

Brain Builders: pull-ups for the noggin

We've all heard that exercising regularly is important. But did you know you need to include your brain in your workout regime?

Estimates show that 90 percent of memory loss is due to loss of attention. To counter this, Waterford residents participate in Brain Builder classes, where they do various cognitive exercises. According to Waterford Life Enrichment/Wellness Director Mary Tvedt, who also is a certified Geriatric Wellness Instructor, these activities require attention and use different parts of the brain.

"Our brains have the capacity to continue to grow, which is why Waterford offers cognitive enhancement activities, such as learning facts of the day, practicing word-generation games, and participating in other experiences that combine the sensorial and temporal functions," says Mary.

Mary notes that cognitively stimulating exercises require concentration. For example, working on a crossword puzzle while watching TV may not be cognitively stimulating. On the other hand, focusing solely on the crossword puzzle without distractions provides a great deal of benefit to your brain.

One game Mary often incorporates into the class is Brain Aerobics. "Older people often fall when digging for keys in their pocket or purse," she says. "Brain Aerobics, which involves doing something physical while thinking, helps alleviate this."

Resident Phyllis Dowdell is a regular attendee. "Brain Builder classes challenge my brain, which is something I try to do all the time. I attended the class the moment it started, and I continue to participate every chance I get," says this active 80-year-old who walks five miles a day and advocates a healthy diet and exercise.

Phyllis is committed to enhancing her cognitive skills as well as those of her family. Since taking Brain Builder classes, she has incorporated the "bag exercise" and other games into her Sunday family dinner with her husband, son, daughter-in-law, and young grandchildren.

The bag exercise entails placing six to eight items in a bag. Everyone feels the items and writes down what they think they are.

"The grandkids love it!" delights Phyllis. "It's a family activity that fuels imagination and laughter as well as challenges creativity, all while building sensory skills. We've used items like a spoon, an empty roll of toilet paper, and a Bob the Builder figure, which my husband thought was a chess piece."

So the next time you're ready to hit the trail for your daily walk or head over to the gym for your regular workout, remember to give your brain a boost with a dose of its own exercise. ■



Phyllis Dowdell, who regularly attends Waterford's Brain Builder class, adds extra fun to family get-togethers with brain games. Phyllis sometimes picks a scavenger hunt and hides a turkey and bottle. Her husband, son, daughter-in-law, and young grandchildren have so enjoyed the games, they now ask for one during their weekly get-togethers. Phyllis presented a challenging scavenger hunt to Marge Coalman, EdD, Touchmark vice president of Wellness & Programs during her recent visit to the community. Life Enrichment/Wellness team members Mary Tvedt and Katie Carlson also joined the hunt. "We're excited that Phyllis is carrying on brain builders with her family," says Mary. "What great memories for the grandkids ... remembering that their grandparents valued lifelong learning and wanted to share it with them."

Holiday happenings



Sunny weather in November ... resident Howard Paulson catches some rays.



From left: Volunteer Lucia Schroeder and resident Jeane Mason work with Life Enrichment/Wellness Assistant Katie Carlson to make lefse.

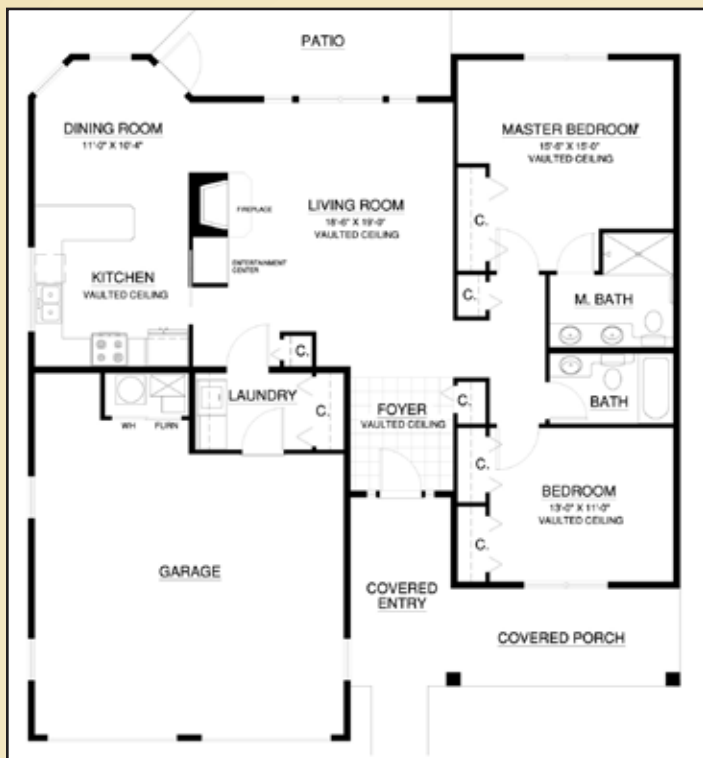


Celebrating her 104th birthday, resident Evelyn Gilmore jokes with son Jack, who's ready with the fire extinguisher.



