



A Touchmark® community



Filling May with great activities

Celebrate National Senior Health & Fitness Day



Message from
Deb Magnuson
—Executive Director

Happy Mother’s Day to all the special moms, grandmas, and great-grandmas! I see the special ladies of this community and can’t help thinking about how many hours of love and caring they have given over a lifetime. I hope you have an exceptional day. Our special brunch will be a great way to spend the day together.

We will kick off our Stepping Out walking program this month. We have had many residents faithfully walking at the mall all winter. Now we get to walk outside again! Watch for the details and join us for the big walk on May 31.

Our volunteer activities continue. The 21 blankets that residents created for Project Linus have been turned in, and foster kids in our area will soon have beautiful, warm blankets to hug. There is nothing like giving to those who are in need. We are anxious to tackle more projects. Let us know if there are projects you are aware of that we can help with.

by **Marge Coalman, EdD**

—Vice President of Wellness & Programs, Touchmark

This year, the President’s Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled *Get Americans Moving*. One of the Council’s areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council’s work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn’t hard to see why they didn’t apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- **Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.**
- **Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.**
- **Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.**
- **Moderate daily physical activity can reduce substantially the risk of developing or dying from**

cardiovascular disease, type 2 diabetes, and certain cancers.

- Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health- and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Waterford. Life Enrichment Director Mary Tvedt is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.

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What a great way to kick off summer!

by Molly Landecker
—Administrative Assistant



Stepping Out walk!

Join Waterford for National Senior Health & Fitness Day on Wednesday, May 31. We will start off the afternoon with vendor booths from 1 to 2 pm. Vendors will include Good Feet of Fargo, Linson Pharmacy, MeritCare Home Health, and ProRehab. Take advantage of blood pressure checks for no charge.

At 2 pm, we will have a Stepping Out walk! We will have a Fargo community member lead the walk and give an inspiring speech to kick off the walk.



We will stroll the Waterford campus and will offer a variety of routes for different levels of walkers. Afterwards, enjoy refreshments and sign up for door prizes. If you have ques-

tions about this event, please contact us at 701-476-1200. We hope you can join us for this eventful day!

Dessert Social

Join us on the last Tuesday of each month for Tuesdays with Waterford! We will have a dessert social from 1 to 3 pm and in the evening enjoy wine and hors d'oeuvres. It is an excellent opportunity for you to view the community and meet some new friends. Please RSVP by calling Serena or Molly at 701-476-1200. We hope you can join us in the afternoon or the evening of May 30!

Waterford Open House

Enjoy an open house on Wednesday, May 10 from 1 to 3 pm. Visit with residents inside their homes, view homes, and learn more about what Waterford has to offer you. Desserts will be served, door prizes will be given out, and tours will be available.

Waterford is located one block South of 32nd Avenue on South University Drive. Please feel free to stop in and enjoy a community tour.



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 May is a story about a fitness routine or sport passion.

Playing at 93!

by Tony Walter
—Resident

*Dashing through Far-go
In my green Ford Escort
O'er to bowling I go
Smiling all the way.*

*Bean bag, bridge, and bingo
Cribbage, the treadmill too
Keep me active mentally and
Physically in shape*

*Waterford, Waterford
Where I play all day ...
Oh, what blessings you have been
In my life I know!*

*Waterford, Waterford,
Where I play all day ...
Oh, what fun I have each day
And wish the same for you!*

*Spring was warm and clear
To Luther College I went
Seeing Mark graduate
Was such a proud moment.*

*Summertime was fun
Out to the lake I went
Enjoying friends and family
And board games on the deck.*

*Waterford, Waterford
Where I play all day ...
Oh, what gifts are families
For they love us always.*

*Waterford, Waterford
Where I play all day ...
I thank the Lord for giving me health
And lifelong friends like you.*

*Fall brings football game
NDSU's my team
Concordia and UND are favorites
Of Marilyn and Bill (my daughter/son-in-law)*

*Winter brings us snow
It brings the holidays
Dinners with Matt and Stephanie
And visits from Coco, too! (their Boston Terrier!)*



Waterford resident Tony Walter off to bowl!

