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Est. 1980

Red team takes the gold during the Waterford Olympics

To continue the competitive spirit of the 2008 Summer Olympics, Waterford recently held their own Olympic games. During the opening ceremony, competitors marched to the tune of the Olympic theme song followed by the national anthem sung by volunteer Theresa Nunn.

Each team dressed in their appropriate colors: The blue team, led by resident Jeane Mason, and the red team, led by resident Mary Ellen Maltry. A tense excitement filled the air as the game rules were announced. The tension soon passed as people learned each challenge would be played as a fun variation of the original game.

The Olympic games included noodle hockey, discus, javelin, shot put, and archery relay. Each game used a Waterford variation, which made the games tricky and fun. Noodle hockey was played with foam water noodles while players remained in a seated position. The discus throwers used foam plates, and the javelin throwers used straws as their equipment. The shot put was especially tricky, as competitors used balloons filled with several beans as their throwing equipment. The archery relay consisted of three teammates squirting a *(cont.)*



The blue team honors the United States during the singing of the National Anthem.



The teams compete in a lively hockey game with foam noodles as hockey sticks.

(cont.) container with water guns in a limited amount of time.

Each team performed at high levels, and the scores were extremely close. Members of the red team were victorious and were awarded gold medals for the 2008 Waterford Olympics. The blue team participants received silver medals for their outstanding efforts.

Waterford Olympics were covered by two local television stations and *The Forum* newspaper. ■



Emery Roy competes in the water-gun archery relay.



Captain Mary Ellen Maltry (second from left) and the victorious gold medal winners.

Nutrition news—eat those blueberries



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

“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and (cont.)

(cont.) vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Waterford, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Waterford Life Enrichment/Wellness Director Mary Tvedt and Dining Services Manager Jayson Powers. It’s never too late to make good dietary choices that support active aging. ■

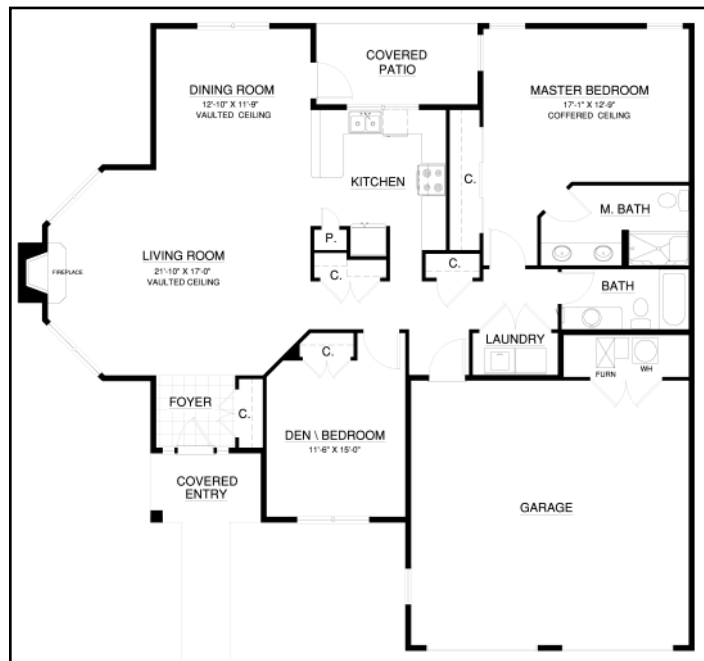
Enjoy the assurance of 24-hour help

“No matter what you need, there is help available. There is always someone to talk to. My daughter doesn’t have to worry about me anymore, I’m well cared for,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

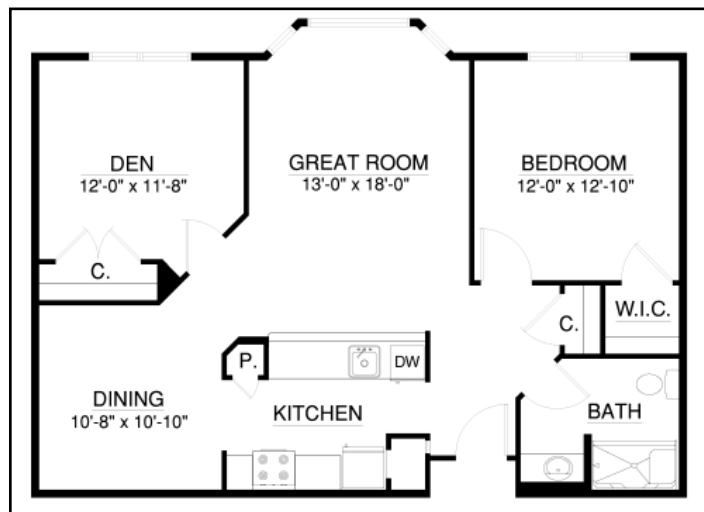
Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

Come discover the convenience of 24-hour help. To learn more about the Waterford lifestyle—and the fall’s featured homes—call 701-476-1200 today. ■



The Wakefield cottage, which is located at 3430 Waterford Drive, offers 1,559 square feet, two bedrooms, and two bathrooms. This home features a gas fireplace, covered patio, and a two-stall garage. The Wakefield is available on a deposit plan or as a rental option.



