



A Touchmark® community

Waterford at Harwood Groves

February 2006



We're looking forward to spring



Message from
Deb Magnuson
—Executive Director

What a winter wonderland we have seen this year! I personally would have enjoyed a little less ice under the snow, but North Dakota is always full of surprises. We keep thinking about the days getting longer, and we watch for sunshine bouncing off the snow. It's the only way to keep our spirits up until spring.

There is no shortage of things to do as we wait for more outside time. Our Saturday and evening Communitarity classes are full and have been so much fun. Learning never ends, and that is great. We are also looking at options for service projects. Stay tuned; there is so much good we can do in the world, and we are ready to help.

The new resident council members have attended their first meeting, and the committees are reforming for the year. Be sure to join in so you have a voice in your community.

The hot topic for the next few months will be the planning of our new addition. The architect has been hired, and plans are beginning to be drawn. More homes will allow us to meet more friends! What could be better? When we have drawings available, they will be posted in the lobby

and discussed at resident meetings. We are all very excited and can't wait to learn more. Stop in for a great cup of coffee and chat by the fireplace!

The heart of the matter

Marge Coalman, EdD
—Wellness & Programs Director, Touchmark

"The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart."
—Helen Keller

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: **heart**: n. **1.** The chambered, muscular organ that pumps blood received from the veins into the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one's being, feelings, and emotions." How did one word get to be so "bipolar" in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

In today's world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less prominent risk factors all contribute to the viability of the body's most important organ in sustaining life. Further, there are multiple medications, surgeries, and

treatments to improve the function of this hardworking muscle. Rating one's "heart health" via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine's Day and chocolates. The offerings and activities of Waterford's Life Enrichment and Wellness program focus on providing educational and physical opportunities for residents, their families, and guests to know how to have a heart-healthy lifestyle. Our goal is to support optimal aging and well-being for every resident every day.

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Come to a Waterford open house



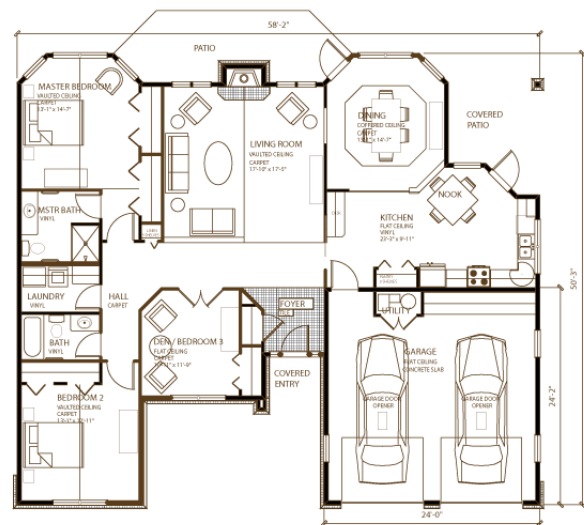
You're invited to the Waterford open house. Join us Thursday, February 16 from 1 to 3 pm. We will feature our Wellness Center where residents network about doctors, ask questions about medications, and have their blood pressure checked. This relationship-based center is for every resident to use. Come meet Wellness Nurse Connie Grotte, LPN, who will give free blood pressure checks. Join us for a fruit buffet and an afternoon of learning and fun. Enjoy tours and great fellowship.

Homes near completion

Waterford is adding two new single-level homes. The **Amherst** features 1,407 square feet with two bedrooms, no steps, and a two-car, attached garage. This home is available for \$225,500. The convenient floor plan boasts numerous amenities. Enjoy lawn care and snow removal services. Cable television, insurance for building structure, sewer, water, garbage, and much more are provided. Enjoy an evening dinner in the main building with other residents or have an evening to yourself in your home.

The **Avondale** home is 1,860 square feet and includes the same amenities as the Amherst. This spacious home has two bedrooms and a den, which could be used as a third bedroom. It has a fireplace and covered patio.

Both of these homes were built by Hanson Brothers



THE AVONDALE

Construction. If you are interested in more information or a tour, contact Community Relations Manager Serena Jiskra. Stop by Waterford or call us at 701-476-1200 or 800-715-3460.

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What others are saying

"Since moving to Waterford, I no longer am isolated. I am probably more active socially than I have ever been. I am involved in many things. Involvement seems to be a prerequisite at Waterford; it's more fun that way. Everyone is so congenial. The residents and the staff all seem intent on making ... [every] ... day pleasant for each of us. I have watched the new residents quickly get involved and then make new friends. Waterford is a great place!"

Jim Garvey
—Resident

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 February is Heart-to-heart."

No prescription needed

Ed Hoag

—Resident

Life's lessons are sometimes learned in the most unlikely places and at the least-expected times. In an age when seniors are plagued with the high cost of prescription medicine, I came to realize that for some problems "the best things in life are free," and no prescription is needed.

It was the day of the beanbag match when the Trollwood Terrors came to take on Tony's Tigers of Waterford. The games were over, and it was time for everyone to go down the hall to where the root beer floats were waiting.

For the past hour, I had been watching a tiny, fragile-looking guest from Trollwood, who had never entered into the friendly banter of the day. She appeared to be lonely and a bit insecure. Her name tag said "Mildred." She remained apprehensively in her chair when the others began to leave the room.

My wife, Margie, was having her hair done in the salon at the time, so I went over to the little stranger, offered my hand, and said, "Mildred, let's go have a party!" Hand-in-hand, we went to join the others for a root beer float.

The time came for the Trollwood guests to leave, and they made their way to the waiting bus. Just before boarding, Mildred turned and came to where I was standing. Perhaps my hopeful imagination was playing tricks on me, but there seemed to be a twinkle in her eyes and the touch of a smile on her face. She reached out and took my hand as she said, "You will never know how much this afternoon has meant to me. This was the first time that I've held a man's hand in many, many years. Thank you!"

I could hardly wait to tell Margie of my "root beer float date." I've not seen Mildred again, but I've not forgotten her. She was good medicine for me, too. Now each day I thank God that I have Margie's hand to hold ... and remember ... "He's got the whole world in His hands!" Good medicine for the troubled heart ... free ... and no prescription needed!

The theme for March is Humor and Life Balance. Deadline for this issue is February 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.

Upcoming events

February 4, 1 pm—Dance performance by students of Just For Kix studio, ages 3 to 5.

February 5, 12, and 19, 4 to 6 pm—Giving Voice to the Women of God, presented by Maxine Moe, women of the Bible researcher.

February 14, 2:30 pm—Valentine's Day Party. Music by Twilia and Ron Evans. Foyer.

February 16, 1 to 3 pm—Waterford Open House.

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