

Celebrating Moments of Pride: A love for fitness

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.

Resident Bea Ihlenfeld started her teaching career in 1949. During the next 25 years, Bea worked as a physical education instructor, the first female school counselor at Fargo Central High School, and an assistant principal at Fargo North High School. Her formal teaching career may have ended in 1974, but her dedication to fitness and wellness continued. Bea joined a local gym and swam five days a week. Today, she loves swimming at Waterford Health & Fitness Club.

During a recent water-walking class, resident Lorry Lyngstad mentioned to Bea that she was fearful of letting go of the pool handrail. Bea offered to help Lorry increase her comfort level in the water. For the first meeting, Bea taught Lorry to relax and float on her back.

“Bea is a real inspiration to all of us,” says Mark Minette, director of the Waterford Health & Fitness Club. “She exudes a positive life attitude and shares her love for fitness with others.” ■



Resident Bea Ihlenfeld, 97, teaches resident Lorry Lyngstad (left) to relax and float.

2010 in

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.

- Drink some water.
- Make a donation.
- Laugh.
- Do as many sit-ups as you can in 10 minutes (rest when you need it).
- Sign up for an art class.
- Enjoy a glass of wine after dinner.
- Volunteer.
- Sign up for Facebook.
- Watch a funny video on YouTube.
- Read the news.

Recent events



It's called the Universal Playground ... must mean it's for all ages. Residents took in a bright-blue sky day at Lindenwood Park and enjoyed a picnic.



Residents (from left) Jim and Joyce Holter, Elaine Gusaas, and Virginia Palm enjoy a colorful afternoon at Bergeson Gardens.

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Residents and team members dressed the part and rocked and rolled to classic rock tunes. Pictured are The Rockin' 60's, Life Enrichment/Wellness Assistant Katie Carlson, and Lorry Lyngstad.



Waterford contributed more than \$2,000 to the local Alzheimer's Association Memory Walk®. The community did various fund-raisers, including a Lefse (a traditional soft Norwegian flatbread) bake sale. Mary Swenson (left) and Vi Halvorson are pictured.

You said it!

"I am happy here, because now I have an extended family and friends."

Fred Irvine

—Resident

Healthy aging tips from the real experts



Marge Coalman, EdD

Vice President of Wellness & Programs,
Touchmark

"How old would you be if you did not know how old you are?" —Walter Bortz, II, MD, author and expert on healthy aging

It can be daunting to keep up with the research about healthy aging that comes out almost daily. I thought it might be interesting to compare the data gleaned over the last couple of years from prestigious international researchers to the data collected in 2008 when interviewing 100 healthy centenarians, who gave their top 10 "tips" for healthy aging. Here are the results of that poll—along with the percentage of how many said the tip is "very important." (Note: Interviewees could call more than one tip "very important.")

1. Stay close to family and friends. (90%)
2. Keep your mind active. (89%)
3. Laugh and have a sense of humor. (88%)
4. Stay in touch with your spirituality. (84%)
5. Continue looking forward to each new day. (83%)
6. Keep moving and exercising. (82%)
7. Maintain a sense of independence. (81%)
8. Eat right. (80%)
9. Keep up with news and current events. (63%)
10. Keep making new friends. (63%)

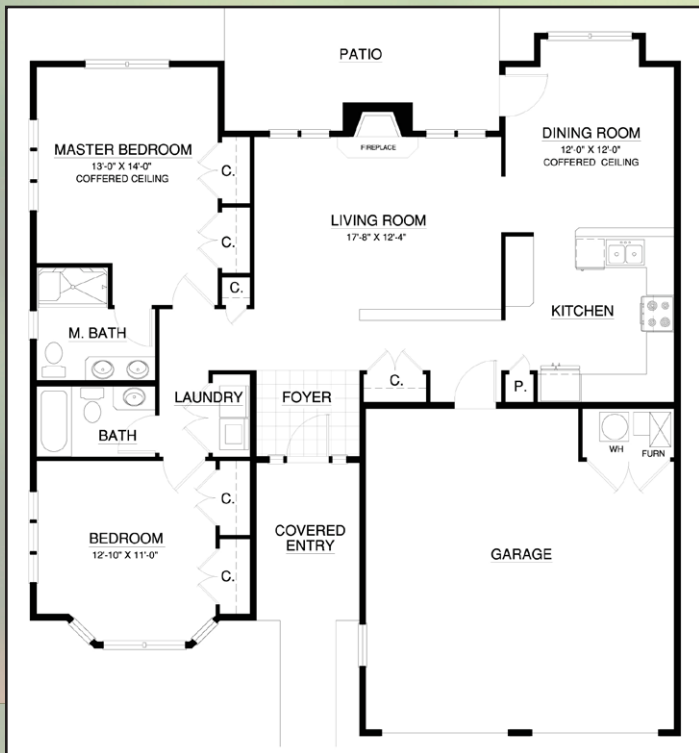
This anecdotal collective data compare almost 100 percent to the findings published over the last decade—and especially in the last two years—by the continuing follow-up to the Framingham Heart Study, the Nurses' Health Study, and other large population studies conducted over a significant period of time. Relationships/connectivity to family and friends has moved into first place internationally. Also, the need to keep actively engaged in new learning competes *(cont.)*

(cont.) directly with a good diet, exercise, and the importance of humor and a positive outlook.

