

Celebrating *Moments of Pride*: The experimental farmer

The 2010 theme for the award-winning Life Enrichment/Wellness program is Moments of Pride. Throughout the year, Waterford will feature photos and stories that highlight moments of pride for residents and team members.

Before moving to Waterford in August 2007, Tom and Dot Reid farmed for many years in the Grandin, North Dakota, area. Along the way, they raised two daughters while being active in many community organizations. Tom was part of the Farmer's Union, Masons, a clerk of the Town Board, and a square dancer. Tom also has loved horses and music, especially the fiddle and accordion.

A farmer at heart, Tom was curious when he recently read an article about growing tomatoes in straw bales. The article claimed that you could overcome poor soil, limited space, weeds, mobility problems, and aching backs by this alternative. Many scoffed when they

heard his plan, but typical to Tom's easygoing personality, he laughed and said that he had nothing to lose by trying it. And the verdict? Tomatoes grow quite well in straw. ■



Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Wednesday, Aug. 11, 2:30 pm

Enjoy a banana split while helping support

the Alzheimer's Association. Outdoors, weather permitting.

Monday, Aug. 16, 4 pm

John Gjevre, MD, presents *Health Care in Norwegian Hospitals*. Auditorium.

(cont.)

(cont.) **Wednesday, Aug. 18, 11 am**
Lunch at John Alexander's Restaurant in Moorhead.

Thursday, Aug. 19, 4:45 pm
Monthly Birthday Party. Rock-n-Roll theme. Drinks at 4:45 pm in the auditorium, with music by the Rockin' '60s at 6:45 pm.

Wednesday, Aug. 25, 11 am
Picnic at Lindenwood Park

Thursday, Aug. 26, 3 pm
Roger Stenerson, former Army scientist, discusses atomic bomb testing in the 1950s. Auditorium.

Tuesday, Aug. 31, 5 pm
Out & About at Moorhead Country Club.

Notes from the club

Smart weight management

Many people judge the success of their exercise plan with how much weight they lose or how fast they lose it. While these are easily quantifiable ways to monitor results, should they really be the true measures of success? Weight loss should be seen as a by-product of becoming healthier rather than the sole measure of improvement.

Since obesity is such a prevalent health issue, there is an increased focus on rapid weight loss in society. Infomercials for equipment or diet supplements claim they'll help drop the weight, tone certain areas, and make people look like models in no time. If you are looking for a quick fix, though, you will be disappointed. **Long-team weight loss and maintenance come through a conversion of habits, balance of priorities, and commitment to a new, healthy lifestyle.**

If you're going to be on a weight-loss journey for awhile, you should enjoy the ride. Keep these tips in mind:

- Americans live in a "super-size" environment. Monitor your portions.
- Become aware of how and when you consume calories. Keep a food journal and review it often.
- Record your exercise frequency and intensity in a journal, like the food journal. Are you really working out three to five days a week on a regular basis?
- Be aware of pitfalls. What derails your diet plan? Is it stress, boredom, etc.?
- Have realistic weight loss goals. On average, the safest and most consistent amount of weight to lose—and keep off—is about one to two pounds per week.
- Find an activity that you truly enjoy (aquatic exercise, swimming, group exercise classes, etc.).
- Get help when you need it. Schedule personal training sessions to keep yourself on the right path. Everyone can benefit from the guidance and support a personal trainer provides.
- Manage your stress. Schedule a massage!

