

Club director receives certificate

Debbie Rose strides through the water, demonstrating a balance exercise. Her body language radiates energy and intensity. Debbie is an internationally known fall-reduction expert and creator of FallProof H2O.

“We were fortunate to get Debbie and her assistant Jeana French, MS, to join us for our yearly national Health & Fitness Club training,” says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. “More than 14 people went through the training to receive their FallProof H2O certificates of completion, bolstering our current Fall Reduction and Awareness Program.”

Marge developed the Fall Reduction and Awareness Program to create a partnership with community residents to enhance balance and mobility, support independence, and thus reduce the risk of falls. The program was one of 10 recognized nationally last year by The Falls-Free Coalition as a creative program and practice in home assessment and modification.

FallProof H2O uses the comfort of the water to help improve balance and mobility and, in turn, helps reduce falls.

Waterford Health & Fitness Club Director Mark Minette plans to start using many of the techniques in current classes. The club currently uses the Balance Master® to help evaluate balance and provide information for treatment regimens for clients.

People interested in the Fall Reduction and Awareness Program and other related classes can visit the Club for more information. ■



Internationally known fall-reduction expert Debbie Rose (center) talks with Touchmark fitness staff about FallProof H2O.



Waterford Health & Fitness Club Director Mark Minette and other fitness staff members practice a balance exercise in the pool while at national training in Vancouver, Washington.

Waterford launches redesigned Web site

Check out Waterford's updated Web site, WaterfordFargo.com. You'll find:

- Slide show of homes
- Life Enrichment/Wellness calendar
- Seasonal e-cards to send to friends
- Options for text size



Sign up for new fitness classes and services

- A new session of group exercise classes starts May 12.
- The club is currently doing Member Surveys. When people complete the surveys, they will be entered into a prize drawing. Stop by the club to complete a survey.
- Massage Therapy is now available for members of the club and public. See coupon on page four.
- Personal training summer special now available on a first-come, first-serve basis. Waterford is offering an individual, 30-minute session for only \$15. This is a limited-availability special, so call 701-526-1055 today.

Resident's suggestion blossoms into new class

Resident Louise Holm has always enjoyed drawing, and she thought adding a drawing class to the calendar would be fun. When sharing her idea with the Life Enrichment/Wellness team, Louise said, "The class could be for both experienced and inexperienced artists who would like to try their hand at sketching. It would be an opportunity to be creative."



Devonshire Program Coordinator and art teacher Lindsay Palczewski teaches a drawing technique during a recent class.

The Life Enrichment/Wellness team ran with the idea, setting up a drawing class. Devonshire Program Coordinator and art teacher Lindsay Palczewski taught the one-hour class. Lindsay has experience teaching all age groups to draw.

During the first class, people followed Lindsay's example and practiced drawing a birdhouse hanging on a tree limb.

The group then progressed to experimenting with other media, such as colored pencils and watercolors. During another session, students practiced drawing flowers, which stood in vases on the table. "It was great to see the creativity and individual expression displayed by each person," says Mary Tvedt, Life Enrichment/Wellness director. "We love lifelong learning experiences and appreciate Lindsay making this a rewarding time for all involved." ■

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Lindsay Palszewski (far right) watches (from left) Margaret Barnard, Louise Holm, and Barb Brosowske practice their drawing.



Louise Holm (left) and Evelyn Fisher watch Lindsay demonstrate before drawing flowers in vases.

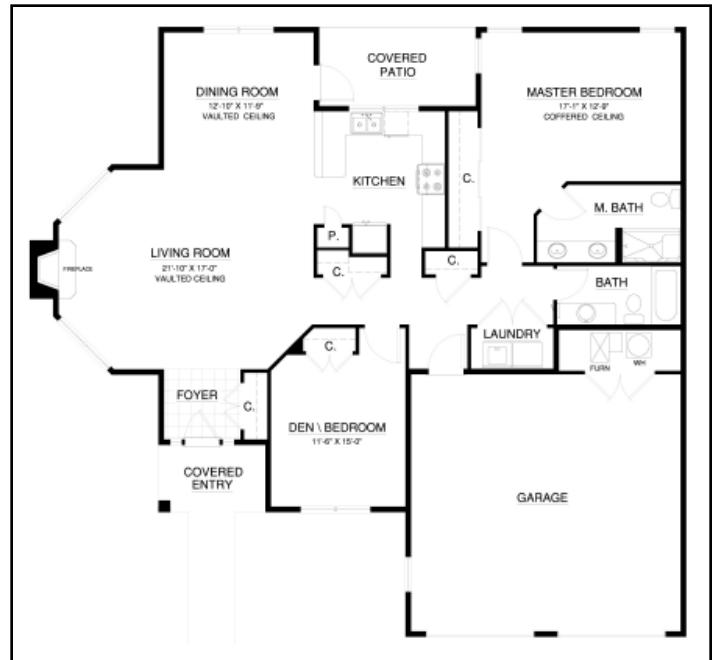
Experience quality design throughout

Waterford apartments and homes include stylish design features that can add extra comfort and convenience. Many homes offer universal design features, like spacious bathrooms, easy-to-turn doorknobs, and single-level living with no steps.

