including physical health, Waterford Health & Fitness Club has designed Wellness Quest, which will launch September 13 for residents and club members.

Waterford team members have been participating in a pilot program. Royann Archer, Waterford front desk team member, shares how she has made the Wellness Quest an integral part of her life and already is enjoying the benefits of healthy changes.

“Perhaps the most obvious is what has happened to me since I began my food journal,” says Royann. “I couldn’t believe how many calories I was consuming for no reason, except temptation. I have adjusted the amounts and the types food I eat and with great rewards. I am proud to say I have lost 11 pounds.”

Every participating team member made and monitored goals, like volunteering. “I am a very busy person, so the part that asked me to volunteer was a challenge,” says Royann. “I e-mailed the Waterford managers to find out if there would be any extra work needed to prepare for the possibility of a flood. The response was overwhelming, and I thoroughly enjoyed the tasks.”

Many team members are enjoying

the benefits of making their personal wellness a priority. “It is exciting to hear about the positive, fun interactions that employees are having with co-workers, family members, and others,” says Waterford Health & Fitness Club Director Mark Minette.

How would you describe your quest for wellness? Hopefully, you will view it like Royann, as “a very positive and enjoyable journey that brings much self-awareness.” Join the Wellness Quest. Talk with Mark to sign up.

April’s Get Ready series

Get ready for golf.

Increase flexibility, strength, and club-head speed by using specific exercises and stretches. Jay Dahlin, golf manager at Scheels, will lead a technique and product review session. Wednesday, May 5 ~ 7 to 9 pm. Cost: \$25.

Get ready for biking

Learn specific exercises and stretches that can help you have a stronger, more enjoyable ride. Jeff Nelson, Scheels All-Sport Bike manager, will bring out bikes and trainers to explain differences between bikes and how to fit the bike to the rider. Wednesday, April 21 ~ 7 to 9 pm. Cost: \$25.

Get ready for gardening

Get ready for spring gardening with exercises and stretches that increase your flexibility and strength. Join a local master

gardener for a planting in-service. Coming in early May. Cost: \$25.

Get ready for running

Increase your flexibility, strength, and endurance. Learn techniques for training for races. Athletic Clothing Assistant Manager and running expert Vicki Gira will discuss proper clothing and shoes to make running more comfortable and enjoyable. Wednesday, April 14 ~ 7 to 9 pm. Cost: \$25.

Get ready for fishing

Increase your flexibility, strength, and endurance with exercises and stretches. Jayson Saylor, fishing specialist, will cover new fishing products, techniques, and tips. Coming in early May. Cost: \$25.

Spa Day at Waterford

Enjoy a relaxing massage, mini-manicure, mini-facial, and relaxation, yoga, and aquatic fitness classes. More information coming soon!

How to ... class

How to ... use the exercise ball. Add the versatile exercise ball to your exercise routine for core training, flexibility, and weight training. Learn how to choose the right ball size, correct positioning, and several exercises to incorporate into your workout. Join Heather Monday, April 19, at 8:30 am, and Tuesday, April 20, at 5:30 pm. ■