



A Touchmark® community



## New projects sprout with spring **A life in balance: simplicity**



*Message from*  
**Deb Magnuson**  
—Executive Director

I am certain that spring is coming to Fargo. Funny how a few months of snow and ice make you long for grass and blooming flowers. Over the years, I've learned that North Dakota starts to regain life in the month of March, and we're ready.

As travel becomes more dependable, residents will visit more places. The walking group has continued, month in and month out, with Wednesday morning walks at the mall. I look forward to seeing them on our own campus, rounding the corner with a friend.

Drawings for the new addition are beginning to come in. The plans are very exciting, and I can hardly wait for all the activity. The new Health & Fitness Club will be "one of a kind" in Fargo. The equipment will be topnotch, and the variety of classes will provide something for everyone. I know many residents are looking forward to swimming 12 months a year.

We're also planning to construct more single-level homes this summer. Now is the time to be sure you are on the list for the earliest possible information. Ask any resident—there's no place like home!

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

**“Simplify,  
simplify ... ”**

*Henry David Thoreau*

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything;

sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it's time to simplify. Here are a few ideas to consider:

**1 Just say “no.”** Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

**2 Spend time creating joy.** It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

**3 Don't hang onto things you don't want or need.** Clean out the closet and drawers and throw or give things away. If it's broken, and you need it, fix it or replace it.

**4 Stop spending time to save money.** Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

**5 Take a moment (or more) each day to be grateful.** Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Life Enrichment Director Mary Tvedt. It's never too late to simplify and make choices for well-being and a life in balance.



## What does long-term care insurance cover?

Wondering if your long-term care insurance covers the care levels we provide at the Waterford? Both the Assisted Living homes and the Devonshire (for those with memory loss) homes are often covered by long-term care. Just like car or homeowners insurance, there are many possible elections that can be added to your policy. Your agent is often the best resource for information.

### Ask about:

- **Waiting periods before coverage begins**
- **Daily amount covered**
- **Type of care covered**
- **How to file a claim**

At Waterford, we have a lot of experience with this type of insurance plan and would be happy to look over your policy.

## Residents make blankets for ill children

*by* Molly Landecker  
—Administrative Assistant

Some of the Waterford ladies are working with a wonderful volunteer program called Project Linus. This volunteer, nonprofit organization donates blankets to terminally ill children. The organization's Web site says that Project Linus was "named after the adorable security blanket-toting character from the Peanuts comic strip [and] is a 100% volunteer non-profit organization ... ."

Peanuts creator, Charles Schulz, was aware of the efforts and was delighted that Linus inspires people to make blankets for children in need.

Many residents have been busy making blankets and some have made a monetary donation. It is a great way for everyone to be involved and to feel like their work is going to a good cause.

If you would like more information on Project Linus, visit [www.projectlinus.org](http://www.projectlinus.org).



**Arline Hudson (left), Myrtle Gauslow, Harriet Hanson, and Eileen Clark create a blanket for a child to enjoy. The ladies are collaborating with the nonprofit organization Project Linus.**

## ☞ Let Your Spirit Soar ☞

*Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for March is Humor and Life Balance.*

*For April, submit a story with a photo. Deadline for this issue is March 8. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.*

## Birthday surprise!

*by* Clara Lee  
—Resident

I was taken a little by surprise to get a box of Jell-O for my birthday. But then, I guess I really wasn't ready for all of the surprises on my eighty-fifth birthday.

I turned 85 last May and was excited to know that both of my daughters were going to be at Waterford to help me celebrate. It's not that often that the three of us are together these days, so I was looking forward to their visit. Little did I know what they had planned.

It all started innocently enough when my daughter Sue arrived midday on a flight from Chicago. Her sister Janet was driving from Minnesota and got to Fargo late in the afternoon. Sue and I had had dinner together, and we were visiting when Janet got to the apartment. I warmed up some food for her, and we enjoyed catching up with each other while she ate. At that point Janet asked Sue to help her bring in her luggage. They came back with much more than I expected!

The door to the apartment opened and the fun began! While singing "happy birthday," they wheeled in a large suitcase and plopped it in front of me. I wasn't quite sure what was happening, but they wanted me to open the suitcase. My birthday present was inside, they said. That was an understatement! There were 85 birthday presents inside! Yes, they had gotten me 85 gifts—one for each year! I know I looked confused, because it was almost hard to comprehend that I had so many gifts to open. As I unwrapped each gift, I giggled a little and occasionally checked with them to make sure they were really all for me. (After nearly 90 minutes I actually had to have some help with unwrapping!) It was a night I'll never forget!

So, yes, I got a box of Jell-O for my birthday, but also slippers, jewelry, stamps, tea, lotion, pens ... well, you get the idea!

## Resident's art selected

*by* Molly Landecker  
—Administrative Assistant



**This piece of artwork, created by resident Donna Mae Johnson, was selected to be featured in the Let Your Spirit Soar collection benefiting the Touchmark Foundation.**

Congratulations to Donna Mae Johnson. Her artwork has been selected for a collection of note cards benefiting the Touchmark Foundation. The foundation offers scholarships to those pursuing a career in the health care field and is developing a grant program for nonprofit organizations focused on improving the physical, social, spiritual, and intellectual lives of older adults.

Donna Mae started creating art when she was 55 and continued until the year 2002. Donna Mae won Best of Show two times from 1980 to 1995 in the Phoenix, Arizona, area. She did her artwork in watercolors, oils, and pastels. Donna Mae also started, along with four other women, an art class—Spectral Arts, located in Mesa, Arizona.

The artwork chosen for the note cards is titled Dancing Sunflowers and was based off a photo her daughter

had taken of sunflowers blowing in the wind. Donna Mae is very proud of her work and is proud to help the Touchmark Foundation.

Please congratulate Donna Mae on her beautiful artwork and willingness to be involved in the project.

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## Medicare Part D is in place, but many still have questions

by Winona Phelps, RN  
—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the [www.Medicare.gov](http://www.Medicare.gov) site. In the center of the main page is a link titled "BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

- ▶ "How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.
- ▶ Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.
- ▶ If you are likely eligible for additional government benefits that can save you money on your medications.
- ▶ If it makes sense for you to start comparing the plans that are available in your area."

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is [www.SocialWorkers.org](http://www.SocialWorkers.org). And, of course, Waterford staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

## Upcoming events

**Tuesdays, March 7 and 14, 7 to 9 pm**—*Early Norwegians and Their Neighbors* presentation by North Dakota State University sociology professor emeritus, William Sherman.

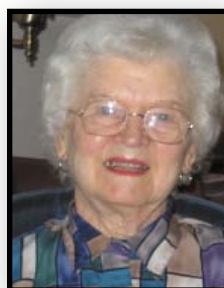
**Thursday, March 16, 7 pm**—Springtime at the Waterford—Girl's Night Out Style Show presented by Haute Boutique.

**Wednesday, March 22, 3:30 pm**—*Meth and its impact on our community* presentation by Attorney John Garaas.

**Wednesday, March 29, 3:30 pm**—*Out of Africa* presentation by world traveler and Fargo resident Bill Pallasch.

**Call 701-476-1200 for more information or to register.**

## What others are saying



Goldie Brooks

"If you are looking for a home for your retirement years, Waterford is a wonderful place to come to. The personnel are so welcoming and personal in that they have mastered the art of remembering the names of everyone living here. You can be as private as you want or as social as you wish."

Goldie Brooks  
—Resident

