



A Touchmark® community



## Waterford community full of seasonal activities



Message from  
**Deb Magnuson**  
—Executive Director

Oh, but the holidays are special! Family visits, decorations everywhere, and many moments to cherish friendships. This year the season was especially enjoyable with our own holiday services. Reverend Ed Hoag presided at Thanksgiving, Christmas Eve, and New Year's Eve services. It was so wonderful to share those spiritual events with friends and neighbors.

The temperatures outside are as cold as ever, but it's so nice to have the cheery fireplaces inside. Entertainment events marked almost every day in December. How nice that so many people want to share the joys of the holidays with us.

This time of winter is when we settle in and work on intellectual pursuits. Communitary classes are scheduled, and residents have priority to attend. Watch for notices and sign up at the front desk.

Stay safe, walk carefully, and find enjoyment in this season too. Spring will find us soon enough! Health and happiness to you all in 2006.

.....

## Mind, body, and spirit: solutions not resolutions

**Marge Coalman, EdD**  
—Wellness & Programs Director, Touchmark

What is all this fuss about “mind, body, and spirit?” If one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote “holistic health” and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in “for sale” remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making “New Year's resolutions” it might be more productive to look for “New Year's solutions” to any and all concerns that create a feeling of ill-being, discomfort, or pain. Doing an individual inventory can be supported by the wellness professionals here at Waterford. If health care providers need to be involved, Life Enrichment staff can

help with that referral or contact. This year do an *internal check-up*, and let us help you find the resources you are seeking to make 2006 a year of good health, happiness, and well-being.

.....

## What others are saying

“I have fallen in love with Waterford. It is my home away from home. Thank you for loving all of us.”

Margorie Wood  
—Resident

.....

## Is laughter really the best medicine?

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two channels to well-being in an article just published in the *Journal of Active Aging* (vol. four, issue six).

For a copy of her article, visit [touchmark.com/MAC-IsLaughterReallyTheBest.pdf](http://touchmark.com/MAC-IsLaughterReallyTheBest.pdf).

.....

## Words to ponder ...

“You can turn painful situations around through laughter. If you can find humor in anything, even poverty, you can survive it.”

—Bill Cosby

.....

## Upcoming events

**January 7, 14, and 21, 2 to 4:15 pm**—Screwball Comedy: How Hollywood helped us through the Depression presented by Professor Tony McRae. Chapel.

**January 17 and 24, 7 to 9 pm**—Tin Pan Alley Revisited. Professor Robert Groves. Chapel.

**January 19, 5 pm**—Monthly birthday party, Hawaiian theme. Enjoy music by Apollo Strings. Foyer.

**January 22, 2 pm**—Fargo-Moorhead Symphony.

Call Mary Tvedt for more information or to register.

## Calling all photographers, writers, and poets ...

Remember when baseball bats were made of wood, and coffee creamer was ... real cream? Nostalgia is one of several themes identified for Touchmark’s 2006 Let Your Spirit Soar program.

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark would like to feature some of this talent and creativity in each newsletter.

Starting in February, at least one resident’s submission will be published in the monthly newsletter. Since February is often known as “heart month,” residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic “Heart-to-heart.” Deadline for this issue is January 5.

For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.

.....

## Meet Waterford’s executive chef

“My fist job was at a little drive-in ... when I was 15 or 16 years old,” says Waterford Executive Chef Joseph Bertrand. “I remember that my boss said I could go anywhere in the world if I did this [culinary arts]. So everywhere I went I got a job in the food industry, and I fell in love with food.”

Only in his twenties, Chef Joseph has a wide range of culinary arts experience. Joseph’s professional career took off while working in Washington state. He worked as executive chef at Alligator Soul in Everett, Washington. This popular, award-winning restaurant offered Joseph

hands-on experience and an opportunity to pursue culinary training. His boss at Alligator Soul insisted Joseph study at Edmonds Community College and paid part of his tuition.

Joseph has helped open two restaurants: Hilbo's Alligator Soul in Washington state and Doolittles Woodfire Grill in North Dakota. From 2003 to 2005, he cooked for Red Bear Grill & Tavern in Moorhead, Minnesota, and returned to Waterford as executive chef last fall.

"I was originally here at the Waterford ... assisting the original chief," says Joseph. He remembers many of the residents and enjoys the relational aspect of his job. "I like the pace ... I can actually slow down and talk to the residents," says Joseph. "I plan to work with the residents on a food committee. They will be my liaison with the community [to find out] what they think of the food and how to make it better."

Joseph says his work schedule allows him to spend more time with his wife, Bethany, and kids, Samuel and Gracie, than previous jobs. "I realized that this is a perfect job for me since I have a family," says Joseph. Joseph spends some of that time playing the guitar and singing. His son shares his dad's musical flair and plays the harmonica.



**Joseph Bertrand**  
Executive Chef

## Communiversality at Waterford

Due to the overwhelming response to the Communiversality program last year, we will again provide these educational and fun classes for residents. In January, we have two different sessions.

### **Screwball Comedy: How Hollywood helped us through the Depression.**

Saturdays in January (7, 14, and 21) from 2 to 4 pm.

Professor Tony McRae will explore the movies from the early 30s and 40s. Learn how Americans flocked to the movies in record numbers during this time of hardship to see stars like Clark Gable, Katharine Hepburn, Cary Grant, Carole Lombard, William Powell, and Claudette Colbert. These actors boosted morale and encouraged Americans during the Depression and World War II. Look at four of the great comedies of this period and discuss how they reflected American values.

### **Tin Pan Alley Revisited**

Tuesdays, January 17 and 24 from 7 to 9 pm. Professor Robert Groves examines the history of the Tin Pan Alley song industry from about 1890 to 1930. Explore the issues of the time through the music—including war, changing female roles, Prohibition, children's issues, politics, disasters, and social prejudices.

Join us at Waterford for this educational and entertaining experience. To register, please contact Emily Wheeler at F/M Communiversality at 218-299-3438. Classes are popular and seating is limited, so call soon. There is no fee.



**F/M Communiversality**

*a university of the community for continuing education*

## Residents enjoy Holiday Tea

### **Molly Landecker**

—Administrative Assistant

On December 13, we took time out of the busy day to acknowledge the hardworking staff. We enjoyed a delicious breakfast buffet in the morning, and later in the afternoon we served tea and desserts.

Many times we take for granted the hardworking people at Waterford and forget to thank them for their time and support. The Holiday Tea was a wonderful way to show appreciation. Everyone gathered and shared "thank yous" with each other. We enjoyed the company of all the staff and had a few door prizes.

Thank you to all the dedicated staff. We enjoy having you work at Waterford. Happy New Year.