



A Touchmark® community  
Est. 1980

# Celebrating Active Aging Week

In honor of Active Aging Week, Waterford hosted a fun, educational day to raise awareness of healthy aging. A variety of local vendors and health care providers placed their displays and demonstrations throughout the Waterford Health & Fitness Club. Presenters offered safe walking tips, microdermabrasion, chair massages, adjustments for glasses, and a demonstration of the Balance Master®.

The day also included a presentation by Regional Center Director Gretchen Everson from the Minnesota-North Dakota Chapter of the Alzheimer’s Association’s Eastern North Dakota Regional Center in Fargo. Gretchen talked about fun activities that can challenge and increase cognitive abilities. Following the

presentation participants enjoyed a healthy lunch and style show by Scheels® All Sports, McCulley Optix Gallery, and Foot Solutions.

“We hope these events helped people gather useful information that will assist them in achieving healthy, fuller lives,” says Waterford Life Enrichment/Wellness Director Mary Tvedt. ■



From left: Dedie VanderMeulen, Life Enrichment/Wellness Assistant Katie Carlson, Pearl Anderson, Milt Anderson, Lois Vogel, Lennie Miller, and Elsie Brenkworth model clothing from Scheels® All Sports, McCulley Optix Gallery, and Foot Solutions during the style show.



Waterford Health & Fitness Club Director Mark Minette offers resident Milt Anderson a balance assessment using the Balance Master.

## Waterford staff help people “grow new brain cells”

“The scientific community widely accepts the idea of ‘use or lose it’ when it comes to maintaining cognitive function,” explains Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD. “We’ve learned that older adults are able to grow new brain cells and improve their memory ability with regular cognitive exercise.”

Rob led Touchmark staff and invited guests through more than 10 hours of training, which ended with attendees taking and passing an exam that certified them as Geriatric Wellness instructors for a period of two years.

With this certification, team members from Waterford and its parent company, Touchmark, are part of an exciting new trend in brain research.

“Research about the brain, cognitive function, and aging is coming out at rapid speed,” explains Rob. “Touchmark is the largest company that has pursued this certification, and their staff members are now equipped to create and offer brain-building programs designed with this cutting-edge research in mind.”

### Buzz your brain

The Waterford Life Enrichment/Wellness team is offering several cognitive-focused programs. One popular activity is Brain Buzz. Participants count aloud and say “buzz” every time they land on a multiple of seven or a number containing a seven. When someone says “buzz,” the direction reverses.

“This seemingly simple activity requires attention and uses the frontal lobes and the right parietal lobe; it builds the brain—and gets a lot of laughs,” says Life Enrichment/Wellness Director Mary Tvedt. Other cognitive enhancement activities include Facts of the Day, word generation activities, and games on the Nintendo Wii.

To learn more about Waterford’s brain-building classes, talk with Mary. ■

2		5			7			6
4			9	6			2	
				8			4	5
9	8			7	4			
5	7		8		2		6	9
			6	3			5	7
7	5			2				
	6			5	1			2
3			4			5		8

© 2005 KrazyDad.com

This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.**

## Celebrating, giving, and receiving



**Marge Coalman, EdD**

Vice President of Wellness & Programs,  
Touchmark

Once again, it’s the season of celebration and for many of us a time of reconnection with family, friends, traditions, and celebrations. Grief and sadness often are stronger during the holidays and shared celebrations. Over the course of the year since the holidays were celebrated last, you or others may have experienced the loss of important relationships. Diminishing health, finances, and/or possessions also can be difficult (*cont.*)

(cont.) to accept in a season known for giving and “good cheer.”

Personal faith and spiritual practices provide solace and comfort

**“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”**

—Marcel Proust

to many who are coping with change. New friends, ceremonies, and celebrations are resources that also can give comfort and renew the spirit. Finally, there is a lot of research that shows reaching out to others—especially the disadvantaged or needy—offers consolation and solace to the giver/doer.