Massage Therapy Open House

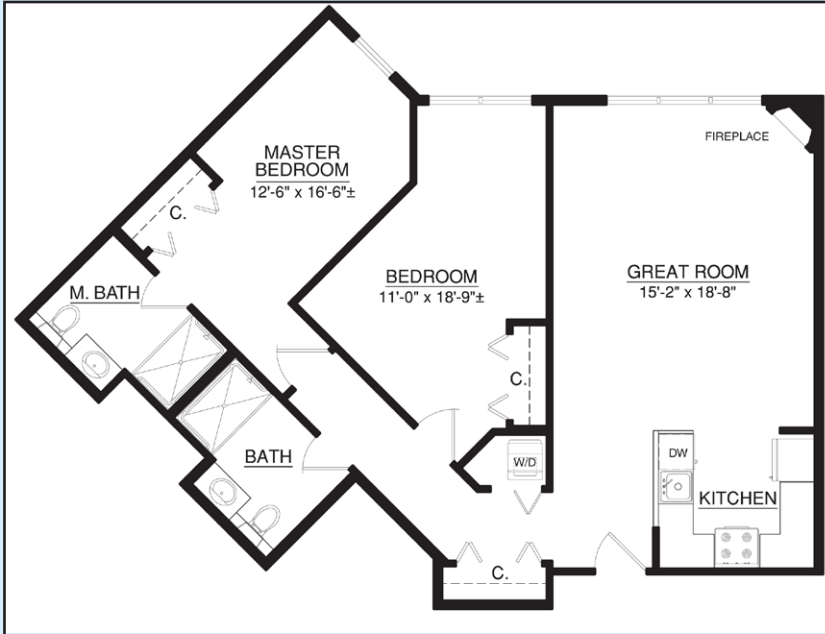
Please join Waterford Health & Fitness Club Director Mark Minette and Waterford Massage Therapist Teresa Altenbernd Tuesday, August 17 from 1 to 4 pm in apartment 169 (new wing). Enjoy snacks and refreshments as well as a complimentary chair massage. Schedule your massage at the club's front desk. Meet Teresa and learn more about the benefits of massage. Special promotional rates for 30- and 60-minute massages will be available.

Coming this Fall

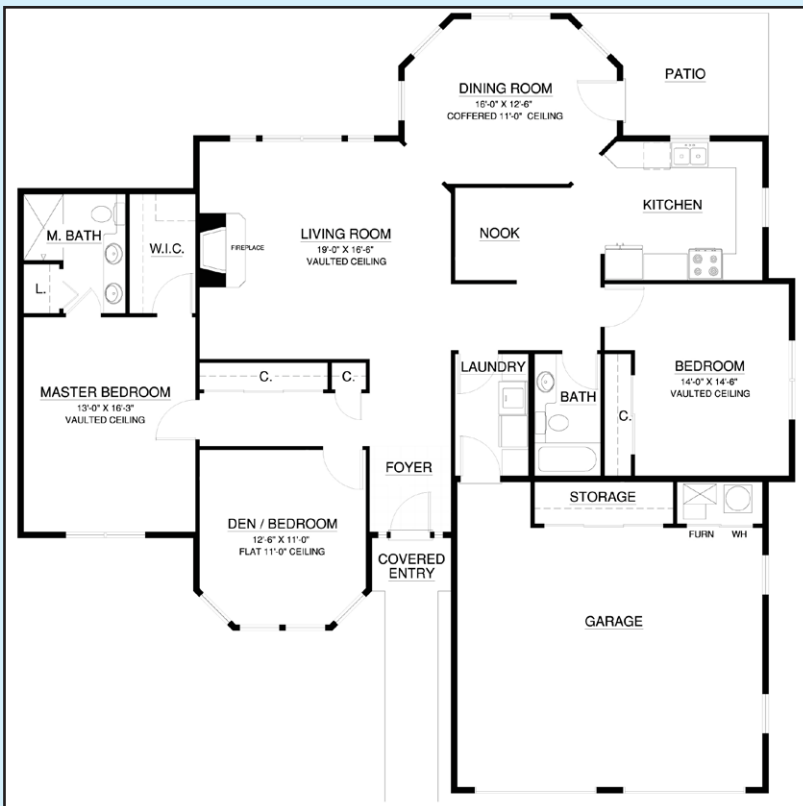
Zumba®, Ballroom Dancing, Tai Chi Chih, and Liquid Abs classes.

Spa Day is being rescheduled. Watch the club calendar for a new date.

All that and more



Send out the change-of-address cards; your new home awaits. Conveniently located on the first floor, apartment 114 offers two bedrooms, two bathrooms, and 1,104 square feet.



A community of friends and fun, rewarding pursuits ... chef-prepared meals ... beautifully appointed homes ... you'll find all that and more at Waterford. And this 1,381-square-foot cottage home at 3424 Waterford Drive is the perfect setting for the retirement of your dreams. This two-bedroom, two-bathroom home is the newest cottage available for rent. Call or stop by today for a personal presentation.

Going Green: the 7th dimension of whole-person wellness



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

"It is not necessarily those lands which are the most fertile or most favored climate that seem to me the happiest, but those in which a long stroke of adaptation between man and his environment has brought out the best qualities of both." — T.S. Elliot

Although he died in the first half of the 20th century, this famous quote from T.S. Eliot—author, poet, playwright, and a man ahead of his time—is truer today than it was in his generation. Harmony with nature and conservation of natural resources are on the agenda of organizations around the world.

