

## Prairie pride



Marge and Ed Hoag (above) catch up with photographer Candis Sommerfield (above, center) during Candis's recent presentation, *Postcards from the Prairie*. Marge had attended one of Candis's presentations in the past and recommended that the Life Enrichment/Wellness team invite Candis to share her work at Waterford. The slide show presentation was set to music and included photos that Candis had taken of the native prairie lands of North Dakota and Minnesota. Patricia Hansen (right) and other residents were captivated by the photographs of wild animals in their native habitat. Top right: residents LaVerne Nubson, Vi Weyers, and Elaine Gusaas peruse the artwork.



## Hearts a beatin' and minds a buzzin'

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University

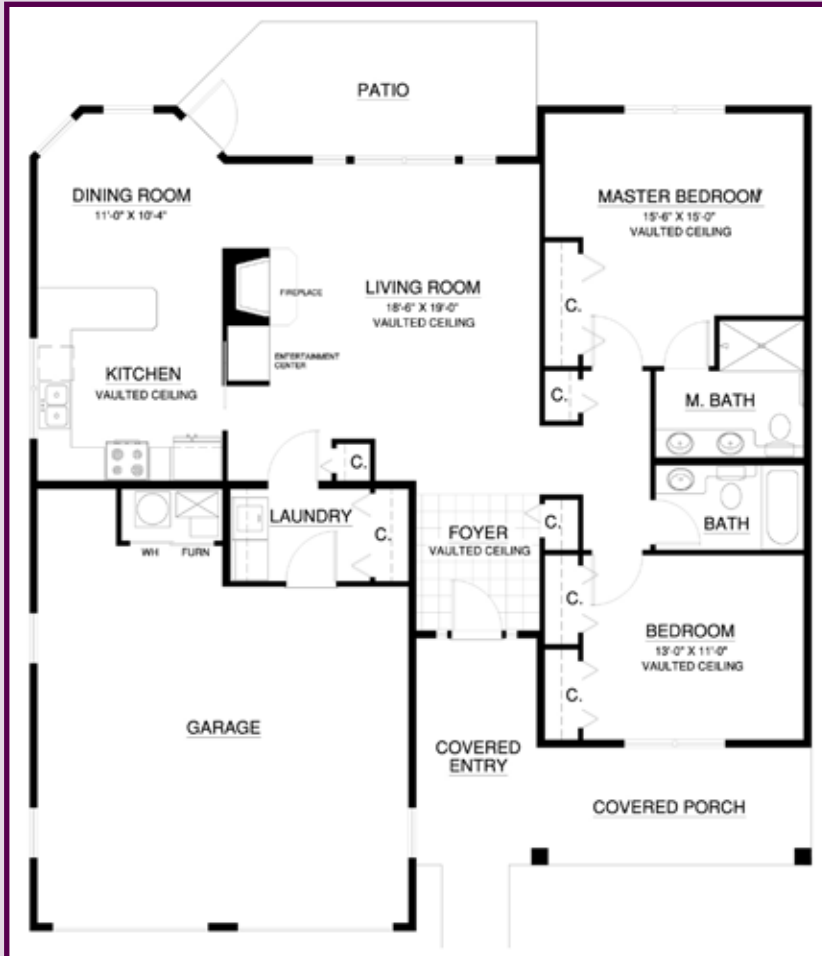
of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is