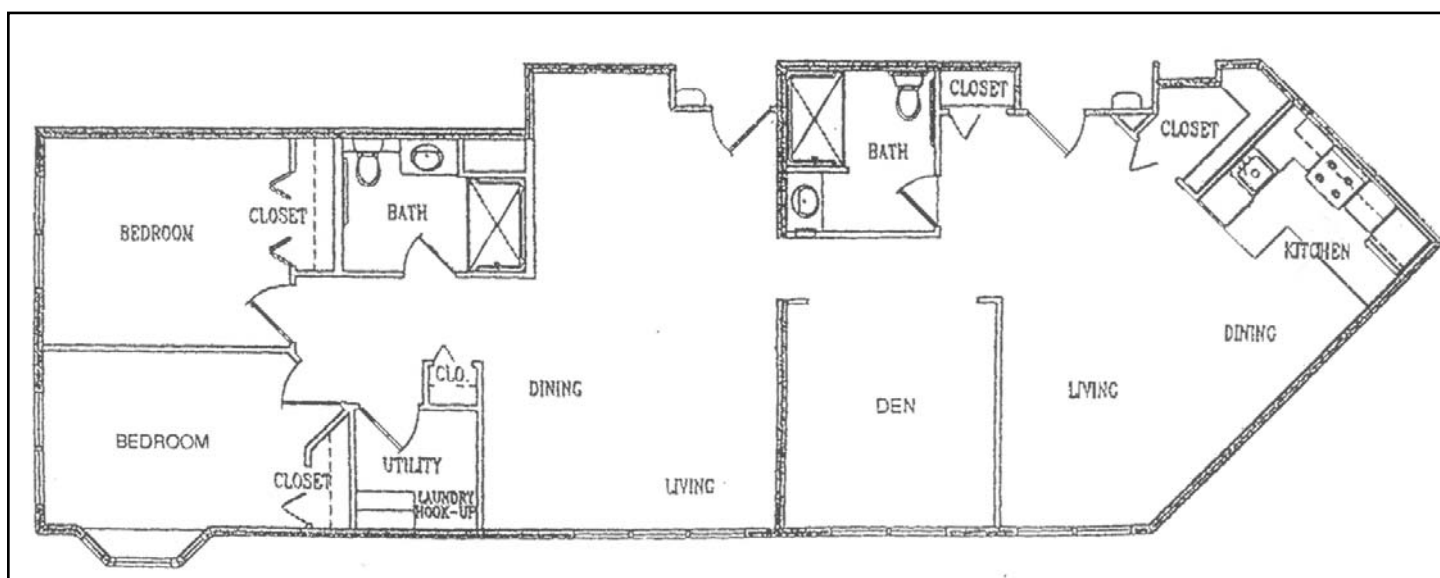
As the daylight hours grow shorter and fuller with preparations and planning for the holidays, take the time to do a personal assessment of your emotional health and reflect

on the things that bring you comfort, joy, and peace. Take the time to do an inventory of your blessings and write a note to someone who is primary in your circle of well-being. For additional resources and opportunities for service and commitment, contact Mary Tvedt, Life Enrichment/Wellness director. Be a “charming gardener” and enjoy the fruits of celebrating, giving, and receiving. ■

## Enjoy convenient, tasty meals

Good company, good conversation, and good cuisine can enhance a person’s overall well-being and health. Not only can mealtimes provide people with nutrition to fuel their bodies, but mealtimes often offer a relaxed setting, where people can savor food and cultivate friendships.

