

# Celebrating the positives

As I look over 2009, challenges as well as growth have filled the year. In late March, a historic flood took over the Red River. But the Waterford team and residents handled the precautionary evacuation with such grace. I'm still very thankful to everyone for their hard work and positive perspective during that time.

The recession took hold later in the year. Waterford proceeded with active measures, including budget reductions, to continue to thrive. Since last year, we have seen a 15-percent increase in overall campus occupancy.

The year has been full of brain-and-body-building events and activities, as well. We've added an additional service to the Waterford Health & Fitness Club by partnering with ProRehab Physical & Occupational Therapy. Club members as well as residents and community members can receive physical therapy services now.

The Life Enrichment/Wellness team launched a very popular and fun Brain Builders class this year. The class helps people increase brain cells and counter memory loss. Healthy food choices are important to overall wellness, and the Dining Services team added a new hot-breakfast option.

May you and yours enjoy a year of fulfillment and growth!



*Kari Dick*

**Kari Dick**  
Executive Director

## Creativity abounds!

Creativity flowed through the fingertips of several residents as their teacher's inspiring words encouraged them to turn a slab of clay into a masterpiece.

"Think of this type of art as you being an inventor. You can do anything that you want," says Michael Strand, associate professor and head of the Visual Arts department at North Dakota State University.

Michael, who is the son of resident Jim Strand, invited one of his students, Adam Roeder, to assist during the class. Together, they transformed the Hoyle® Room into an artists' studio. With clay from western North Dakota, the group molded and shaped the medium into their own unique creations. *(cont.)*



**Residents roll up their sleeves and dig in to the clay with Michael Strand, associate professor and head of the Visual Arts department at North Dakota State University. Michael is the son of resident Jim Strand.**

(cont.) “This is great fun,” says Elaine Gusaas. “We all started out with the same thing, and now everything is different.”

Jim enjoyed taking the class from his son, stating that he had always wanted to learn more about what his son does. “I’m very proud of him. My greatest pleasure was watching others enjoy this.”

Looking over his creation, retired farmer Arnold Larson looked at Michael and said, “Thanks for being my hero. I never thought that I would be able to make anything!”

Michael encouraged all the participants to find their “inner artist.”

“I don’t like to hear, ‘I’m not an artist,’” he said. “You are an artist; you can make whatever you want.”

Donna Mae Johnson, an artist in her own right whose painted picture of sunflowers was featured in the Let Your Spirit Soar collection of note cards benefiting the Touchmark Foundation, added, “I enjoyed the freedom. Anyway it turns out is good.”

“This group has a great sense of humor and imagination,” says Adam.

“This was such a wonderful event!” says Life Enrichment/Wellness Director Mary Tvedt. “Everyone was beaming, and the interaction between Michael, Adam, and the residents was so positive and heartwarming. It was an affirming lifelong-learning aspect of Waterford’s Life Enrichment/Wellness program!”

The completed masterpieces, once fired, will be returned to Waterford’s budding artists, along with another

art lesson in January. Watch the Life Enrichment/Wellness calendar for details. ■

## Coming Events

### Wednesdays 10 am, and Fridays, 2 pm

Brain Builders class every Wednesday and Friday during January. Hoyle® Room. No charge.

### Thursday, Jan. 7, 1 pm

Candis Sommerfeld presents her *Postcards from the Prairie* slide show, set to music.

### Saturdays, Jan. 9, 16, 23, and 30, 2 to 4 pm

Fargo-Moorhead Community presents *The Greatest Generation in the Red River Valley*, led by Terry Shoptaugh. Waterford Auditorium. Cost: \$48 for the general public, \$24 for Waterford residents

### Tuesday, Jan. 12, 2 pm

*Managing Your Pain*, an arthritis in-service with Don Miller, a pharmacist from North Dakota State University. Auditorium.

### Wednesday, Jan. 13, 2 pm

Beanbag Horseshoe Tournament at Riverview Place. Waterford bus transportation provided. Please sign up at the front desk.

### Thursday, Jan 14, 6:45 pm

Monthly Birthday Party, with musical entertainment by the Apollo Strings. Auditorium.

### Monday, Jan 18, 6:45 pm

Musical entertainment by the Kringen Accordion Band. Auditorium.