Resident Evelyn Holcomb makes personalized holiday cards for friends and family.

Ring in the new year in your new home!



The retirement of your dreams just got a little more affordable! The price was just reduced on this 1,376-square-foot cottage home, so hurry in for a personal presentation and start living the good life at Waterford. This lovely home, located at 3422 Waterford Drive, offers two bedrooms and two bathrooms.



Apartment 119 is a 454-square-foot studio apartment with one bathroom, and is perfectly situated for easy access to the Waterford Health & Fitness Club. With all the programs and activities available through Waterford's national award-winning Life Enrichment/Wellness program, you can say "goodbye" to home maintenance and "hello" to fun, rewarding pursuits!

Nurturing our spiritual selves



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

“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, National Interfaith Coalition on Aging

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don’t quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual

connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Waterford at Harwood Groves encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment/Wellness Director Mary Tvedt. ■

Coming Events

Saturday, Dec. 5, 1:30 pm

Musical entertainment by Ben Franklin Middle School’s Crystal Strings ensemble. Auditorium.

Saturday, Dec. 5, 4 pm

Music by Dakota Harmony. Auditorium.

Sunday, Dec. 6, 3 pm

Concordia College Christmas Concert, *Journey to Bethlehem*.

Wednesday, Dec. 9, 2 pm

Christmas and Holiday Tea. Prairie Rose Dining Room.

Friday, Dec. 11, 1 pm

Music entertainment by the Noteables. Auditorium.

Monday, Dec. 14, 4:45 pm

Oak Grove Carolers. Auditorium.

Tuesday, Dec. 15, 7 pm

New Horizons Band concert at North Dakota State University’s Festival Hall. No charge.

Thursday, Dec. 17, 4:45 pm

December Birthday Party. Christmas theme. Musical entertainment by

(cont.)

(cont.) Darin Henze & Friends. Auditorium.

Saturday, Dec. 19, 2:30 pm
Fargo-Moorhead Chamber Chorale performs
Pine Cones & Holly Berries. Auditorium.

Tuesday, Dec. 22, 6:30 pm
Dowdell Family Music Program.
Auditorium.

Find a fitness balance in the holiday frenzy

While joyful, the holidays also can be stressful for many. With busy social schedules, shopping, baking, and maintaining traditions, it's important to limit and control stress while embracing the joyous spirit of the season. One way to achieve this balance is to **schedule time to exercise.**

Maintain your fitness routine during the holidays. It will help relieve stress and help counteract some of the extra culinary indulgences.

Another way to relieve stress is to take control of your schedule. Focus on the important aspects of the season. Enjoy time with family and friends, but don't be afraid to take time for yourself. Meditation, relaxation, and focusing on the spiritual nature of the holidays is very important.

Don't wait for the new year to start working on your resolutions. Waterford Health & Fitness Club is ready to help you get—and stay—on track.

New how to ... class

How to ... eat right for the holidays. Monday, Dec. 7, 8:30 am, and Tuesday, Dec. 8, 5:30 pm. This class teaches simple tips to help you make better choices during the holiday season.

You said it!

"It's fun when the residents invite you into their lives and share past experiences and memories."

Heather Muscha

—Waterford Health & Fitness Club Personal Trainer

Consider the gift of wellness!

Looking for the perfect holiday gift? Club gift cards are available for any dollar amount. Use them for massage therapy, personal training, club orientations, and balance assessments. This holiday season, give the gift of good health!

ProRehab Physical & Occupational Therapy

The club is partnering with ProRehab Physical & Occupational Therapy to provide physical therapy services. The ProRehab team can help you recover after an injury or surgery or address back and neck pain, muscle aches and pains, and more.

If you need assistance scheduling a consultation or an appointment, call Club Director Mark Minette at 701-526-1055 or call ProRehab at 701-451-9417 (please mention Waterford).

Holiday Hours

Christmas Eve (Thursday, Dec. 24): 6 am to 1 pm
Christmas Day (Friday, Dec. 25): Closed
New Year's Eve (Thursday, Dec. 31): 6 am to 3 pm
New Year's Day (Friday, Jan. 1): Closed

Please check with the club front desk for a holiday class schedule. ■

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!



The Waterford community gathered to celebrate the country's military men and women. The event included music by Bill Pallasch, a display of veterans' memorabilia, and photo opportunities. Residents and veterans Jim and Vivian Garvey and Daniel Reitan traveled to the KFGO radio station to talk with host Jason Spiess about their time in the military.

Hail to the veterans!

