

Growing into the new year

As more people joined the Waterford community last year, we continued to expand our services. We introduced All Day Dining. Residents can come to the dining room anytime from 7 am to 7 pm and enjoy a meal. We added another day to our transportation services. Residents also can schedule a ride to anywhere in the Fargo-Moorhead area. We also launched Pembroke, the new early memory care support—a customized neighborhood for people in the early stages of Alzheimer’s disease or other age-related dementia illness.

This last year marked ProRehab Physical & Occupational Therapy’s first anniversary with Waterford. It’s been a great addition to the health and

fitness club, as residents and club members can receive therapy services on campus.

We have a great team at Waterford, and it is a pleasure to know that residents feel the same way, as we were rated number one in terms of customer satisfaction among all Touchmark communities and number two in staff satisfaction company wide.

I hope you enjoy a year of growth and goodness!



Kari Dick

Kari Dick
Executive Director

Let it snow!



Resident Frenchy LeJesse (wearing hat) leads a class on making grand paper snowflakes. Martha Manikowske (far right) was excited to put the snowflakes on her seven-foot Christmas tree. The class was so fun that everyone asked Frenchy to repeat the class.

Residents share their talents



Ray Green, a retired science teacher, plays the guitar and sings for young Head Start participants. Ray generously donates his time to the program, much to the delight of the children.

Orlin Flick, a retired baker, plays the accordion for residents and thrills them with his silly stories and jokes. Orlin also is known for his lefse, a Norwegian delicacy made from mashed potatoes and several other ingredients.



Imagine— and Live— the Possibilities!



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

“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.” — Dale Carnegie

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.

To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to

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(cont.) students who need extra help, hospitals, organizations serving meals, and other charitable causes.

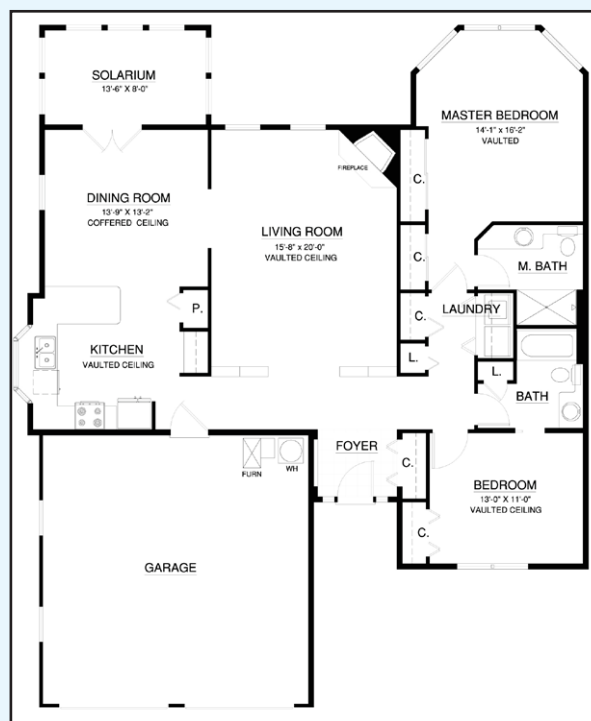
There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to willing learners. All of these came from imagining—and living—the possibilities.

This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact Life Enrichment/Wellness Director Mary Tvedt. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

Ring in the new year in a new home



The retirement of your dreams is closer than you think—apartment 175, to be exact! This 705-square-foot home is the last apartment available on the first floor and features one bedroom, one bathroom, and a walk-out patio. Make Waterford at Harwood Groves your base camp for the active lifestyle you deserve.



Put out your welcome mat at 3401 Waterford Drive. This lovely 1,570-square-foot home offers two bedrooms, two bathrooms, and the lifestyle you've been looking for. Call or stop by today for a personal presentation.

You said it!

“Each day is a blessing filled with the wonderful residents and staff at Waterford. I truly enjoy coming to work each day.”

Stacy Adams

—Front Desk Supervisor

Put life back in life

If you have an ongoing or chronic health condition, Sanford’s Living Well Workshop is for you. Participants learn to take small steps toward positive changes and a healthier lifestyle. Skills learned include effective problem solving, weekly goal setting for success, relaxation techniques, ways to deal with pain, fatigue, and difficult emotions, and more.