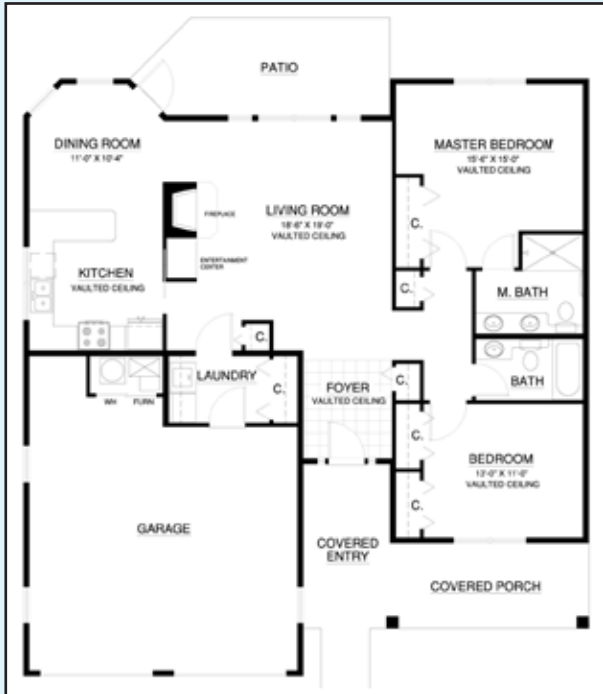
### Tuesdays, Jan. 19 and 26, 2 to 3:30 pm

Life Stories by Barb Pates. This four-part series will be held in the library. Cost: \$12 per session. Hoyle Room.

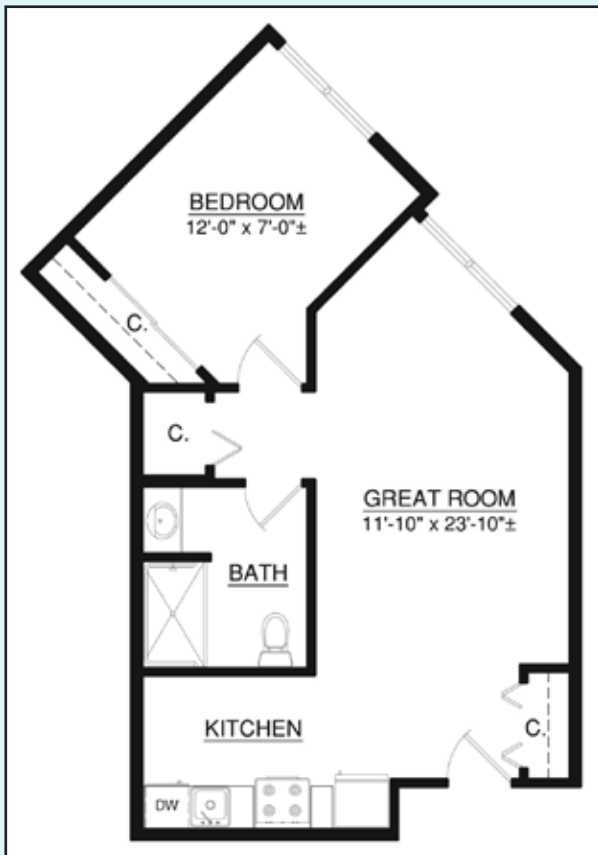
### Thursday, Jan. 21, 4 pm

*A Walk Through the Golden Age of Radio*, presented by Larry Gauper. Auditorium. No charge.

## There's "snow" place like home!



Leave behind worries about frozen pipes and shoveling snow as you enjoy the Waterford lifestyle. Pull into the driveway at 3422 Waterford Drive, and you'll know you've arrived home. This 1,366-square-foot cottage home offers two bedrooms and two bathrooms. The cold winter weather doesn't lead to hibernation at Waterford. The national award-winning Life Enrichment/Wellness program provides plenty of year-round opportunities. Call or stop by today.



The location of apartment 115 makes it a breeze to keep your New Year's resolution to be physically active. Conveniently situated just steps from the Waterford Health & Fitness Club, this 651-square-foot studio apartment is only missing one thing—you! Call or stop by today and experience the Waterford lifestyle.

## Winter happenings



Team member RoyAnn Archer displays her handmade Christmas and holiday goods.



Barb Brosowske sells her handmade greeting cards at the annual holiday bazaar.



From left: Marcy Fellbaum, Elaine Gusaas, Touchmark President Tom Moe, and LaVerne Nubson share a hot cup of tea and warm holiday wishes.



Mary Magill (left) and Leona Paulson get into the holiday spirit at the Christmas Tea.

### A sampling of captions



*Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo to the left. Here's a sample of some. Enjoy the creativity and fun!*

**"Trying for a hole in ten."**  
~ Resident Stella Mae O'Connell, Vancouver, Washington

**"Hah! Bet you didn't even notice my shoes are different colors!"**  
~ Resident Gail Kristensen, Sioux Falls, South Dakota

**"One mixed up dude!"**  
~ Resident Eve Broussard, Appleton, Wisconsin

**"FORE!"**  
~ Resident Frank Battershill, Edmonton, Alberta

**"Arnie Palmer could do it!"**  
~ Resident Daniel Reitan, Fargo, North Dakota

## You said it!

*"I chose Waterford because I liked the building; the people I met were friendly and helpful. Everyone is very courteous. I had visited the Waterford several times and enjoyed those visits. The meals are excellent, and the waiters are patient and helpful. I also like the many things that we have to participate in. The Health & Fitness Club is great for anyone who is interested."*

**Arlene Cegla**

—Resident

## 20in10: What's on your list today?



**Marge Coalman, EdD**

Vice President of Wellness & Programs,  
Touchmark

*"Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor."*

— Brian Tracy, author and speaker

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive?

