

Celebrate *active* aging!

Join Waterford in a celebration of a healthy lifestyle. Scheduled events will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

Tuesday, September 22, 2 pm

Speaker Janet Witt, MS, RD, grassroots manager at the National Committee to Preserve Social Security and Medicare, presents *What Lies Ahead for Seniors Regarding Social Security, Medicare, and other Senior & Health Care Issues.*

Friday, September 25, 9 - 11:30 am

Active Aging Wellness Fair at the Waterford Health & Fitness Club. Stop by to peruse a variety of informational booths while sipping a fruit smoothie.



- ~ Eyeglass adjustments by LensCrafters
- ~ Tips on choosing the best walking shoes
- ~ Blood pressure checks
- ~ Balance Master® demonstrations
- ~ Audiology information and complimentary hearing aid batteries
- ~ Massage and reflexology
- ~ ProRehab therapists

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■

Tall tales prevail at Waterford with cowboy poetry and root beer floats

The youngest of 12 children, cowboy poet Jay Barr Tescher grew up in Beach, North Dakota.

“My father, Alvin, had learned cowboy poetry over the years, and used to recite it to the family while feeding the horses, traveling on road trips and nearly any opportunity,” says Jay. The poem Shag Bronte, about a gunfighter, is an example of a poem passed down from his father. (cont.)



Cowboy poet Jay Barr Tescher poses with Dedie VanderMeulen (left) and Evelyn Fisher during his recent visit to Waterford. After enjoying root beer floats, the crowd—many dressed in their western finery—settled into their seats to hear Jay’s cowboy poetry and stories.

(cont.) Jay also recites lyrics from a few songs, such as Strawberry Roan by Marty Robbins, which opens thus:

*I was hangin' round town, just spendin' my time
Out of a job, not earnin' a dime
A feller steps up and he said, "I suppose
You're a bronc fighter from looks of your clothes."
"You figures me right, I'm a good one." I claim
"Do you happen to have any bad ones to tame?"
Said "He's got one, a bad one to buck
At throwin' good riders, he's had lots of luck."*

Jay's dad and uncles followed the rodeo circuit, but his mother, Betty, gave her husband a choice: the rodeo or the family. He chose the family. Uncles Jim and Tom later were among the original class of inductees in the North Dakota Cowboy Hall of Fame.

For 17 years, Jay spent his summers in the Theodore Roosevelt National Park near Medora, where his family owned and operated Tescher's Trail Rides at Peaceful Valley Ranch. During college, he worked for the park service, and started doing weekly recitations of cowboy poetry. Then, for several years, he stopped. About five years ago, he began again.

"I enjoy dressing up, putting on the chaps, and performing," he says. He performs a few times each year and especially enjoys older audiences.

"Older folks tend to relate to the stories I tell. I also tell some jokes." He chuckles and says, "People often ask me what it was like growing up the youngest of 12 children. I reply that I never knew what it was like to sleep alone until I got married."

According to Jay, cowboy poetry originated on cattle drives. "When a cowboy came upon other cowboys sitting around a campfire, and he wanted to bed down by the fire or get a cup of coffee, he would have to entertain them with a story." When he's not performing, Jay, 43, lives in Warren, Minnesota, with his wife and their three children. He works as an accountant. ■

You said it!

"I enjoy working at the Waterford for so many reasons. Waterford provides comfort and services to all residents, and in the most kind and thoughtful way possible. All departments that care for residents are so dedicated. I personally enjoy the personal contact I am able to have with residents, every day!"

Marie Slaughter

—Team member

Coming Events

Friday, Sept. 4, 9 am to 2 pm

Trip to Dakota Magic Casino in Hankinson.

Thursday, Sept. 10, 11:30 am

Men's luncheon in the Willows Dining Room.

Friday, Sept. 11, 9 am to 3 pm

Outing to Bergeson Gardens in Fertile, Minnesota. See why this colorful botanical retreat has become a popular late-summer destination.