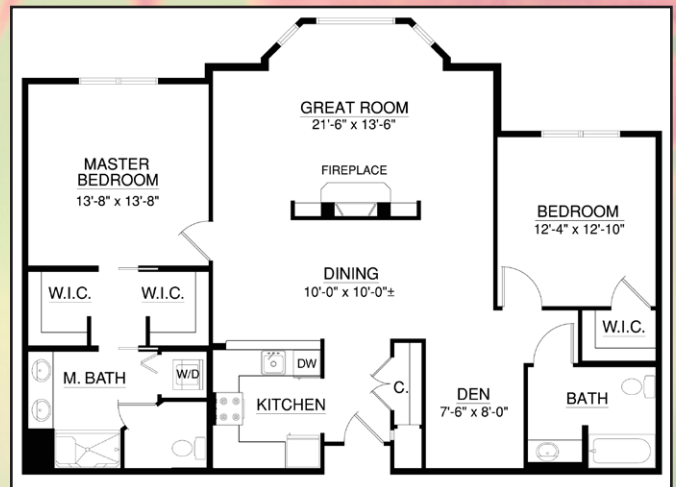
At Touchmark we know the value of listening to the “experts” ... our residents ... and evaluating our programs and services by the direct impact on their well-being. To be a contributor and participant in

the Life Enrichment/Wellness program, contact Life Enrichment/Wellness Director Mary Tvedt. Your perspective and recommendations are important. ■

The “arwe” in autumn



This 1,381-square-foot cottage offers two bedrooms and two bathrooms. The floor plan is the only one of its kind in the Waterford community.



Apartment 271 includes 1,445 square feet, two bedrooms, two bathrooms, and a den. This is the last D Plan apartment available. Call today for a personal presentation.

Celebrating an active, balanced life



Residents and members of the Fargo community gathered for Waterford's Fall Reduction and Awareness Month, which included a celebration of Active Aging Week. People attended fitness classes, a wellness fair, health and fitness testing, and informative presentations.

Is it too late to start an exercise program?

Have you heard the saying, "It's never too late to start" This phrase holds true for exercise, too. No matter what your age or fitness level, you can improve your health and well-being with a fitness program. Try these tips to get started:

- Try to add at least 10 minutes of exercise to your daily routine.
- Join a group fitness class with your friends or spouse. (Working out with a friend or family member helps you stick with the program.)
- Vary the type of exercise activity you do each week. Variation will prevent boredom, challenge different muscle groups, and overcome any plateaus.
- Add different activities that benefit your emotional, social, spiritual, vocational, and mental health.

Want more ideas? Contact Waterford Health & Fitness Club Director Mark Minette or Personal Trainer/Aerobic Coordinator Heather Muscha.

Check out this class!

Arthritis Foundation Water Exercise Program: Keep your body and joints limber during this aquatic fitness class, which is part of The Arthritis Foundation Aquatic Program. The 45-minute classes are Tuesdays and Thursdays at 1 pm. Certified instructor Sky McNair teaches the class. ■

Coming Events

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

Saturday, Oct. 16, 2 to 4 pm

FM Communiversality class: *Not Your Grandma's Fairy Tale--Hansel & Gretel on the Prairie*. Cost: \$24 for public; \$12 for residents. Auditorium.

Wednesday, Oct. 13, 1:30 pm

Visit the Pumpkin Patch.

Thursday, Oct. 14, 4:45 pm

Monthly birthday party (Oktoberfest theme). Music by Bill & Janet at 6:45 pm. Auditorium.

Sunday, Oct 17, 2 pm

Bus leaves for NDSU's Festival Hall. FM Symphony presents, *Music of Spain*.

Wednesday, Oct. 20, 11 am

Lunch and tour of *The Frederick B. Scheel Photography*

Collection: A New Gift to the Plains, Part One at Plains Art Museum.

Thursday, Oct. 21, 2 pm

New Horizons Band.

Saturday, Oct. 23 and Sunday, Oct. 24, 2-4 pm

FM Communiversality class: *To Kill A Mockingbird*, taught by Tony McRae. Cost: \$24 for public; \$12 for residents.

Wednesday, Oct. 27, 6:30 pm

Tom and Christine Dowdell present the music program *Falling in Love Again*. Auditorium.

Thursday, Oct. 28, 2 pm

Music by John Anderson and Irene Hoenhause. Auditorium.

Saturday, Oct. 30, 2 to 4 pm

FM Communiversality class: *Comstock Family & Birth of Fargo-Moorhead with Dr. Carroll Engelhardt*. Cost: \$24 for public; \$12 for residents. Auditorium.