

Waterford honors veterans

Veterans Day recognizes and celebrates the service and sacrifice of veterans around the country. The Waterford community marked this special day with many celebrations.

Everyone met for pictures and drinks, and then veterans shared their memorabilia, which included medals, scrapbooks, uniforms, and pictures. Donovan Witham, former Navy serviceman and owner of Davon Press, Inc. in West Fargo, presented each veteran with a copy of his two books: *They Gave at Okinawa and Sharing a Legacy: The Life & Times of Donovan C. Witham*. The veterans also received flags.

Patriotic music played while veterans met for a group picture. Then taps was played, which was followed by a brief history of the song. The event concluded with the introduction of each veteran and reciting the Pledge of Allegiance.

“We are proud of our veterans and pleased to honor them,” says Life Enrichment/Wellness Director Mary Tvedt.

Later that evening, local musicians Matt and Julie Valline provided entertainment during an honorary veterans’ dinner, featuring favorites such as ribs and bake beans. ■



Former Chief Petty Officer in the US Navy Doris Paterson.



Waterford residents who served in the armed forces gather for a photo.



Don Witham presents books to each of the veterans.

Enjoy the season without the worry

The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Waterford offers snow and ice removal and scheduled transportation.

Visit Waterford or call 701-476-1200 today to learn more about this winter’s featured homes. ■



Apartment home 222 offers 1,025 square feet, one bedroom, a den, and one bathroom. This home also features a balcony. Call today for a personal presentation.



The Amherst is located at 3420 Waterford Drive and features 1,325 square feet, two bedrooms, two bathrooms, a two-stall garage, fireplace, and patio. This cottage is available through either a deposit plan or a rental option. Call today to learn more.

Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

(cont.)

(cont.) We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count.

“The silence allows you to listen to the wind, your step, the fragrance of love.”

—Signpost along the “walk of silence” at Lake Orta

If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

At Waterford, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Waterford Life Enrichment/Wellness Director Mary Tvedt for information on the program opportunities that will provide meaningful moments throughout your day. ■

Animals show off at the second-annual Waterford Pet Show

Fifteen fun furry pets shared their talents at Waterford’s second annual Pet Show. Participants included one hamster and 14 dogs. Several people presented pictures of their feline friends.

The animals performed tricks, and some dressed in costumes. One dog demonstrated his love for dental hygiene by having his teeth brushed. Another dog showed off his ability to roll over (and then gladly receive a treat). A trio of dogs dressed as a bride with two grooms. (cont.)



LaVerne Nubson’s dog Maggie performs tricks for the audience.

(cont.) “Thank you to everyone for their participation and hard work. It was a really fun event,” says Life Enrichment/Wellness Director Mary Tvedt. ■



Nurse Mary Jo Berg demonstrates how her dog Sheena likes to have her teeth brushed.



Hammie the Hamster with Dorothy Prafcke and Esther Miller.



Leona Paulson with her dog Glitter.



Contestants and their owners following the Pet Show.

Enjoying a “wheel” of a good time



Becky Thompson (left) and Arline Hudson ride a Ferris wheel at a recent luncheon outing to Scheels All Sports.

News from the club

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:

- Core Strengthening Class (Dec. 16, 8:30 am or 5 pm): Learn exercises to help strengthen your abdominal and low-back muscles.
- January topic: The importance of strength training

HYDRO-FIT training comes to North Dakota



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

New session. New class.

- There will be no classes from Dec. 1 to Dec. 5. A new session of classes starts Dec. 8.
- Early Morning Circuit: This new class combines strength and cardio exercises while participants move from station to station. All fitness levels are welcome. Classes will be held in the exercise studio Monday and Wednesday at 6:30 am or 7 pm.

Give the gift of health and fitness this holiday season

Show your appreciation for the person who means so much to you—surprise him or her with a Waterford Health & Fitness Club gift card. Gift cards may be used for club services, including massage therapy, personal training, and more. Visit the Waterford Health & Fitness Club for details or to purchase a gift card. ■

Coming Events

Saturday, Dec. 6, 2 to 4 pm

Photos with Santa. No charge. Foyer.

Sunday, Dec. 7, 3 pm

Concordia Christmas Concert. Concordia College. Cost: \$12.

Thursday, Dec. 11, 6:45 pm

Monthly birthday party: Christmas theme. Music by Darin Henze and friends. Auditorium.

Friday, Dec. 12, 1 pm

Music by the Notables. Auditorium.

Saturday, Dec. 13, 1 pm

Music by the Crystal Strings. Auditorium.

Thursday, Dec. 18, 7 pm

Holiday Pops concert at the Fargo Theatre. Cost: \$10.

Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.

4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

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

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of 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 10 years

Waterford recently celebrated its 10th anniversary. People enjoyed champagne, hors d'oeuvres, elegant desserts, and entertainment. They won door prizes and toured Waterford cottage and apartment homes as well as the Waterford Health & Fitness Club. The celebration also included a short presentation to commemorate 10 great years and honor residents who have lived at Waterford since 1998. ■



Dawn Papenfuss (left) and LaVonne Rustad playing the piano.



From left: Kathy Ashe, Marie Slaughter, Mary Gibb, Rita Traynor, Emily Jackson, and Ginny Lynch gather near the fireplace during the 10th anniversary celebration.

Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others? Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation in this joy-filled project, please donate online (TouchmarkFoundation.org) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation
Attn: Holiday Food Box Project
Care of Waterford at Harwood Groves
1200 Harwood Drive
Fargo, ND 58104-6298

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

Answers to the puzzle on page 6