



A Touchmark® community
Est. 1980

Add balance to your life

According to The Centers for Disease Control and Prevention, falls are “the leading cause of injury deaths and the most common cause of nonfatal injuries and hospital admissions for trauma” for people 65-plus.

“Good balance is crucial for good health,” says Waterford Health & Fitness Director Mark Minette. “When reviewing the data, it’s surprising and unfortunate to see that falls negatively affect so many people. With our new Posture & Balance class, our goal is to help people improve their balance and avoid falls.”

The **Posture & Balance Class** (Tuesdays and Thursdays, 9:30 to 10:10 am) is designed to help lower the risk of injury-related falls and increase independence and function. The class will be held in the Heart Smart Room, and people can sign up through the Waterford Health & Fitness Club. There is no charge for Club members.

“We’ve also been promoting the new Balance Master®,” shares Mark. “This machine evaluates the sensory

and motor parts of the balance system and provides the needed information to help improve balance. I’d encourage people to talk with me to learn more about the Balance Master.” ■



Lucille May stretches during a Chair Yoga Class presented by the Waterford Health & Fitness Club. To learn more about this class and The Posture & Balance Class, call the Club at 701-526-1055.

It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results in increased body weight. It can be temporary or more

permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body’s ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body.

Although good diet choices are not ranked higher than physical

“When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the (cont.)

(cont.) same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center (www.sciencedaily.com/releases/2007/12/071213152540.htm) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Waterford, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Director of Life Enrichment/Wellness Mary Tvedt. ■

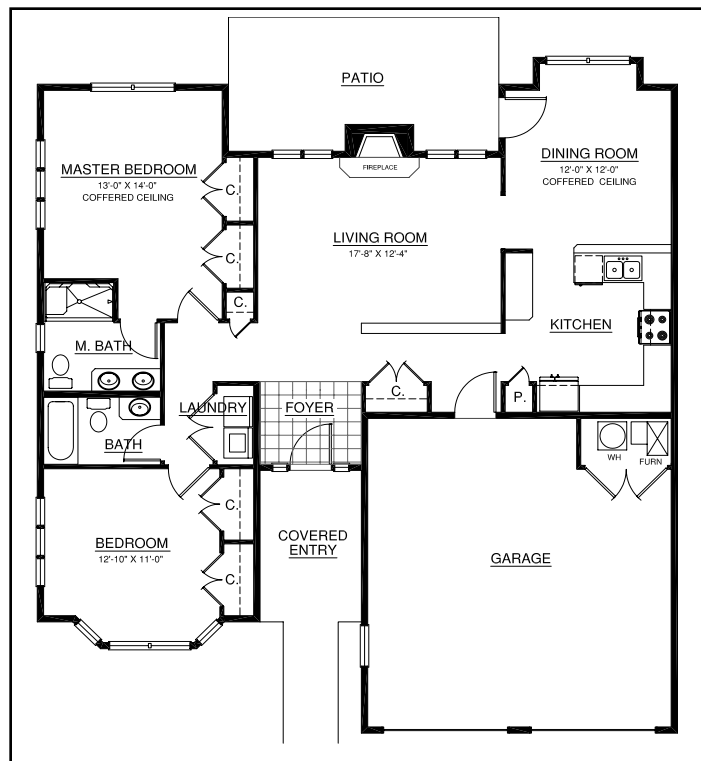
Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers found that the number one reason people move to a retirement community is "to have more social contacts and activities." Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

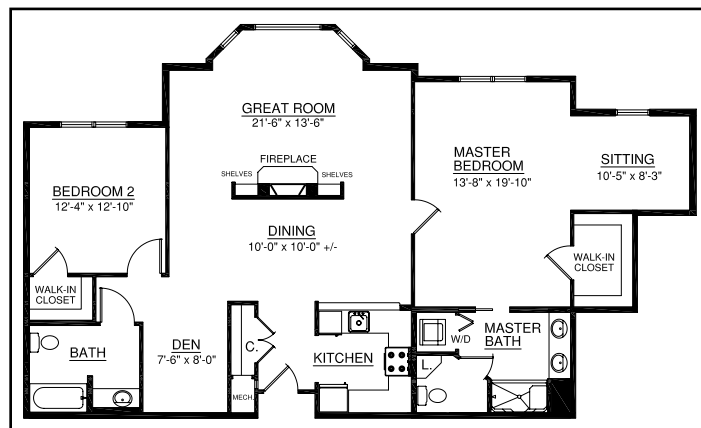
"People long for social connections, and the lifestyle at Waterford reverberates with opportunities to enrich one's life through purposeful, engaging activities and hobbies," says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Waterford Life Enrichment/Wellness program. People

can enjoy the company of friendly neighbors at wine-tasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind. (cont.)



The 1,381-square-foot Chelsea includes two bedrooms and two bathrooms. The home is equipped with central air, fireplace, laundry room with washer and dryer, a two-stall attached garage, two coffered ceilings, and patio.



This spacious 1,592-square-foot apartment home includes a den, two bedrooms, two bathrooms, and a fireplace. The roomy master bedroom offers a sitting area and walk-in closet. The home also is equipped with central air.

(cont.) If you're looking for an engaging retirement lifestyle that offers interesting social opportunities, call Serena Jiskra to learn more about Waterford's lifestyle and available homes. ■

Achieve your fitness goals

Personal training

Looking for a little more motivation? Waterford's personal trainers can tailor a plan to your needs, provide an effective, efficient workout, and help motivate you to reach your health and wellness goals. Waterford offers two styles of personal trainer services:

Buddy training, which is designed for people who would like to train with a friend or spouse, is now available.