Individuals with conditions such as arthritis, fibromyalgia, heart disease, depression, multiple sclerosis, high blood pressure, diabetes, lung disease, cancer, and weight issues can benefit from the workshop and are invited to bring a support person with them.

Because the workshop is not about specific diseases, people with different ongoing health problems attend together, learning self-management skills and increasing their confidence in their ability to manage their health.

The Living Well Workshop, as a part of Sanford’s Community Benefit initiatives, supports the charitable mission and nonprofit status of Sanford. Sanford is offering the complimentary workshop at Waterford on Wednesday mornings from 9 to 11:30 am, beginning February 2 and running through March 9. The workshop consists of six, two-and-a-half hour weekly sessions. For best results, participation in all six sessions is recommended.

Seating is limited to 16 participants, so please register in advance by calling Sanford at 701-234-5570 or 877-234-4240. ■



Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. meet: _____
4. born: _____
5. demon: _____
6. fork: _____
7. reef: _____
8. soul: _____
9. ego: _____
10. baton: _____
11. hat: _____
12. ride: _____
13. steal: _____
14. dish: _____
15. tune: _____

Answers: milk, butter, meat, corn, lemon, pork, beef, soup, egg, bacon, ham, rice, steak, fish, and tuna.

Coming Events

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

Mondays, 4:30 pm

Choir Practice.
Auditorium.

**Wednesdays, 9:30 am
and Fridays, 2:30 pm**

Brain Builders. Hoyle
Room.

**Thursday, Jan. 13,
4:45pm**

January Birthday Party
with Hawaiian theme.
Music at 6:45 pm by
the Apollo Strings.

**Thursday, Jan. 20,
5 pm**

Out & About lunch.
Seasons at Rose Creek.

Creative movement



A group of residents discovers that there are plenty of unique and fun ways to exercise during a recent Creative Movement class with Katie Bruckbauer, co-owner of 8th Street Dance Studio in Fargo. Katie also is a Waterford exercise instructor on Mondays and Fridays. As you can see by the unusual poses and accompanying smiles, the group was open to new ways of staying fit!

Club news: New Year's Resolution Solution

Do you need help with your resolutions? Waterford Health & Fitness Club staff can help you achieve your fitness-related goals in 2011.

~**Anonymously submit your resolutions.** Resolutions will be summarized and posted in the club. Each week, Waterford Health & Fitness Club Director Mark Minette and Heather Muscha, personal trainer/aerobic coordinator, will provide tips on ways to accomplish the submitted resolutions.

~**Hire a personal trainer.** Personal trainers are available for 30- and 60-minute sessions, which can be held in the fitness center or in the pool. Trainers can personalize an exercise program that fits your specific health-related needs.

~**Challenge yourself by varying your exercises.** If you primarily exercise in the water, try something new, like a circuit class or NuStep.

~**Make one change in your diet each week.** By the end of the year, you will have made 52 small changes.

~**Schedule a massage.** Massage not only helps relieve muscle stiffness and soreness, it also helps mood, sleep patterns, and promotes relaxation.

~**Commit to success in 2011,** and ask for help. With the help of the club's trained and dedicated fitness professionals, you can reach your fitness goals in 2011!

Bring In a Member Campaign 2011

Share the gift of health this new year. Refer a new member to the club between Jan. 15 and 31 and receive a voucher for one of three gifts. It's a win-win! You'll be able to work out with your friend plus enjoy a 30-minute massage, Waterford beach towel, or two 30-minute personal-training sessions. One gift per club member.

New class schedule starts January 17, 2011!

Coming in February ... Spa Day at the club!

COUPON COUPON COUPON

Renew yourself with a massage

Bring this coupon and receive \$5 off your massage. Expires Jan. 31, 2011.

To schedule an appointment, please contact Teresa Altenbernd at 443-0235 or 233-4147.

A Touchmark® affiliate
Est. 1980

Waterford Health & Fitness Club
1200 Harwood Drive
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701-526-1055
WaterfordFargo.com/HFC

COUPON COUPON COUPON

Just for laughs!

Hilarious Newspaper Headlines

1. Police Begin Campaign to Run Down Jaywalkers
2. Stolen Painting Found by Tree
3. Two Sisters Reunited after 18 Years in Checkout Counter
4. If Strike Isn't Settled Quickly, It May Last a While
5. Man Struck by Lightning Faces Battery Charge

From www.basicjokes.com