

Residents enjoy the benefits of hand massage

Waterford recently introduced a new component to the community’s Mind, Body, Spirit offerings—hand massage.

Every other Tuesday, volunteer Joanne Deltener provides complimentary hand massages. She uses quiet music, soft lighting, and pleasant aromatherapy to create a peaceful environment.



Volunteer Joanne Deltener (left) gives Helen Larson a relaxing hand massage.

“I enjoy getting to know residents in this relaxing atmosphere,” says Joanne. “The tranquil environment often lends itself to open conversation and sharing.”

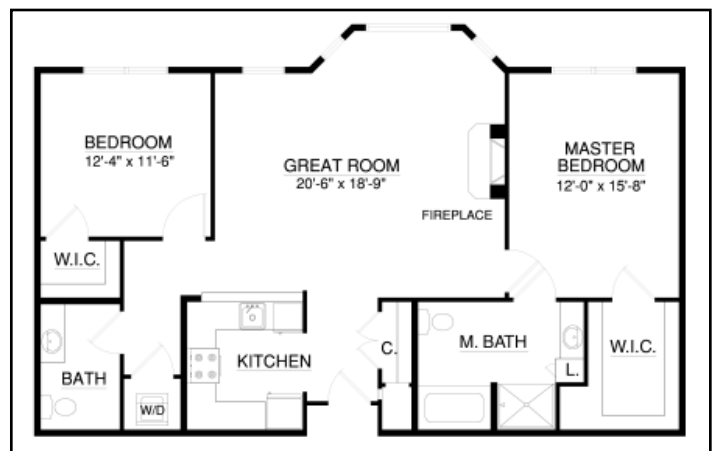
Resident Barb Brosowske certainly appreciates the relaxing massages. “Hand massage therapy benefits not only the hands ... it is a body-mind connection experience, which is relaxing for the soul, as well.”

For more information, talk with Mary Tvedt, director of Life Enrichment/Wellness. ■

Choosing how you spend your time

June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn’t the case for the men and women who have made Waterford their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. “The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that’s what I really enjoy at this point. I am still active, but I am giving myself more



This apartment home features a 1,205-square-foot floor plan with central air, a fireplace, washer and dryer, walk-in closets, and a master bathroom. There are a limited number. Call today.

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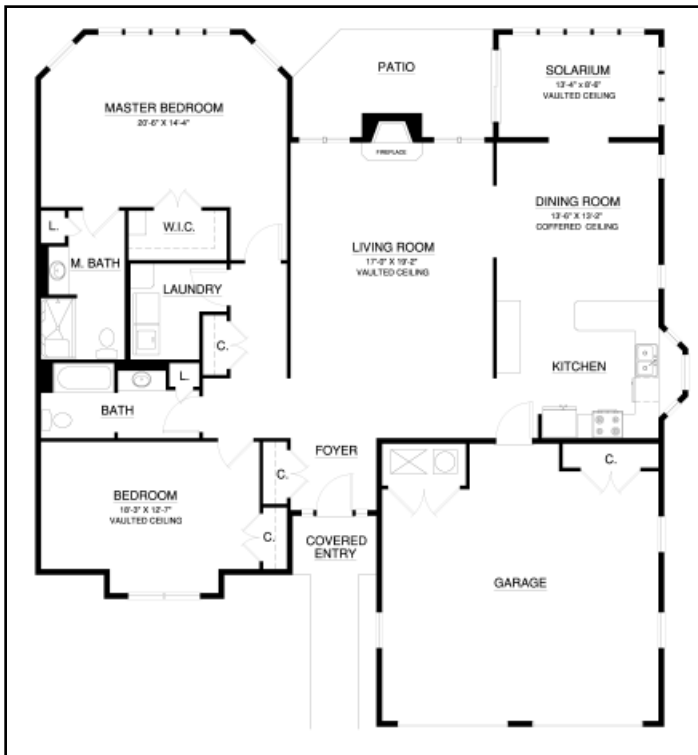
(cont.) time to do other things instead of mowing the lawn, and working in the yard, and things like that.”

Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others’ lives, and travel. At Waterford, attentive staff take care of the exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 701-476-1200 today to learn more. ■



Call today for your personal presentation of the Dartmouth.



