

Two days at the lake



For the sixth year, Jim and Vivian Garvey opened their home on Lake Melissa for their Waterford neighbors to enjoy. As per tradition, revelers kicked up their heels with a conga line, and several took in a pontoon ride around the idyllic lake. Insert: Jim and Vivian pause for a photo with their daughters Kay, Kari, and Kandi.



Jim Garvey (far right) enjoys the upbeat music of Island Time during the all-day outing to his family's lake home.



Residents enjoy the music at the Garvey's lake home. Partygoers tried their hands at playing the maracas along with the music.

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Leona Paulson (above, left) enjoys a beautiful summer day on Pelican Lake with her daughter and son-in-law, Linda and Dick Jeffries. The three rented a pontoon that holds 40 people and invited Leona's Waterford neighbors to join them on a ride around the lake, departing from the Jeffries' lake home. Participants enjoyed lemon pie and coffee provided by the Fair Hills Resort.



From left: Lucille May, Arlene Hudson, Marcy Fellbaum, Denise Mullen, and Denise's daughter Molly Volkerding joined the fun on Pelican Lake.

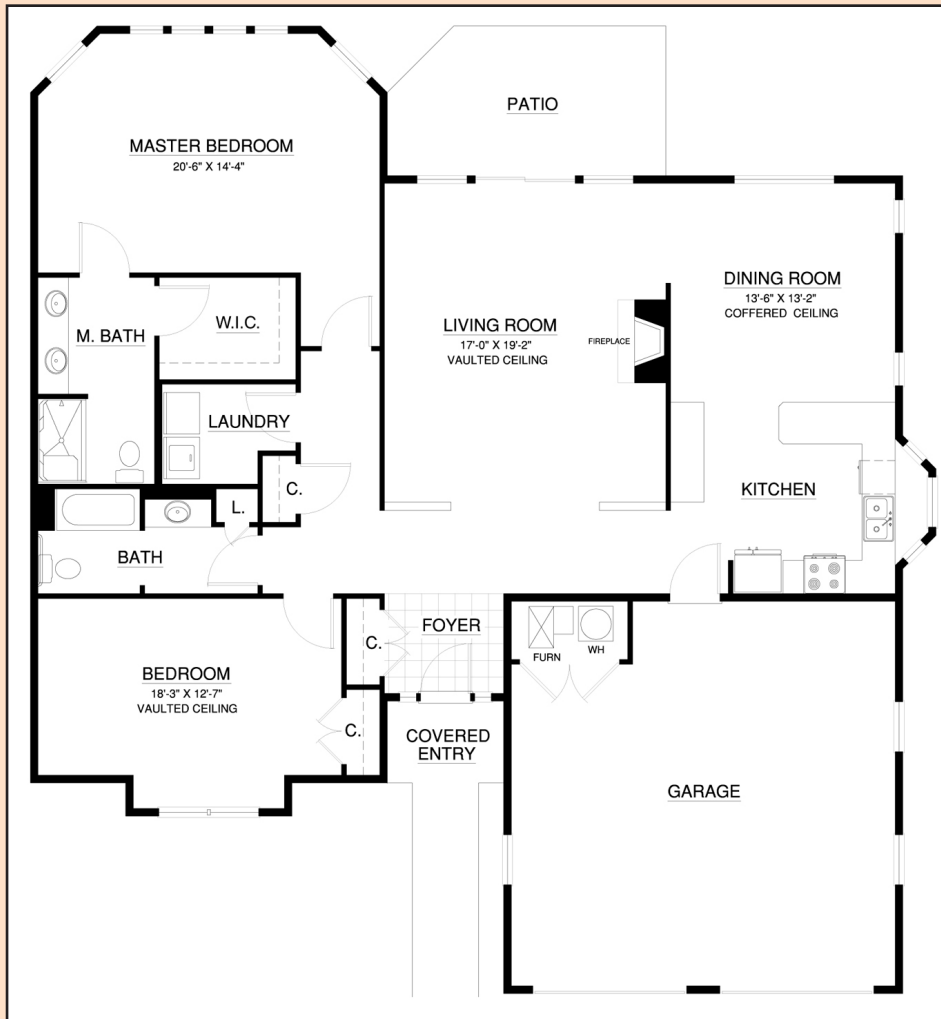
You said it!