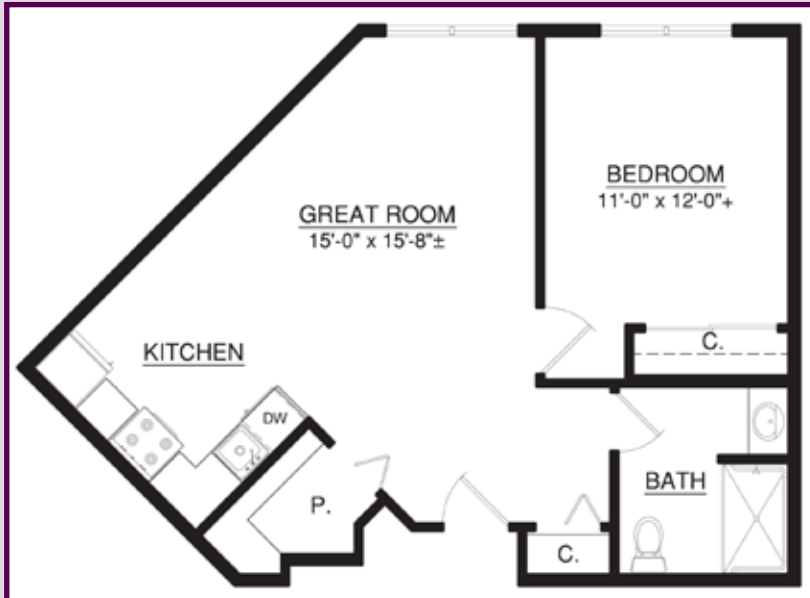
especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research."

If you'd like to learn more about Waterford's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

## This is the life!



Who says you have to leave home to go on vacation? This cottage at 3422 Waterford Drive can be your year-round base camp for relaxation and adventure. It offers 1,376 square feet, two bedrooms, and two bathrooms. And with it priced at \$165,000, this lovely cottage home is not to be missed. Call today for a personal presentation, and let the “vacation” begin.



Conveniently located just steps from the Waterford Health & Fitness Club, apartment 125 offers comfortable retirement living and easy access to all you need to maintain your fitness routine. With 695 square feet of living space, one bedroom, one bathroom, and access to all of Waterford’s amenities and services, this home offers everything you need for the retirement of your dreams.

# You said it!

*"I came to visit my son, daughter-in-law, and family. After visiting equally nice places in California, where my home was, I decided to stay here close to family. The staff is so helpful. I appreciate the convenience of living here. Almost all I need is within walking distance or phone call away."*

**Marion Fisher**

—Resident

*In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.*

## A Food Valentine

Cabbage always has a heart;  
Green beans string along.  
You're such a Tomato,  
Will you Peas to me belong?  
You've been the Apple of my eye,  
You know how much I care;  
So Lettuce get together,  
We'd make a perfect Pear.

Now, something's sure to Turnip,  
To prove you can't be Beet;  
So, if you Carrot all for me  
Let's let our tulips meet.

Don't Squash my hopes and dreams now,  
Bee my Honey, dear;  
Or tears will fill Potato's eyes,  
While Sweet Corn lends an ear.

I'll Cauliflower shop and say  
Your dreams are Parsley mine.  
I'll work and share my Celery,  
So be my valentine.



[www.basicjokes.com](http://www.basicjokes.com)

# Brain Builders



## Word Mine Activity

Inside the phrase "You're my hero" are several words, using two or more letters. Two examples are below. Find as many as you can.

You're my hero

emyr

hey

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

	eye	ye	home
rounr	myrh	humor	homer
tum	more	our	or
her	metry	hour	you
moo	moor	oh	hey
rhyme	hurry	rye	here

*Answers (other answers may be possible):*

## Lessons from our elders



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

*"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"*

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the

conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Waterford, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

# 2010

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

*Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.*

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

## Happy New Year!



Residents ring in the new year at the New Year's Eve celebration. The evening included a piano performance, a slide show with highlights of the past year, an appetizer contest, countdown to the new year, and a champagne toast. With her delicious liver pate, Arline Hudson was one of the appetizer contest winners. She is pictured with Emery Roy.



Pearl and Milt Anderson are all smiles after winning a prize for their pecan bars. Mary Ellen Maltry also was a winner. Volunteers Kay Kundert, Bill Pallasch, and Carina Emil served appetizers during the celebration. The three also were the judges for the appetizer contest.

## Fitness club update

### Work your noggin

Stop by the club front desk for weekly brain exercises to take home with you. Complete the exercises each week and return them to the club for a chance to win prizes at the end of the month.