Monday, Sept. 21, 10 am to 2 pm

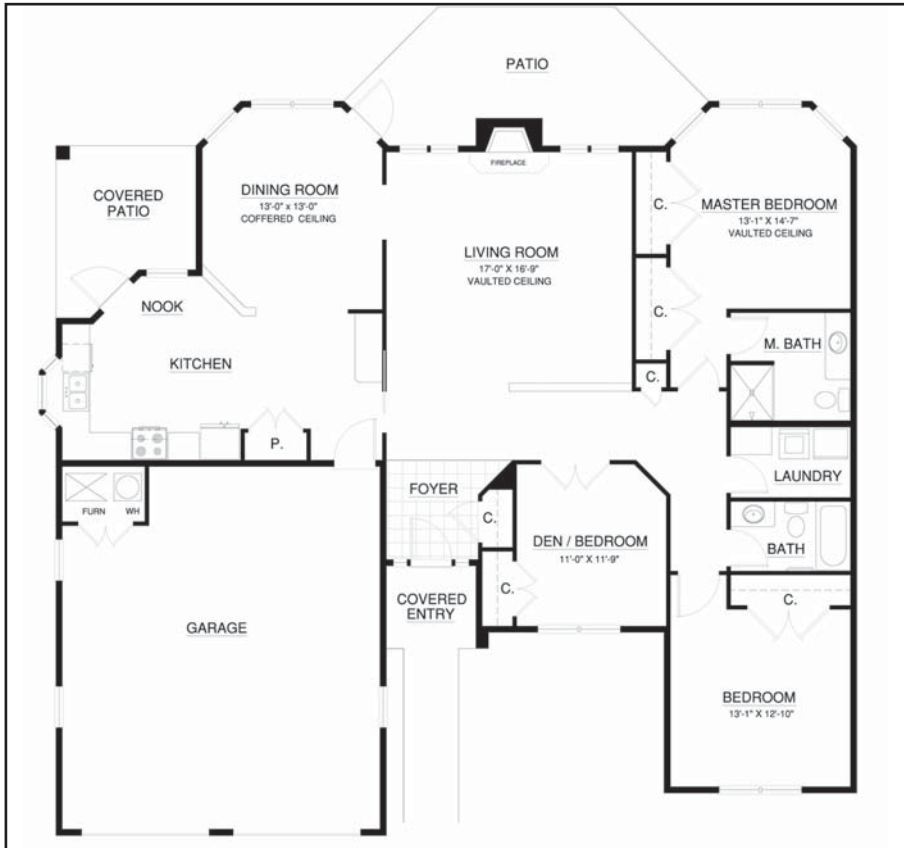
Trip to the Bagg Bonanza Farm, one of the last remaining bonanza farms in the United States. Cost for tour and lunch: \$15.

Sunday, Sept. 27, 2 pm

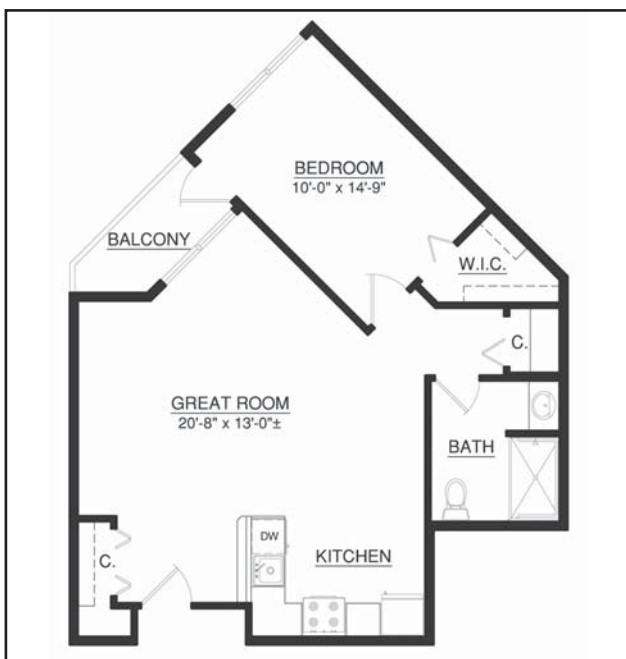
Fargo-Moorhead Symphony Orchestra at NDSU Festival Concert Hall. Please see Life Enrichment/Wellness Director Mary Tvedt for ticket information.

Join Waterford Tuesday, Sept. 22 and Friday, Sept. 25 for **Active Aging Week** events. See the article on page one for more details.

Picture yourself at Waterford!



Step inside this Avondale home at 3418 Waterford Drive. This 1,880-square-foot home has two bedrooms, two bathrooms, a den, and exciting features. Enjoy seamless entertaining in the large, open kitchen, which leads to an elegant dining room with a doorway to one of two private patios. The master bedroom and living room boast soaring vaulted ceilings, and the living room also offers a cozy gas fireplace. Park your car out of the elements in the large, two-car garage. Call today for a personal presentation.