This Dartmouth home is located at 3412 Waterford Drive and offers 1,968 square feet. The home features vaulted ceilings, washer and dryer, a fireplace, solarium, master bathroom, walk-in closet, heated flooring, two-stall attached garage, and patio.



Dartmouth living room



Dartmouth dining room

Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their “personal” definition of leisure, there is a life satisfaction benefit that is unlike any other.

“He enjoys true leisure who has time to improve his soul’s estate.”

—Henry David Thoreau, journal entry, February 11, 1840

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from interviews with colleagues, friends, and others include:

- “Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair.”
- “Rising early to stand in the meadow and bird-watch with other devoted birders.”
- “Going on a cruise.”
- “Writing [my prose/poetry/journal].”
- “Traveling to a destination that I have longed to see or revisit.”
- “Baking with my grandchildren and their friends.”

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

To find out more about the pursuit of leisure through

life enrichment and wellness program offerings and events at Waterford, contact Mary Tvedt, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

Coming Events

Monday, June 9, 6:30 pm
Music by the El Zagal Chanters.
Auditorium.

Wednesday, June 11, 11 am
Men’s Lunch at Mystery Destination.

Sunday, June 15, 11 am – 2 pm
Father’s Day Brunch. Prairie Rose
Dining Room.

Thursday, June 19, 5:50 pm
Monthly birthday party, Western theme.
Enjoy music by Destiny at 6:30 pm.
Auditorium.

Thursday, June 26, 5 pm
Dining with Deb at Divots at Osgood
Country Club.

You said it!

“I was impressed with the friendly and helpful staff when I moved in. Also, the residents are very outgoing and anxious to be acquainted with you.”

Dorothy Prafcke

—Resident

Summer's here—stay active!

Try these summer classes

Tai Chi Chih uses a series of slow, soft movements to help circulate energy throughout the body. Tai chi chih can help reduce stress; increase strength, flexibility, and cardiovascular health. This class also can help provide a method to focus your mind and thoughts. The class is for all fitness levels. Thursdays at 5:45 pm throughout the summer.

Yoga will help ease and relax your mind as well as stretch and strengthen your body. The club's yoga classes are based on traditional yoga principles with an emphasis on fitness and exercise. Yoga is Mondays and Wednesdays at 9:20 am or Tuesdays and Thursdays at 5 pm. Both classes are for all levels.

Services

The Waterford Health & Fitness Club uses the Balance Master® to help evaluate balance and provide information for treatment regimens for clients. If you have experienced a recent fall, feel unsteady on your feet, have spells of dizziness, or have other reason to believe you might have a balance problem, you should talk to your doctor. Assisted by the medical history provided by your doctor, the club staff can offer you a balance assessment and personalized fitness schedule. For more information, contact Health & Fitness Club Director Mark Minette at 701-526-1055.

Summer special!

Personal training summer special now available on a first-come, first-served basis. Waterford is offering an individual, 30-minute session for only \$15. This is a limited-availability special, so call 701-526-1055 today.

Meet the new staff

Nick Kvam recently joined the club as Member Services representative, aquatic fitness instructor, and pool attendant.

Nick will be teaching the Basic Water Exercise classes Monday and Wednesday mornings as well as the Intermediate Water Exercise classes Tuesday and Thursday evenings.

Nick is currently attending Concordia College in Moorhead, Minnesota, and majoring in chemistry and education. He is an avid swimmer and enjoys basketball, baseball, biking, hunting, fishing, and being outdoors. Nick is from Granite Falls, Minnesota. ■



Nick Kvam recently joined the team at Waterford Health & Fitness Club.

Una fiesta excelente!



Dressed in fun attire, Vivian and Jim Garvey (foreground) join the fun during the recent Mexican Party.

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Evelyn Gilmore (left) and Effie Stefanson show off their festive hats.



This photo shows the variety of colors and styles people wore to the party.

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Renew yourself with a massage

Select a 30- or 60-minute massage

- Swedish/relaxation
- Deep tissue
- Therapeutic

Katie Braton is a certified and licensed massage therapist. Call 701-526-1055 to schedule an appointment. Open to the public. Accepting new clients.

Bring this coupon and receive \$5 off your massage

Expires June 30, 2008

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