

Angel of the Prairie

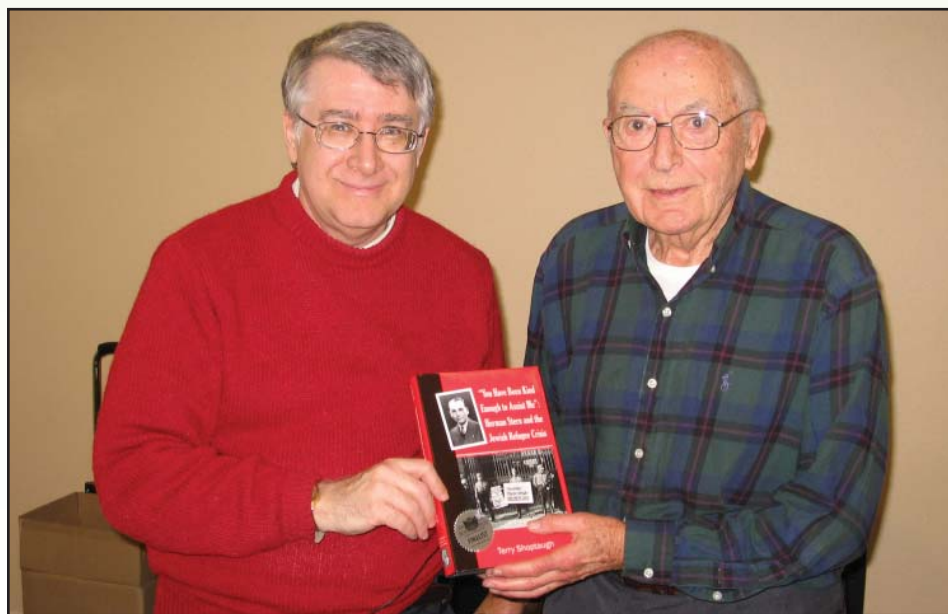
More than 70 participants from the Fargo area joined the FM Communiversities class with archivist and Minnesota State University Moorhead professor Terry L. Shoptaugh, PhD. The class *Angel of the Prairie: The Story of Herman Stern* is the title of Terry's book and explores the life and writings of Herman Stern.

Herman, a North Dakota clothier and German immigrant, helped more than 100 people navigate the US immigration system and escape Europe before and during World War II.

Herman immigrated to the United States at the turn of the century and took a job working at Straus Clothing with his uncle. In 1934, Herman began sponsoring his nieces and nephews for American entry visas. Shortly thereafter, his sponsorship grew to helping others, and he even assisted those who could not be financially independent during their transition to the United States. Herman's story was known to only a few at the time. It wasn't until after his death that his heroic actions became better known. Soon, people were calling him The Angel of the Prairie and North Dakota's Schindler. ■



Terry Shoptaugh, PhD, archivist and professor at Minnesota State University Moorhead, leads a discussion on the life and writings of Herman Stern.

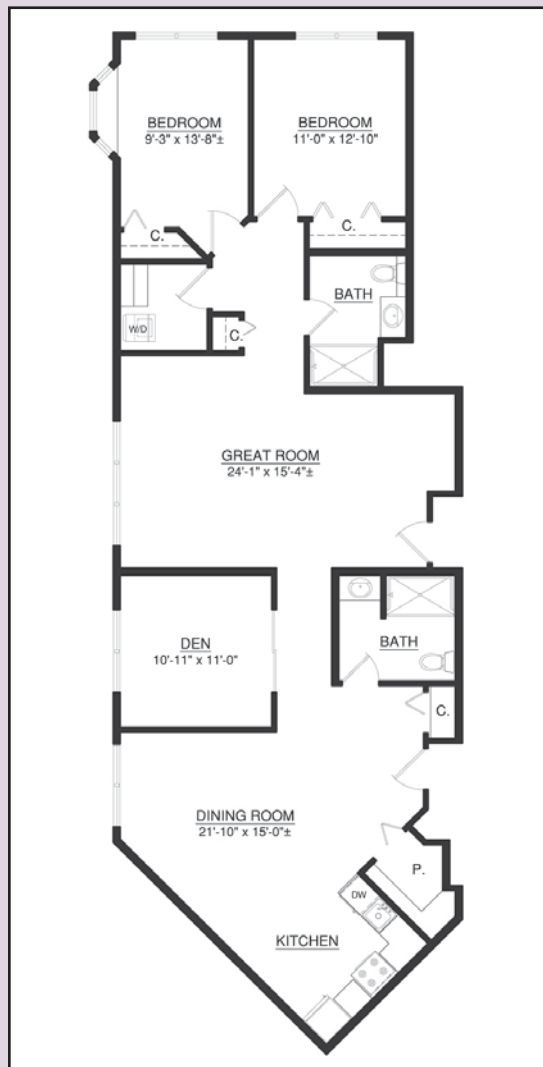


Herman's son and Waterford resident Ed Stern (right) poses with Terry Shoptaugh, PhD. Regrettably, Ed passed away shortly after this class.

Welcome home!



Experience the enriching Waterford lifestyle in this 1,877-square-foot cottage home. Enjoy two bedrooms and two bathrooms and access to all that Waterford has to offer.



Spacious apartment 225 gives you 1,580 square feet of living space. It offers two bedrooms, a den, and two bathrooms. Call today for your personal presentation.

Celebrate activity —step into spring



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

May is Exercise is Medicine™ month, and the American College of Sports Medicine (www.exerciseismedicine.org) and the World Health Organization Move for Health campaign www.who.int/dietphysicalactivity/ have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and

“Birth certificates do not come with expirations dates.”

—Walter M. Bortz II, MD, healthy aging expert and author, *Dare to be 100*

managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized

program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

You said it!