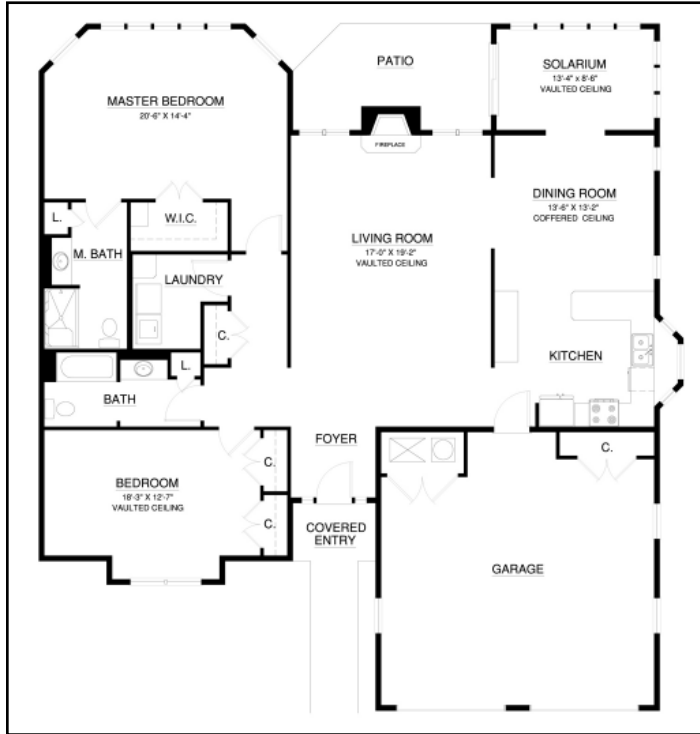
If you’d like to enjoy a complimentary meal and tour Waterford’s available homes, call 701-476-1200. ■



**Apartment home 225 offers 1,580 square feet, two bedrooms, two bathrooms, and spacious den. Please call today for a personal presentation.**

(cont.)

(cont.)



The Dartmouth, located at 3412 Waterford Drive, offers 1,968 square feet, two bedrooms, and two bathrooms. This home features vaulted and coffered ceilings, solarium, and attached two-stall garage.



Norman Nubson dons his John Deere gear for Halloween.

## Celebrating Halloween



Dick and Dedie VanderMeulen pose with a little princess.



Residents show off their festive outfits.

## News from the club

### Get a fitness assessments

The Waterford Health & Fitness Club is now offering fitness assessments. Each assessment includes testing of body composition, flexibility, muscle endurance, muscle strength, and cardiovascular endurance. To set up an appointment, please contact Personal Trainer/Coordinator Heather Muscha at 701-526-1055. The cost for a fitness assessment is \$25.

### Attend “how-to” classes

The club will be holding no-charge “how-to” classes twice a month to help club members learn new exercise tips and skills that they can use to enhance their fitness experience. The classes will be held in the Group Exercise Studio:

- How to use a stability/exercise ball—Monday, Nov. 10 at 5 pm or Tuesday, Nov. 11 at 8:30 am;
- Understanding heart rate and perceived exertion—Monday, Nov. 24 at 5 pm or Tuesday, Nov. 25 at 8:30 am;
- Future “how-to” topics will include basic core exercises and the benefits of strength training.

### Update on FallProof H2O research project

In partnership with the Center for Successful Aging at California State University, Fullerton, the club and eight Waterford residents are examining the benefits of fall prevention and aquatic exercises. This class offers both fitness and aquatic exercises that work the stabilizing muscles associated with posture and balance.

### Break for the holidays

There will be no classes Dec. 1 to Dec. 5. A new session of classes will begin Dec. 8.

### Give the gift of health and fitness

Gift cards are available for any dollar amount and are good for massage therapy, balance and fitness assessments, and personal training. ■

COUPON COUPON COUPON COUPON COUPON COUPON COUPON COUPON COUPON

# Renew yourself with a massage

Select a 30- or 60-minute massage  
(Swedish/relaxation, deep tissue, or 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  
Good from November 10 to 28

COUPON COUPON COUPON COUPON COUPON COUPON COUPON COUPON COUPON

## Waterford already using new Physical Activity Guidelines for Americans

Adults gain substantial health benefits from two-and-a-half hours of moderate physical activity each week. Activities should include aerobic activities, which make the heart beat faster and strengthen the heart, lungs, and blood vessels, and strengthening activities that make muscles do more work than usual. Both are needed each week, according to the new Physical Activity Guidelines for Americans. In early October, the U.S. Department of Health and Human Services (HHS) released the comprehensive set of recommendations for people of all ages and physical conditions.