- 30 minute - \$15 per person
- 60 minute - \$30 per person

Individual training provides more individual guidance; schedule a session with a Waterford fitness specialist, who can help you with strength training and cardiovascular conditioning, balance, flexibility, aquatics, and weight management.

- 30-minute training session - \$20
- 60-minute training session - \$35

Schedule your personal training time by calling 701-526-1055.

Massage therapy now available

The Waterford Health & Fitness Club now is offering massage therapy. Club members and the public can enjoy the benefits of massage, including alleviation of low-back pain, improved range of motion, enhanced immunity by stimulating lymph flow (the body's natural defense system), increased joint flexibility, improved circulation, reduced muscle spasms and cramping, and re-

lease of endorphins (amino acids that work as the body's natural painkiller).

Massage is very beneficial for individuals with anxiety or depression, as massage can relax muscles and enhance positive, calm thinking. Research also has shown that massage can help reduce insomnia and tension. Call 701-526-1055 to schedule a half-hour or hour massage.

Member rate:

- \$45 - Half-hour massage
- \$55 - Hour massage

Public rate:

- \$50 - Half-hour massage
- \$65 - Hour massage

New Staff

Beth DelaBarre graduated from North Dakota State University with a degree in Exercise Science (and a minor in Health Education) and recently joined the Club as a staff member. She has been an aerobic instructor and personal trainer for the past three years and is certified in group exercise, Pilates, and personal training for individuals 50-plus. ■



Beth DelaBarre

Party takes a tasty twist

Every year, Waterford celebrates the new year with entertainment and hors d'oeuvres. But for 2008, the celebration took on a new flair.

"At the Activity Committee planning meeting, a resident suggested that we have an hors d'oeuvres contest," says Life Enrichment/Wellness Director Mary Tvedt. "So about 20 residents and staff entered their creations." (cont.)

(cont.) During the party, singer and Fargo native Allie Schauer entertained the group with fun songs, like *You Are My Sunshine*, *Somewhere Over the Rainbow*, and *Mac the Knife*, which she sang with her dad. Allie, who is pursuing a vocal career and dreams of going to New York one day, has performed in productions of *Crazy for You* and *Guys and Dolls* and sings with the Concordia Choir of Moorhead, Minnesota.

Allie and her mother also acted as judges for the hors d'oeuvres contest, judging the food on its taste and appearance. After the judging, staff served a sampling of the hors d'oeuvres to each table. "We were tickled with the number of contest participants," says Mary. "There

were so many positive comments, we're going to make this an annual contest." The event winners received gold trophies: Lucy Bachman in first place, Vi Stenehjem in second place, and Grace Ulmer in third place. ■



Lucy Bachman, (from left) Vi Stenehjem, and Grace Ulmer show off their prizes.



Douglas Sillers places an hors d'oeuvre on the contest table amidst the competition. Doug and his wife, Margaret, made a cocktail sauce over cream cheese that was served with crackers.



Tony Walters (left) and Jim Garvey at the party.

Coming Events

Saturday, Feb. 2, 2 to 4 pm

Community Class *Pompeii and Herculaneum: From the Ashes*, taught by Classical Studies Professor Edward Schmolle. Waterford auditorium. Cost: public - \$10/resident - \$5.

Saturdays, Feb. 9, 16, and 23, 2 to 4 pm

Community Class *Plains Indians*, taught by Minnesota State University Moorhead Assistant Professor of Anthropology Erik Gooding, who holds a doctorate in anthropology from Indiana University. Cost: public - \$39/\$15 - resident.

Thursday, Feb. 14, 6:30 pm

Monthly birthday party. Enjoy a sweetheart-theme celebration with music by The Rockin' '60s. Auditorium.

LET YOUR SPIRIT SOAR

Writers, photographers, and poets live and work in Touchmark communities; some of their talent and creativity is featured in the newsletter.

A blind date that lasts a lifetime

By **Clarence George**, Resident

IN JANUARY OF 1949, I had just joined the Kappa Psi Fraternity at the North Dakota Agricultural College in Fargo. It was time for the winter term party, and I needed a date. One of my roommates said he had a cousin who was going through her nursing training at the St. Cloud Veterans Hospital. Her name was Peg Buechler. She would soon be coming to Fargo to visit her sister, and we could talk to her at that time about being my date for the midterm fraternity party.

Peg did come to Fargo, and on Saturday night, a group of my friends, Peg's nursing friends, and her sister, and brother-in-law's friends went out for the evening. That night I asked Peg to be my date for the fraternity party, and she agreed to go with me. The rest is history.

We made many trips back and forth between Fargo and St. Cloud, Minnesota. When Peg graduated from St. Alexius Nursing School in 1950, she worked for a year at the hospital in Bismarck, North Dakota. May 1951 was a busy month for us. I graduated from North Dakota State University in Pharmacy, and we were planning a wedding. I also found a job in Wahpeton, North Dakota, working for a pharmacist who would be away on his honeymoon in May.

Then on June 24, 1951, Peg and I were married in Goodrich, North Dakota, Peg's hometown. We

moved to Wahpeton to begin our new life together! Now over 50 years later, we are the parents of four wonderful children and three grandchildren.

On December 1, we moved into the Waterford. We are liking our surroundings, all the new friends we have met, and are still close to our old friends we left behind in Wahpeton. We are glad to be here! ■



Peg and Clarence George

*March's focus is the value of humor and optimism;
the deadline is February 10.*