*Waterford, Waterford,
Where I play all day ...
Oh, what fun I've had this year
I'll keep the memories too.*

*Waterford, Waterford
Where I play all day ...
Oh, to see you once again
Would make the new year grand!*

For June, please submit a nostalgic story. Deadline for this issue is May 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.

Upcoming events

Wednesday, May 10, 3:30 pm—*Meth and its impact on our community*, presented by Attorney John Garaas.

Sunday, May 14, 11 am to 2 pm—Mother's Day Brunch in the Prairie Rose Dining Room.

Thursday, May 18, 10 am—*Ringer's and Singer's*, presented by Lewis & Clark Elementary fourth and fifth grade students.

Wednesday, May 31, 1 pm—National Senior Health & Fitness Day celebration at Waterford.

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

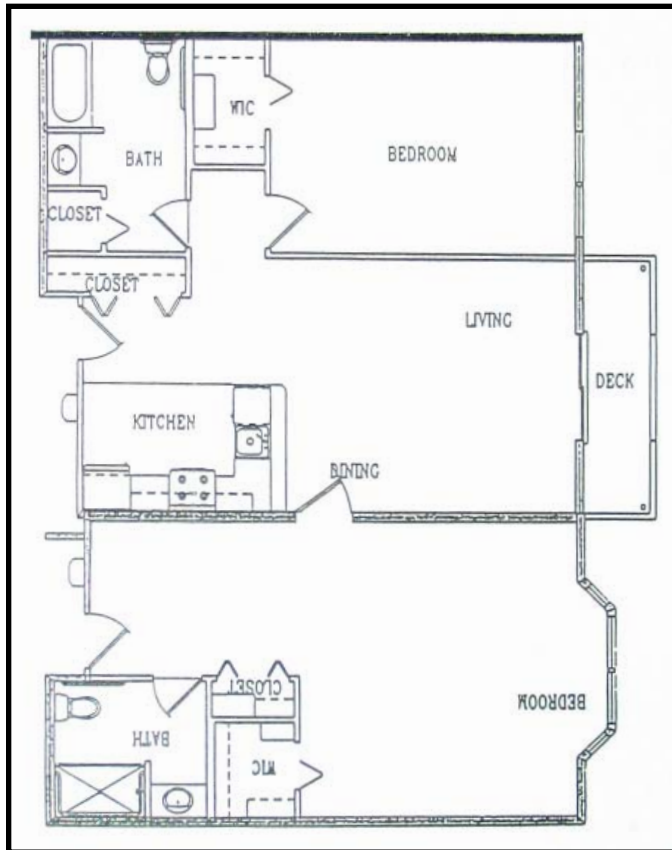
Enjoy Waterford

by **Molly Landecker**
—Administrative Assistant

Living at Waterford is a great way to make new friends, play an intense game of bridge, and enjoy chef-prepared meals. We offer a great array of activities for everyone to enjoy. Join us for an evening out with Executive Director Deb Magnuson at the “Dining With Deb” events or cheer on the Red Hawks at a game of baseball. We sure aim to please all levels of interest.

Currently, we have a wonderful, spacious two-bedroom apartment available. This apartment is 1,324 square feet and has great features. Enjoy sitting on the balcony off the living room and catching the sun through the large windows. Located on the third floor, it offers roomy closet space, walk-in closets in each bedroom, and a full kitchen. You will find two bathrooms in this apartment—one with a shower, and the other with a shower-tub.

To find out more about this beautiful apartment or our community, please contact Serena Jiskra at 701-476-1200. We offer tours of at any time. Call to schedule your tour today!



Tour this apartment and discover the Waterford lifestyle.

What others are saying



Marcy Fellbaum, left, and her daughter on St. Patrick's Day.

“The Waterford is a very great place to live. I really love it here! They have many things for us to participate in; I have made so many new friends since living here. The people and the staff are very friendly and helpful. Everything we need is right at Waterford!”

Marcy Fellbaum
—Resident

