

Fargo Police Department K-9 Unit visits Waterford

Fargo police officers George Vinson and Mike Kjera visited Waterford for an informational demonstration about police dogs and the valuable services they provide.

Accompanying the officers was Earl, a Belgian Malinois, who was raised in Minnesota to be a police dog. Earl has received several honors from The United States Police Canine Association Region 12 for his narcotics detection and patrol work.

During most of the demonstration, Earl sat with his back to the audience so he would not be distracted and could focus on his master's commands.

Earl played with his favorite toy,

but when given the command to sit quietly and leave the toy alone, he would do so, even though the audience could see he was salivating and shivering with excitement to chew on the toy again.

"I heard people say they were impressed by Earl's loyalty to the police officers and his amazing ability to focus and tune out all others in the room," says Mary Tvedt, Life Enrichment/Wellness director.

The officers explained that Earl is trained to sniff out drugs in homes, vehicles, and schools and to find missing persons. They also explained that police dogs are with their handlers 24 hours a day and even go out to eat with the officers and their families.

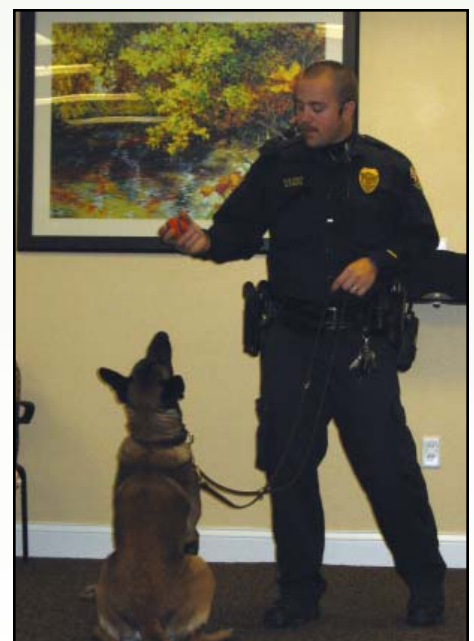
A police dog's work life is usually between eight and 10 years. After this period of time, or if there is a health issue that makes the dog less effective, the officer who has worked with the dog has an opportunity to buy the dog for one dollar and take care of it through its well-deserved retirement. ■



Residents were impressed with the extensive training and responsibilities of police dogs.

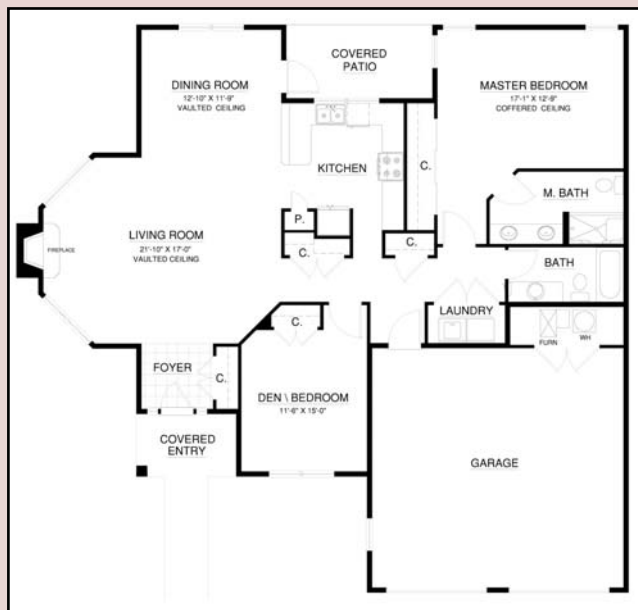


Officer Kjera shares interesting information about the K-9 Unit while officer Vinson and Earl stand nearby.



Earl awaits officer Vinson's next command.

Tour these homes today!



The Wakefield is located at 3430 Waterford Drive and offers two bedrooms and two bathrooms. The vaulted ceilings create a sense of openness while the gas fireplace adds cozy warmth. This 1,559-square-foot cottage with a covered patio is available by rental option or by deposit plan.



Apartment 222 offers two bedrooms and one bathroom. Enjoy this spacious 1,025-square-foot apartment. Step outside onto the balcony for a breath of fresh air. This home also has washer and dryer hookups. Call today for a personal presentation.

Celebrations!



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

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

—John Burroughs, *naturalist and essayist*

The intent is multifaceted. Of course, we’ll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have pub-

(cont.)

(cont.) lished books. Part of Touchmark's ongoing Let Your Spirit Soar activities, the series will be featured in newsletters and on the Touchmark Web site (Touchmark.com).

Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to

celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment/Wellness Director Mary at 701-476-1200. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■

Ring in the new year with the Waterford Health & Fitness Club

The club is ringing in the new year with new programs, services, and activities to help you on your path to optimal physical fitness.

New year ... new you

Whether you want to lose weight, increase your energy levels and strength, or reduce your stress, the club staff can assist you in reaching your goals. Through a balanced fitness program, which can include strength training, cardiovascular exercises, group fitness classes, and personal training, you can achieve your fitness goals in the fun and welcoming atmosphere of the club.