This apartment offers 995 square feet, one bedroom, and one bathroom. The unit features a spacious den and central air. Please call today for a personal presentation.

News and updates from the Health & Fitness Club

- Family swim night: The Health & Fitness Club will be offering a family swim night Saturday, Oct. 11 from 7 to 8:30 pm. Residents and their families are welcome to enjoy a swim at the club. All ages are welcome; however, children must be accompanied by an adult. There is no charge for this event.

- There will be no classes the week of Oct. 20, and the new five-week sessions of classes will start Oct. 27 and run until Nov. 29.

- Tai chi will now be at 6:15 pm on Thursdays.

- Challenge your brain with the **Cognitive Enhancement Class**. This fun, stimulating class includes a variety of activities that challenge your mind's attention and memory. This five-week class starts Oct. 28 and will be held Tuesdays and Thursdays at 1 pm. Cost: \$50 for members and \$75 for the public.

- With the holidays right around the corner, consider purchasing a Waterford Health & Fitness Club gift card. The gift cards can be used for massages, balance assessments, classes, and personal training.

HYDRO-FIT training coming to North Dakota

HYDRO-FIT creator Craig Stuart will visit North Dakota and lead a comprehensive weekend training for local aquatic fitness instructors, personal trainers, physical therapists, and allied health and fitness professionals.

“The training will be in Bismarck at our sister club, and team members from our club will be attending,” explains Waterford Health & Fitness Club Director Mark Minette. “With the skills from this training, we’ll continue to grow our aquatic fitness offerings and help club members reach their fitness goals.”

The training will be Saturday, Oct. 25 and Sunday, Oct. 26 at the Waterford Health & Fitness Club, 1000 West Century Ave in Bismarck.

Participants will gain valuable fitness knowledge, acquire new skills, and learn the latest aquatic fitness techniques. Upon successful completion of the class, individuals will earn a HYDRO-FIT Specialty Certificate and can earn 11 CECs, approved by the Aquatic Exercise Association (AEA). The cost for both days is \$150, for Saturday only is \$95, and for Sunday only is \$75. Space is limited, and people are encouraged to call 701-355-1280 to register or for more information.

SET Program

The Supervised Exercise Training (SET) Program is a Waterford Health & Fitness Club service offered to people who have been discharged from physical or occupational therapy. They have the opportunity to continue to receive professional supervision and assistance with their prescribed therapeutic exercise or walking program. The purpose of SET is to help people maintain the progress they have made in therapy.

The fee for SET is \$30 for a half-hour session and \$45 for a one-hour session.

If you'd like to participate, call Personal Trainer and Coordinator Heather Muscha at 701-526-1055 to schedule your initial appointment. ■



Heather Muscha

Residents and volunteers support American soldiers



Waterford volunteer Elsie Brenkworth and her dog, Lilly, stand next to some of the 30 knitted and crocheted hats and caps that Waterford residents created for the Operation Helping Hands project. The goal of this project is to supply soldiers in Iraq with caps to wear under their helmets to help absorb the sweat or to provide warmth to the soldiers on naval ships. "We are proud of the contributions and have made plans to help supply homemade Christmas tree ornaments to overseas soldiers as part of the American Angels effort," says Life Enrichment/Wellness Director Mary Tvedt.

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

"This study underscores the important role assisted living services can play in the overall care of older adults," says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark's care services, including assisted living.

A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■

Coming Events

Saturday, Oct. 4, 3 pm
Book reading and signing by author and illustrator Avery Nubson. No charge. Auditorium.

Sunday, Oct. 5, 4 pm
Music by the In God We Trust Quartet. Auditorium.

Monday, Oct. 6, 10 am
Foliage Ride around beautiful Minnesota lake.

Saturday, Oct. 11, 7 to 8:30 pm

Family swim night for residents and families. Health & Fitness Club.

Wednesday, Oct. 15, 11 am

Lunch and tour of exhibition at the Plains Art Museum. *Rembrandt: The Consummate Etcher and other 17th Century Printmakers*. Cost: \$10.50.

Thursday, Oct. 16, 6:30 pm

Monthly birthday party with Oktoberfest theme. Music by the Fiddlin' Freindyzy. Auditorium.

Friday, Oct. 24, 9 am
Dakota Magic Casino & Hotel.