"I like Waterford, because the people are so friendly. There are so many activities to get involved in (i.e., book club, bridge, and the Health & Fitness activities). Plus, the food is excellent!"

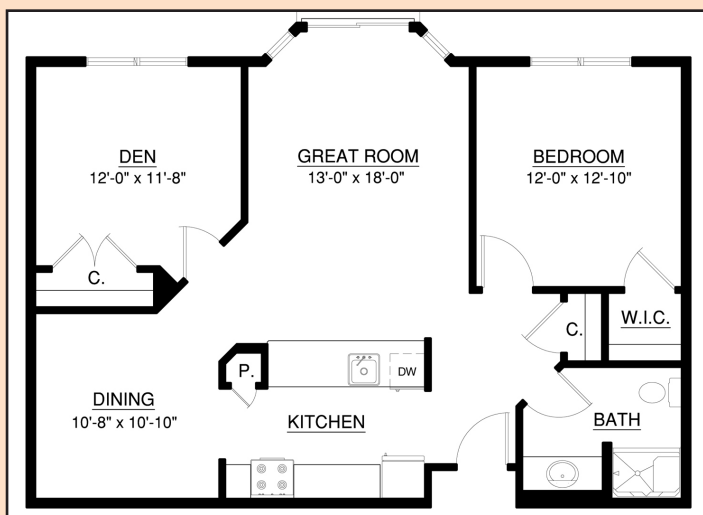
Phyllis Hammond

—Resident

Cozy up to the Waterford lifestyle



Don't delay! This 1,830-square-foot home is the last cottage available on a rental basis. With two bedrooms, two bathrooms, and an attached two-car garage, you'll find plenty of space for living, entertaining, storage, and basking in the retirement of your dreams. Call or stop by today for a personal presentation.



Experience worry-free, independent retirement living with services and amenities galore. Apartment 167 is a spacious 995-square-foot, one-bedroom, one-bathroom apartment with a den. This home is one of only a handful of apartments available on the first floor. Call today and discover why "It's a great day at Waterford!"

Stay fit with Waterford Health & Fitness Club

Waterford Health & Fitness Club is partnering with ProRehab Physical & Occupational Therapy to provide physical therapy services, which are now available every Tuesday and Thursday from 8 am to noon. The ProRehab team can help you recover after an injury or surgery or address back and neck pain, muscle aches and pains, and more.

ProRehab accepts Medicare and most other major insurance policies. Call to set up an appointment for a complimentary consultation and find out if physical therapy is the right choice for you.



Tom Baumgartner,
PT, MPT



Mitch Wolden,
PT, DPT



Jessica Baumgartner,
OTR/L

Coming soon! Waterford Health & Fitness Club Wellness Quest. This program will focus on the six components of the Whole-Person Wellness model in a fun and motivational way. Weekly goals, health education, special classes, and prizes will be available to all Wellness Quest participants. For more information, please contact Mark at 701-526-1055.

Massage therapy is moving from the club to the main building. To schedule a therapeutic or relaxation massage with Katie Braton, Waterford

Health & Fitness Club massage therapist, call 701-526-1055.

COUPON COUPON COUPON

Renew yourself with a massage

Select a 30- or 60-minute massage

- Swedish/relaxation •
- Deep tissue •
- Therapeutic •

Call 701-526-1055 to schedule an appointment.

Open to the public. Accepting new clients.

Bring this coupon and receive \$5 off your massage. Expires Nov. 15, 2009.

COUPON COUPON COUPON

Swimming lessons are now available! Classes are Tuesdays and Thursdays at 1:30 pm. Sign up to sharpen your swimming skills. All levels are welcome, and instruction is individualized for each participant. The cost for five group classes is \$25. Private swimming lessons also are available. Contact Mark Minette, Waterford Health & Fitness Club director, at 701-526-1055 for more information or to sign up.

Little changes = big results

Do you want to lose weight, get stronger, have more endurance, or be healthier overall? Most people would probably answer “yes” to some, if not all, of these questions. What holds many people back is the daunting task of trying to fix everything at once. However, making little changes over time can equal big results.

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Take weight loss for instance. Try to think of a simple change you can make in your daily habits that might affect your caloric intake. An example of this might be skipping one dessert a week. While that may seem like a small change, over time you could decrease your caloric intake by thousands of calories.

If your goal is to become stronger, focus on muscle-building exercises by taking a strength-training class once a week. One small change each week could aid in the strengthening of not only your muscles but also your bones.