Step out onto the balcony of apartment 307 to see the hustle and bustle in and out of Waterford. This 756-square-foot, one-bedroom, one-bathroom home offers comfortable, independent retirement living with easy access to all the amenities Waterford has to offer. Call or stop by today and picture yourself at Waterford.

Recent events



Denise Mullen, and her daughters Molly Volkerding and Margo McCulley, wish Waterford Bus Driver Jean O'Malley (far right) a happy "pink" birthday. In honor of her birthday, residents and staff wore Jean's favorite color and enjoyed watermelon and pink lemonade outdoors.



From left: Jim and Doris McAndrew and Dot and Tom Reid go "Strolling Down the River" during a recent pontoon ride on the Red River.

Grace Hans celebrated her 100th birthday with several parties. Her family hosted an open house at Waterford, and they also celebrated with a family gathering in her hometown with about 60 relatives. Waterford hosted an ice cream social in her honor, and Grace was crowned "queen for a day," complete with her own tiara and scepter. Grace, Life Enrichment/Wellness Assistant Katie Carlson (left), and Life Enrichment/Wellness Director Mary Tvedt pose for a photo during the celebration.



Resident Barb Brosowske works her strategy during the Nintendo® Wii tournament.



Proactive aging



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

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too late to change, and a lack

of encouragement and motivation for making difficult changes.

All of these barriers have been considered in Waterford's Life Enrichment/Wellness programming:

- Access to programs and services is evaluated and improved on an ongoing basis;
- Social, intellectual, and vocational opportunities are provided in a variety of choices for each resident, based on his/her interests, strengths, and skills;
- Encouragement and motivation are provided and supported by professional staff and peers, who mentor and encourage residents as they make positive, practical choices for improved health and well-being.

September is Healthy Aging® month, and all Touchmark/Waterford communities will participate in Active Aging Week,

September 21-27, 2009. Events and activities will be featured to broaden awareness of the positive aspects of aging and to inspire participants of any age to improve their physical, mental, social, spiritual, and vocational well-being.

"Today, gerontologists are discovering that age in years doesn't necessarily correlate with physiological age. In fact, normal physiological aging is quite variable."

—Baltimore Longitudinal Study of Aging

For information on Waterford at Harwood Groves's event, see the article on page one and check with the Life Enrichment/Wellness team members. Join residents and invited guests—and celebrate proactive aging! ■

Mining for words

Inside the word CHEERIOS are several other words that are made up of two or more letters. For example, core can be found in the word Cheerios. Find as many words as possible.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Answers (this is not a complete list, other answers are possible): ore, is, she, he, hi, cheer, echo, choir, heir, chore, ice, here, hero, rice, sheer, rich, hire, rise, rose, score, shoe, sore.

Are you functionally fit?

In the health and wellness field, one hears a great deal of information about weight loss and target exercises for losing those extra inches around the midsection. While maintaining a healthy weight and having strong core muscles are very important, another equally important goal is to increase your level of functional fitness.

Functional fitness is the principle of focusing exercises to involve more of the muscles in your body and having them work together to achieve successes in your daily life. The goal is to make daily tasks easier. Do you struggle with carrying your groceries in from the car or walking up a flight of stairs? These are tasks that at some point are a challenge for many people throughout the day.

Ask yourself if you are strong enough or have the endurance to do all of the things that you would like to do. It is never too late to increase your functional fitness. With proper guidance and training exercises you can make tremendous gains in the areas of strength, endurance, balance, and flexibility.

For assistance and guidance on increasing your functional fitness level, contact Mark Minette or Heather Muscha at the Waterford Health & Fitness Club, 701-526-1055.

Club programs and services

All aquatic exercise classes will be modified to provide full body workouts and variety. New exercises will supplement the current format to continue to build upon members' successes from prior classes.

A new deep-water exercise class will be offered on Tuesdays from 8:15 to 8:45 am. This very low-impact class uses the resistance of the water to provide a full-body workout. The deep-water class is held in the deep end of the pool with the use of float belts. Being comfortable in the water is recommended. Class starts September 8, 2009.

How to ... classes

How to ... Strengthen Your Abs and Lower Back to Help Provide a Stable Core. This class will be held Monday, September 14 at 8:30 am and will focus on exercises to increase your functional fitness level.

How to ... Maintain Your Balance and Stability. This class will incorporate exercises that build strength in your stabilizing muscles. Class will be held Monday, September 28 at 8:30 am. Participants who sign up for Balance Master® assessments during this class will receive 50 percent off their assessment.

ProRehab Physical Therapy services coming soon! ■