It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it's up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Mary Tvedt. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

# 20in10

**20 Tips to Wellness You Can Do in 10 Minutes™**

## What are your resolutions?

During the first days of 2010, people participate in the time-honored tradition of making New Year's resolutions. Some resolve to lose weight, get stronger, increase their endurance, quit smoking, or decrease stress.

It is not difficult to think of things you might want to change. But how can you accomplish these goals? Let the club help you achieve your goals. Try a group exercise class, use the cardiovascular equipment, get into a strength training routine, or consider signing up for personal training to maximize your exercise program.

With a wide range of classes and programs, and skilled, friendly fitness professionals on staff, the club can be your "secret weapon" on your path to wellness!

### How to ... class

How to ... get the most out of your New Year's resolutions. Monday, January 11, 8:30 am, and Tuesday, January 12, 5:30 pm. This class will address common barriers that hinder success and tips on how to reach your goals.

### Massage therapy

The club welcomes Massage Therapist Theresa Altenbernd. Theresa comes to the club with

more than 10 years of massage therapy experience.

She specializes in trigger-point massage, therapeutic touch, and deep-tissue massage. To make an appointment with Theresa, please call 701-526-1055. Massage fees: \$40 for a 30-minute massage, or \$60 for one hour. Make an appointment today to experience all the physical and mental benefits of massage! ■

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## 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 Jan. 31, 2010.



A Touchmark affiliate  
Est. 1980

**Waterford Health & Fitness Club**  
1200 Harwood Drive  
Fargo, ND 58104

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## Lifestyle changes: an invitation from our qualified team

*“Use it or lose it is not just a catch phrase. It is the well-researched theory behind permanent lifestyle change that results in improved health and well-being.”*

*—Colin Milner, Founder and CEO, International Council on Active Aging*

Change is hard for most of us. Behavioral specialists cite different techniques to help create a new habit

or—conversely—abandon or change an established one. Often, they tout the need to do something new 20 times or more before it becomes ingrained in our psyche and muscle memory. This requires commitment ... and usually support from an individual or group also committed to your positive-change program.

The value of support is especially well-studied in regard to physical activity, nutrition, and stress reduction—all important to an individual's well-being. Ordinarily, coaching and counseling are essential tools when making life changes that require discipline. A professional can offer specific techniques tailored to each person's uniqueness.

(cont.)

(cont.) Elsewhere in this newsletter you will read about the 20in10 campaign that is part of Touchmark's 30th anniversary celebration. All of the tips for good, whole-person health and wellness can be done in 10 minutes or less, and they are building blocks for awareness and lifestyle change. These tips, however, are just the beginning of the journey for anyone who wants to make permanent change and create wellness goals for the new year.

Our team is ready to help each person create a personal plan of wellness. This plan will result in reaching achievable, positive goals based on specific outcomes that can improve the quality of life and result in permanent change.

To learn more about the "Lifestyles" class that will be offered to all new Waterford Health & Fitness Club members in January and any returning or current member who would like to participate, contact Mark Minette, director.

We know you can do it, and we can definitely help. ■

## Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

*Answers:*  
1. Yesterday, Today, and Tomorrow  
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry  
3. Charcoal

## Sharing a love of woodworking



Professor and resident Daniel Reitan tinkers in the Waterford woodshop, which he generously equipped with his own tools. A woodworker by hobby, Daniel has built two homes over the years. He fosters his love of woodworking by working on small projects, such as the book holder at the Waterford reception desk. Residents and team members are grateful for his generous sharing of his talents—and tools—with the Waterford community.

## Santa visits Waterford



Resident Jeanne Tennefos (left) and resident Roy Johnson are pictured with Santa.

### The Greatest Generation in the Red River Valley



Join Terry Shoptaugh, PhD, archivist and professor at Minnesota State University Moorhead, for a discussion on how World War II affected those living in the Red River Valley. Hear and see history through the personal stories of soldiers and family members on the home front. Learn how those four years affected subsequent decades.

**Saturdays,  
January 9, 16, 23, and 30  
2 to 4 pm**

- Open to the public.
- Cost: \$48 for general public;  
\$24 for Waterford residents.

Call **218-299-3438** to register with F/M Communiversities.

Refreshments will be served.