### Waterford introduced new guidelines last year

A year ago, the American College of Sports Medicine (ACSM) and the American Heart Association (AHA) released similar guidelines. “As soon as ACSM and AHA released their guidelines, we modified our fitness programs,” says Vice President of Wellness & Programs, Touchmark, Marge Coalman, EdD. “Essentially, Touchmark has been following the latest guidelines for the past year.”

The new HHS guidelines include several recommendations just for older adults. These are:

👉 When older adults cannot do

two-and-a-half hours of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their abilities and conditions allow.

👉 Older adults should do exercises that maintain or improve balance if they are at risk for falling.

👉 Older adults should use relative intensity to determine their level of effort for physical activity.

👉 Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

According to the guidelines, inactive persons can begin to gain health benefits as they increase their physical activity—even before they reach two-and-a-half hours each week of moderate-intensity aerobic activity. Plus, research shows the benefits of physical activity outweigh the risks of injury and heart attack.

To learn more about the HHS guidelines, visit [www.health.gov/paguidelines/adultguide/default.aspx](http://www.health.gov/paguidelines/adultguide/default.aspx). ■

2	3	5	1	4	7	9	8	6
4	1	8	9	6	5	7	2	3
6	9	7	2	8	3	1	4	5
9	8	6	5	7	4	2	3	1
5	7	3	8	1	2	4	6	9
1	4	2	6	3	9	8	5	7
7	5	9	3	2	8	6	1	4
8	6	4	7	5	1	3	9	2
3	2	1	4	9	6	5	7	8

Answers to the puzzle on page 2

## It's time for flu shots

Caused by viruses, the flu (or influenza) is a contagious respiratory illness that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Vaccine should be available in your location now.

According to the CDC, yearly flu vaccination should begin as soon as the vaccine is available and can continue into the spring. For people not able to get their influenza vaccine in the fall, vaccination in December, January, and beyond is beneficial in most years.

Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

If you have questions about the flu or how/where to get a flu shot, contact your health care provider or visit [www.cdc.gov/flu](http://www.cdc.gov/flu). ■

(cont.)

## Coming Events

**Tuesday, Nov. 11, 6:30 pm**

Monthly birthday party with Veterans Day theme. Music by Matt and Julie Valline. Auditorium.

**Thursday, Nov. 13, 6:45 pm**

Square dancers. Auditorium.

**Sunday, Nov. 16, 2 pm**

FM Symphony Orchestra at North Dakota State University Festival Concert Hall.

**Mon. Nov. 17, 4 pm**

Neal Barnard, MD, presents *Cure What Ails You: New approaches to diabetes, tackling cholesterol, and battling arthritis*. Auditorium.

**Wed. Nov. 19, 2 pm**

Historic tour of downtown Fargo. Refreshments following at HoDo Restaurant.

**Thursday, Nov. 20, 5 pm**

"Out and About" at the Speak Easy Italian Restaurant.

**Mon. Nov. 24, 3:30 pm**

Visit from the Fargo Police Department K-9 Unit. Auditorium.

## Great American Smokeout® is in November



Thursday, Nov. 20 marks The American Cancer Society's Great American Smokeout. The day is intended to encourage people to quit smoking for the day, which hopefully will encourage them to quit for good. To find out about local events or to gather resources, visit [www.cancer.org](http://www.cancer.org).



Smoking is a key contributor to memory loss. During November, the Alzheimer's Foundation of America is organizing National Memory Screening Day (Nov. 18). To learn more, visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org).

## Watch for your 2009 calendar



This year's calendar theme is **Destination ... Discovery**. Each month features a different Touchmark community and provides photos of some of the many fulfilling destinations and discoveries that residents, team members, and community partners enjoyed together in 2008. December highlights the work of the Touchmark Foundation. Residents and staff will receive copies of the calendar soon. Others interested in receiving a copy of the calendar can contact a member of the Sales team.