If endurance is what you want, try using a different elevator to get to dinner once a week. Most people tend to choose the shortest distance from point A to point B. If you use a different elevator, you likely will increase the number of steps you take. This one little change could help increase your endurance and cardiovascular health.

As these changes become easier and easier, you can gradually make other small changes that can lead to big results. For assistance in goal-setting or support, contact Heather Muscha or Mark Minette at the club. ■

A special visit



Hannah and Dawn Papenfuss, granddaughter and daughter of resident Becky Thompson, chat with residents about Hannah's service dog, Brita. Hannah explained to the group that cerebral palsy limits some of her physical abilities, so she uses a wheelchair. Through an organization called Canine Companions

for Independence® she was introduced to Brita, who keeps her company and performs tasks that she's unable to do, such as opening and closing doors and drawers and picking things up off the floor. An extra bonus is the fact that Brita creates opportunities for Hannah to meet friends.



Ilene Lodoen (left) and Becky Thompson enjoy Brita's sweet personality. Hannah said it was worth the two-year wait to get Brita. The rigorous process included an interview, long months on a wait list, and two weeks of intensive training. At the end of the training, each dog went with its new companion to the mall, a restaurant, and other public places to prepare it for its assignment as best friend.

Coming Events

Wednesdays, Oct. 14, 21, & 28, 10 am

Fridays, Oct. 16, 23, & 30, 9 am

Brain Builders. All welcome. Hoyle Room.

Thursday, Oct. 15, 4:45 pm

October Birthday Party. Music for the Oktoberfest-themed party provided by barbershop quartet Wireless starting at 6:30 pm. Auditorium.

Saturdays, Oct. 17 and 24, 2 to 4:15 pm

Fargo-Moorhead Communiversity Class: Madcap Movies: Film Comedies of the '40s. Tony McRae, who taught film and French at Concordia and occasionally reviews movies for Prairie Public Radio, will highlight Preston Sturges and discuss his movies *Sullivan's Travels* (with Joel McCrea and Veronica Lake) and *The Palm Beach Story* (with Claudette Colbert and Joel McCrea). Class fee: \$36. Waterford Auditorium.

Tuesday, Oct. 20, 1 to 4 pm

Assignment Photography stops by to take holiday photos of residents. No sitting fee.

Thursday, Oct. 22, 1 pm

Bible Study with Pastor Mary Holtey discussing Jesus's Miracles and Healing Stories. Hoyle Room.

Thursday, Oct. 22, 2 pm

Musical entertainment by the Fargo-Moorhead Golden Notes. Auditorium.

Thursdays, Oct. 22 and 29, 4 pm

Art class taught by Lindsay Palczewski. Cost: \$5 per session.

Thursday, Oct. 29, 4 pm

Musical entertainment by Cecil Malme & Friends. Auditorium.

Thursday, Oct. 29, 5 pm

Out and About dinner at Timber Lodge Steakhouse.

Fall ... a time for change



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

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the "autumn years." Yet, when it is time to access those resources, to make positive changes,

it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one's goals and resources. Here are a few questions designed to help evaluate your situation.

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous (cont.)

(cont.) moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night’s sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don’t be afraid to make changes, if needed.

What else can I do to support a healthy aging process? Sharing your life wisdom and skills is vital to *your* well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others’ lives ... reach out for those opportunities.

At Waterford, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions

with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Mary Tvedt. ■

It’s flu season

—Winona Phelps, RN
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose,

and mouth.

- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it’s helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours after fever is gone without the use of medications before you return to work or socialize with others.
- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

Macular degeneration. Nutrition. What's the connection?



Monday, October 26 ~ 6:45 pm
in the Waterford Auditorium

According to the National Eye Institute, age-related macular degeneration is a leading cause of vision loss in Americans 60 years and older.

Gary Renier, OD, and Sherri Nordstrom Stastny, PhD, will share who's at risk of developing this common disease, new treatments, and how diet can play a positive role in preventing and/or delaying the disease's progression. There will be a question-and-answer session following each presentation, and eye-healthy refreshments will be served. Also, recipes good for the eyes will be available.

Call 701-476-1200 for more information.

Celebrating health and well-being



Waterford celebrated Active Aging Week with a variety of offerings, including blood pressure checks, Balance Master® demonstrations, massage and reflexology, informative presentation, and more.