In North America, we are

fortunate not to have the frequency of pestilence, famine, drought, plagues, and other major environmental crises that our global neighbors do. In fact, we have the means and opportunities to enhance the environment that many nations lack.

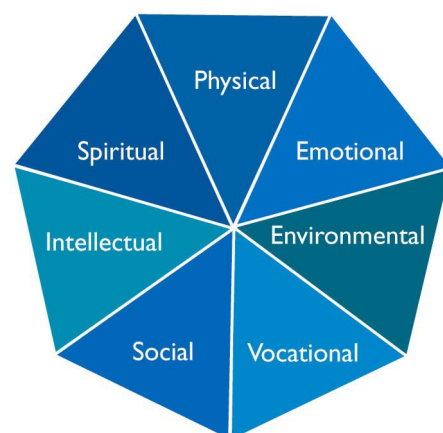
A pertinent question is what's it like in your back/front/side yard and neighborhood? Are citizens in your community in concert with preserving the environment for your enjoyment—and generations to come?

Touchmark strives to enhance the natural settings in all 11 locations in the USA and Canada. The critical element in making a difference is the people who live and work in the communities. It's truly the residents, team members, families, and neighbors who each day work to sustain the natural beauty and function of the land and its resources.

These individuals garden, recycle, use scheduled transportation instead of single-car transport, add

green energy options to their homes, and participate in neighborhood enhancement projects. All of these efforts reduce the carbon footprint, improve the nature-human relationship, and strengthen our individual and collective wellness.

As the International Council on Active Aging moves forward with its "Going Green" initiative, each Touchmark community will be committed to the seventh dimension of wellness: the environmental dimension. To join the efforts of residents and team members at Waterford, contact Life Enrichment/Wellness Director Mary Tvedt. ■



2010

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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.

- Take some pictures.
- Read the cartoons in the newspaper.
- Ride a stationary bike.
- Talk with a neighbor.
- Write and mail a letter.
- Say hello to five people.
- Do arm exercises while watching television.
- Polish shoes.
- Make and eat a sandwich.
- Fill a bird feeder.

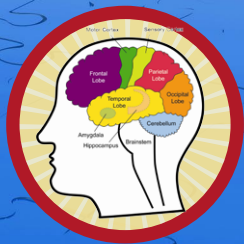
You said it!

"I'm proud to be part of Waterford and a great new home surrounded by special, loving people."

Lorry Lyngstad

—Resident

Brain Builders



Think of first names for each letter provided. Fill in the blank using the letter provided as the first letter.

Example: Adam

- | | | |
|---------|---------|---------|
| A _____ | J _____ | S _____ |
| B _____ | K _____ | T _____ |
| C _____ | L _____ | U _____ |
| D _____ | M _____ | V _____ |
| E _____ | N _____ | W _____ |
| F _____ | O _____ | X _____ |
| G _____ | P _____ | Y _____ |
| H _____ | Q _____ | Z _____ |
| I _____ | R _____ | |

Active Aging Week September 20 to 26

Be active your way. It's the theme for this year's annual health promotion event, which was created by The International Council on Active Aging. Look for details in next month's newsletter and the Life Enrichment/Wellness calendar.



Just for laughs!

Enjoy the Dog Days of Summer ...



Learning, creating, and partying



Residents create personalized nametag lanyards. More than 20 residents participated in the gathering, with several more stopping by to make them after the class.



Residents just completed a 10-session series of Brain Builders. At the start of each session, participants received a clue to help them solve a puzzle. For example: "My company sold more than 20 million of me in the first six months; versions of me have been traced to ancient Greece, Asia, and Australia; and I originally cost \$1.98." Answer: the Hula-Hoop®. Phyllis Dowdell (left) playfully places a piece of tape over Nancy Thorndal's mouth to prevent Nancy from giving away the correct answer to a recent Brain Builders puzzle.



A group of Touchmark residents was discussing the best way to maintain the freshness of cut flowers. They created a list of suggestions, including spraying the flowers with hair spray or adding things to the water, such as vinegar, an aspirin, bleach, sugar, lemon juice, a penny, or floral food. The group tested their theories with a single carnation per idea. The winning floral-life extenders were floral food, sugar, spraying the flower with hair spray, and putting it in plain water. Esther Miller (left to right, counterclockwise), Doris Paterson, Evelyn Holcomb, Helen Larson, Helen Hanson, and Nancy Nelson discuss the results of their recent experiment.



Hula-Hoops swing and sunglasses abound as revelers escape to the tropics at Waterford's Beach Party. Vivian Garvey is pictured.