“When constructing and designing homes, our goal is to meet the needs of people while adding style and

comfort,” says Touchmark Vice President of Architecture Joseph Billig. “In all communities we aim to create homes that offer high-quality design features,” says Joseph.

If you’d like to see and experience a Waterford home, call 920-832-9100 for your personal presentation. ■



The Wakefield cottage is located on 3430 Waterford Drive and offers 1,559 square feet of living space. The home also features a fireplace, vaulted and coffered ceilings, master bathroom, laundry, central air, covered patio, and two-stall garage.



This apartment offers a 1,592-square-foot floor plan, which includes a sitting room in the master bedroom, a master bathroom, walk-in closets in both bedrooms, central air, fireplace, and a den.

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Destination Discovery— whole-person wellness



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

Mather LifeWays Institute on Aging, Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- *“Wellness is fully integrated into the organization;*

- *Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;*
- *Benefits of the wellness program are extended to others (beyond the resident population).”*

“Senior living communities are increasingly focused on cultivating a culture of wellness for their residents, staff, and community—to improve quality of life and to avoid illness and reduce health care costs.”

—*The National Whole-Person Wellness Survey (2008)*

The respondents were grouped into three categories. About half (51 percent) were identified as “tenderfeet,” with almost no culture of wellness. Twenty-eight percent were labeled “travelers”—communities that are moving toward a culture of wellness. The third group was referred to as “trailblazers,” because they had most or all of the components. (cont.)

(cont.) For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities operated in the US and Canada. I work with the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about our Life Enrichment/Wellness program, contact Life Enrichment/Wellness Director Mary Tvedt. ■

Waterford receives award

North Dakota Long Term Care Association honored more than 30 centers around the state with Community Service Awards at a recent gathering. Waterford was honored for its 10 years of serving the community.

Team members attend national training

During April, members of the Life Enrichment/Wellness teams from around North America gathered in Portland, Oregon, for yearly training. The theme for this year's training was *Destination . . . Discovery*.

Waterford's Life Enrichment/Wellness Director Mary Tvedt and Life Enrichment/Wellness Assistant Katie Carlson attended the two-and-a-half day training seminar, gathering practical information from speakers and making a presentation about events happening at Waterford in Fargo.

They also shared details and photos of the popular career luncheons honoring nurses, farmers, educators, and others.

“The Life Enrichment/Wellness professionals across the company are a talented and energetic team with a common purpose—to enrich people’s lives,” says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. “The annual gathering promotes the exchange of new ideas.” ■

Thinking spring—and summer

Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking shoes and head out for a walk or hike is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one's body, mind, and spirit.

However, the commitment to a group-exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose. (cont.)

(cont.) As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■

Coming Events

Wednesday, May 14, 4:30 pm

Gateway to the Northern Plains, Railways & the Birth of Fargo-Moorhead, presented by Concordia College History Professor Caroll Engelhardt, Ph.D. Auditorium. No charge.

Friday, May 16, 1 pm

Dental Issues for Seniors, presented by Stephanie Gruchalla, DMD. Auditorium. No charge.

Sunday, May 18, 1 pm

Music program by The Clarion Quartet. Auditorium. No charge.

Thursday, May 22 at 6:30 pm

Monthly birthday party with Spring Fling theme. Music by Joseph DeMasi. Auditorium.

Tuesday, May 26, 1 pm

Redhawks baseball game at Newman Outdoor Field. Cost: \$8.25.

Thursday, May 29, 1 pm

Habitat for Humanity presentation by Lake Agassiz Habitat for Humanity Executive Director Shirley Dykshoorn.

Style show features fun, crazy fashions



Residents provided a “sneak peek” of spring fashions, putting together unusual and amusing ensembles. Doje Baker models a skirt inspired by the French dance, the cancan. This unique skirt also is environmentally friendly, as it’s recyclable. Doje wears a fashionable “plunging” neckline.



Lorine Holschuh sports her favorite baseball cap, featuring the FM Redhawks. While her “cotton T-shirt” is quite comfortable, her “box”ers may not hold their shape when sitting in the bleachers.