### How to ... class

How to ... maintain a healthy heart. In recognition of American Heart Month, Waterford Personal Trainer Heather Muscha shares tips to keep your heart healthy. According to the Centers for Disease Control and Prevention, heart disease is one of the top causes of death in the United States and about every 25 seconds a person will experience a coronary event. Learn heart-smart health tips Monday, Feb. 15 at 8:30 am or Tuesday, Feb. 16 at 5:30 pm.

### Your muscles will thank you

Massage therapy offers many health benefits, including reduced stress, increased relaxation and sense of well-being, and more restful sleep. Taking steps to maintain or improve your strength, flexibility, coordination, and energy can lead to a longer, healthier, and happier life. In combination with exercise and good nutrition, massage can be a valuable component of your wellness plan and help you feel your best. To make an appointment with massage therapist Theresa Altenbernd, call 701-526-1055. You do not have to be a club member to enjoy the service.

### Does your motivation need a jump start?

Are your New Year's resolutions all the motivation you need to work toward your wellness goals? Or do you need some assistance to help you stay on your path to wellness in 2010? Whatever your situation, the club has classes, tools, and programs that can help!

~ Join a group fitness class, such as yoga, water exercise, or tai chi.

(cont.)

(cont.) ~ Use the Keiser weight-training equipment or add some free-weight exercises to your fitness routine. This will increase your strength and tone the muscles throughout your body!

~ Hire a personal trainer. Get the most out of your workouts with a club personal trainer guiding you through an efficient full-body workout.

~ Enjoy a relaxing massage.

~ Pick a card from the 20in10 deck. Each of the 20 cards describes an activity you can do in 10 minutes or less to aid in your overall health. Add that activity to your weekly wellness plan to give your regular activities a boost. (Have questions about 20in10? Ask a club team member.)

~ Find a workout buddy. Exercising with your spouse, friend, or neighbor can be a powerful motivational force for both of you.

**Coming Soon—Ballroom Dance for Fitness! ■**

## Broadcasting veteran shares radio history



A retired 40-year veteran of broadcasting, Larry Gauper presented *A Walk Through the Golden Age of Radio* at Waterford. Larry shared the history of radio using examples of classic radio programs and stories of popular radio personalities from the late 1920s through the 1950s.

## Coming Events

**Saturdays, Feb. 6, 13, 20, & 27, 2 to 4 pm**

F/M Communiversity. Spiritual Experiences, taught by Reza Saberi. Cost for four-part series: \$24 for Waterford residents and \$48 for others. Open to the public. Call 218-299-3438 to register. Auditorium.

**Tuesday, Feb. 9, 2 to 3:30 pm**

Session four of Life Stories with Barb Pates. Cost: \$12 per session. Sign up at Front Desk. Library.

**Sunday, Feb. 14, 1:15 pm**

Bus leaves for Fargo-Moorhead Symphony performance at North Dakota State University. No charge. Sign up at Front Desk.

**Thursday, Feb. 18, 4 pm**

Music by Cecil, Helen, and Marilyn. Auditorium.

**Friday, Feb. 19, 4 pm**

Wild Walleye Wingding Fish Fry in Argusville, North Dakota. No charge for transportation. Cost for event: \$9. Sign up at Front Desk.

**Friday, Feb. 19, 7 pm**

Flute concert featuring

the musical talents of Liz Lyngstad. Concordia College.

**Tuesday, Feb. 23, 5 pm**

Wine Mixer. Prairie Rose Dining Room.

**Wednesday, Feb. 24, 4 pm**

Not-So-Newlywed Game.

**Thursday, Feb. 25, 4 pm**

Learn about birds at an informative presentation by Keith Corliss. Auditorium.

**Thursday, Feb. 25, starts at 4:45 pm**

Monthly Birthday Party. Sweetheart theme. Musical entertainment by the Rockin' 60s beginning at 6:45 pm.