“Twenty years of happy post-retirement living in a serene and secluded setting on a Minnesota lake had to come to an end. The demands of day-to-day chores associated with lake living were just too great. Marjorie and I had not really thought about what we would do when this day arrived. At a church Easter breakfast, it just happened that we were seated with four residents from Waterford at Harwood Groves. It was evident from their conversations that

they were extremely happy with their choice for retirement living. On our frequent visits to Fargo, we had watched the construction of Waterford, but it had never entered our minds that we might someday live there. We decided to take a look. Our first visit, on the occasion of a Waterford open house, convinced us that this was the place for us. We were accustomed to beauty in our lakeside surroundings, and here at Waterford was a beautiful setting beyond description. Waterford offered lovely and comfortable surroundings,

healthy and tasty dining, our choice of privacy or socializing with neighbors, and a staff dedicated to making our lives rich, safe, and enjoyable. At age 83, we could still enjoy independent living, but it was good to know that if, in the future we needed it, the option of assisted living is available. Our children would not need to be concerned about our well-being. After almost six years, we are happy that we chose to make Waterford home.”

—Ed Hoag, Resident

A colorful gift that symbolizes life



Resident Mary Ellen Maltry (pictured) made these beautiful Ukrainian eggs over the last 20 to 30 years. These are real, raw eggs, not wooden, glass, or porcelain. After seven to 10 years, the inside of the egg turns to dust. Traditionally, Ukrainian women make these eggs only during the Lenten season and give them as gifts, which symbolize life, throughout the year. To make these fragile keepsakes, Mary Ellen draws on the egg with wax using a small brass funnel, called a kistka. She then colors them in a succession of dyes and finishes them with three coats of varnish. Mary Ellen very generously allowed Waterford to display these special eggs for residents, staff, and visitors to enjoy during Easter week.

Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

<u>Example:</u> ASK _____	N _____
A _____	O _____
B _____	P _____
C _____	Q _____
D _____	R _____
E _____	S _____
F _____	T _____
G _____	U _____
H _____	V _____
I _____	W _____
J _____	X _____
K _____	Y _____
L _____	Z _____
M _____	

Celebrate!



For the monthly birthday party, entertainer Joseph DeMasi (left) shared dancing and laughter. Here, Joseph and resident Rita Traynor dance.

Coming Events

Wednesday, May 13, 1 to 4 pm

Waterford Open House. Join Executive Chef Jessica Karley—who trained at Le Cordon Bleu College of Culinary Arts—for wine, cheese, and hors d'oeuvres. There will be valet parking, door prizes, and tours. No charge and no reservation required.

Wednesday, May 13, 1:30 pm

Shopping at the Pendleton Store.

Thursdays, May 14 and 28, 1 pm

Bible Study by Pastor Mary Holtley. Hoyle Room.

Monday, May 18, 1:30 pm

Music by the Shaftesbury High School Concert Band (from Winnepeg, Manitoba) to perform. Auditorium.

Wed. May 20 9:20 pm

Kennedy School Fourth Grade Choir. Auditorium.

Wednesday, May 27, 10 am to noon

Celebrate National Senior Health & Fitness Day at Waterford. Exercise your brain with Waterford Health & Fitness Club Director Mark Minette and Waterford team member Heather Muscha. Learn about and try Nordic Walking (poles will be available for purchase after walking activity). Join the Fargo-Moorhead RedHawks team mascot, Hawkeye, for an outdoor group walk. RSVP by May 13.

Club update

Waterford Health & Fitness Club now is participating in the Health Management Initiative. This program will reimburse club members up to \$20 for working out 10 to 12 times a month if they are a member of a participating insurance provider.

Insurance providers currently in the program are:

- Blue Cross and Blue Shield Minnesota
- United HealthCare - (Definity Health)
- UCare - Minnesota / Western Wisconsin only
- Blue Cross and Blue Shield North Dakota
- Noridian Mutual Insurance Company
- Fargo Public Schools - ND and MN only
- South Country Health Alliance - MN only
- Regency Managed Properties - IL, IA, KS, MN, MT, NE, NM, ND, SD, and WV

For more information, please contact Mark Minette, club director, at 701-526-1055.

Check out these club offerings

How-to class: Learn to effectively use the Multifunctional Trainer for supplemental exercises. May 19 at 8:30 am or 5 pm.

Personal Training: Spring/Summer Special. Buy four personal-training sessions and receive one free. Rates are \$20 for a 30-minute session and \$35 for a one-hour session.

Staying on track

Sometimes people face barriers that can hinder progress in the area of fitness. Here are some solutions that can help you stay successful and fit.

Barrier: I'm getting bored with my exercise routine.

Solution: Try one of the club's group exercise classes. Pick up a copy of our class schedule at the front desk or talk with a club team member for details. Also, consider personal training, which provides variety, motivation, and accountability.

Barrier: I'm too tired to exercise after working all day.

Solution: Try an early morning workout. By working out first thing in the morning, it frees up your evening. Or, make your lunch break count. Keep your gym bag in your car, so you are always prepared. For more ideas on how to keep your fitness regimen fresh, contact Mark Minette or Heather Muscha at 701-526-1055.

Local morning show stops by club

Steve Poitras from KVLV's *Valley Today* recently visited the club for a live broadcast. During the three segments, Steve interviewed Mark and highlighted the club's Balance Master®, massage offerings, circuit training, and pool.

Prizes were given away during the broadcast. The first person who called the club to schedule a Balance Assessment received it for no charge, and the next five people who visited the club to schedule the assessment received 50-percent off.

Mark also shared that the club is for people 40-plus and promoted the upcoming open house and National Senior Health & Fitness Day celebration at Waterford. ■