The club offers a variety of fitness and aquatic programs and classes taught by professional instructors. Talk with Waterford Health & Fitness Club Director Mark Minette or Aerobics Coordinator/Personal Trainer Heather Muscha about your new year's resolutions and goals.

Try functional training

Do you wish everyday activities were easier, like picking up your grandchildren, carrying groceries, getting out of a chair, doing laundry, or simply walking? Functional training can help you do more with less effort and more confidence. Functional training involves basic exercises that mimic everyday activities, which help form the foundation for daily

movements. Performing these exercises two or three times a week can make everyday activities easier and more enjoyable.

Contact Personal Trainer Heather Muscha at 701-526-1055 to learn more about functional training and to schedule an appointment for a personal training session. Costs for the training are \$20 for a half-hour session, and \$30 for a full hour.

Join the Deep Water Exercise class

For those with bone, muscle, or joint problems, the warmth, buoyancy, and resistance of the water in a swimming pool can challenge the body while easing strain on problematic areas. Over a period of time, participants in aquatic fitness often experience a decrease in pain as well as improved daily function and perceived quality of life. The Deep Water Exercise class, started at the club January 6, will consist of low-impact exercises done with float belts in the deep end of the swimming pool. This class will focus on cardiovascular, strengthening, and core exercises. It is recommended that participants feel comfortable in the deep water. The class will be offered Tuesdays from 5:30 to 6:10 pm.

Swim time. Coffee time.

The Waterford Health & Fitness Club, the local chapter of the Alzheimer's Association, and HeartSprings invite you to enjoy leisurely swims, followed by a coffee break. The cost for the three-week session is \$15; it will take place Wednesdays, January 14, 21, and 28 from 1 to 2 pm. Call Waterford at 701-476-1200 to reserve your spot.

(cont.)

(cont.)

New Sunday hours

Starting January 11, the club will be open from 1 to 5 pm on Sundays.

FallProof H2O class celebrates



In partnership with the Center for Successful Aging at California State University, Fullerton, the club and eight Waterford residents examined the benefits of fall prevention and aquatic exercises. This class offered both fitness and aquatic exercises that work the stabilizing muscles associated with posture and balance. From left: Lorine Holschuh, Bud Medley, Laverne Nubson, and Coty Smith enjoy a celebration and healthy snacks upon completion of the research project. “The FallProof H2O was a great class. Many of the activities we worked on in the pool helped my balance in everything that I do during the day,” says Coty.



“I really enjoyed the class ... Mark and Heather made the class fun ... taking the Fall Proof H2O class made me feel better,” says participant Mary Gibb, pictured with personal trainer and FallProof H2O co-instructor Heather Muscha (left).

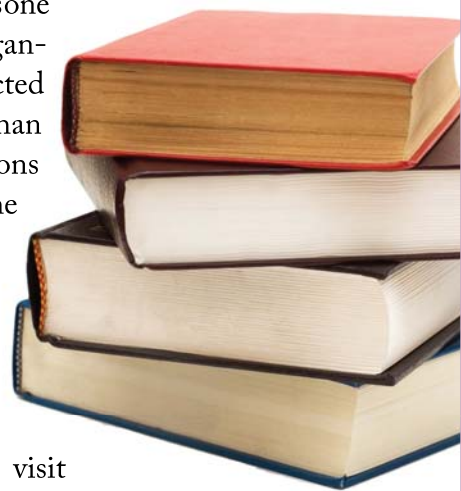
Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark’s award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. “I was surprised by the number of authors we discovered once we announced the project,” she says. “Literally, there are dozens of published authors living at Touchmark communities.”

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark’s resident authors, visit touchmark.com/authors-in-residence.



Cure What Ails You



Neal Barnard, MD, president of the Physician's Committee for Responsible Medicine and author of numerous books, visited Waterford recently with his presentation *Cure What Ails You*, discussing new approaches to controlling diabetes, tackling cholesterol, and battling arthritis. His parents, Don and Margaret Barnard, are Waterford residents. (That's Margaret in the pink sweater in the foreground.)

Photos with Santa



Santa Claus visits with Vi Stenehjelm before heading back to the North Pole.



Santa Claus made a visit to Waterford and was greeted by the young and young at heart, including Ed and Marge Hoag.

(cont.)

Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____

2. a eyeliners town sour = _____

3. weathering rye inn = _____

Answers:
1. happy new year 2. new year resolutions
3. ring in the new year

(cont.)



Gunnar Tvedt and Lexi Kjelland pose with Santa Claus.



Santa Claus and Ilene Stensrud smile for the camera.



Grace Hans convinced Santa Claus that she had been very good all year.

Coming Events

Thursday, Jan. 15, 4:45 pm

Monthly birthday party. Hawaiian theme. Enjoy music by the Apollo Strings in the Auditorium at 6:30 pm.

Wednesday, Jan. 21, 2 pm

Beanbag Tournament against Riverview Place. Auditorium.

Thursday, Jan. 22, 5 pm

Join your friends and neighbors for a nice dinner "Out & About" at Paradiso Mexican Restaurant.

Thursday, Jan. 29, 2 pm

Poppin' Party. Hoyle® Game Room.