



A Touchmark® community  
Est. 1980

# Hau`oli la Hanau! *“Happy Birthday” in Hawaiian*

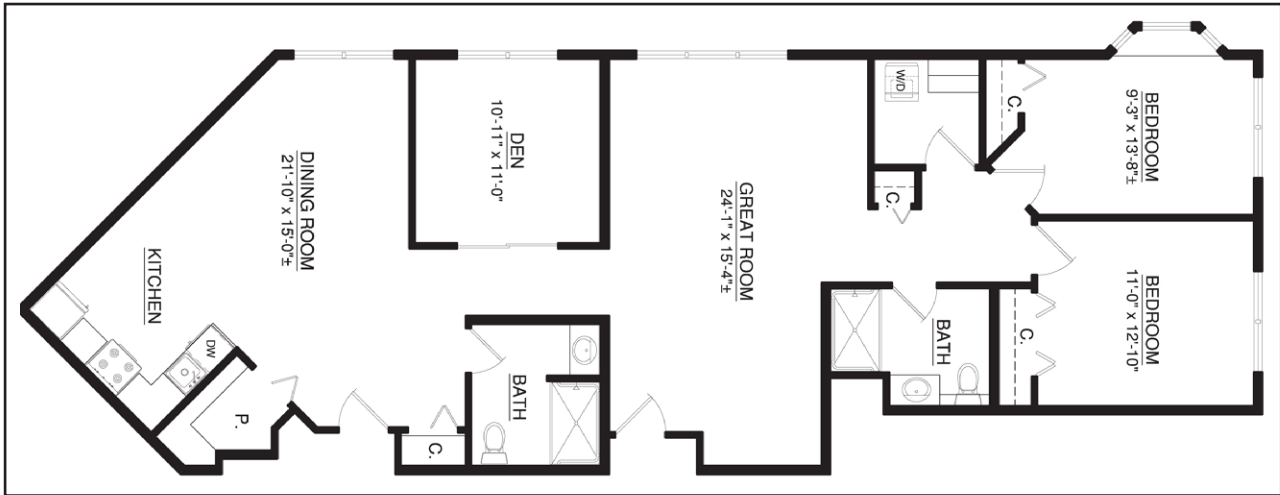


What better way to beat the winter blahs than with a January birthday party, island style? Apollo Strings from Moorhead High School provided music. From left: Leland Unruh, Lennie Miller, Bud Carlson, and Arlene Cegla get into the tropical spirit.

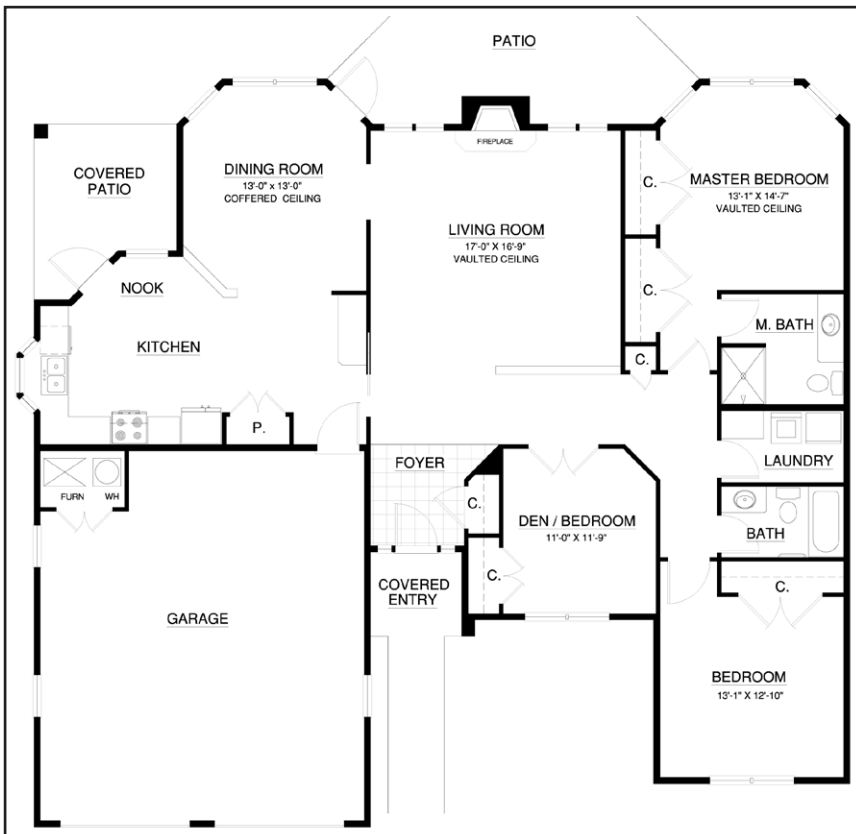


From left: Vivian Garvey, Arline Hudson, Joyce and Jim Holter, Bud Medley, and Lorine Holshuh.

## Opportunity's knocking



Step into this spacious 1,550-square-foot apartment and you'll know you've arrived home. Apartment 225 offers a beautiful view, two bedrooms, one bathroom, and just the right touches for the ideal lifestyle. Call or stop by today for a personal presentation.



Located at 3406 Waterford Drive, this 1,880-square-foot cottage offers hardwood floors and two patios (one covered). You'll have just the right amount of space in this two-bedroom, two-bathroom home, surrounded by a community of friends and fun, rewarding pursuits. Stop by soon.

## Learning about vision loss



Edna Bartle (left) and Ilene Lodoen keep it light while learning about various types of vision impairments. During a recent visit, Vision Loss Support Group leader Rebecca Anderson Falde, a vision rehabilitation specialist with North Dakota Vocational Rehabilitation, helped residents experience different types of vision impairments through the use of vision-loss simulators. Participants learned how to help and understand neighbors who have experienced vision loss.

## You said it!

*"In one summer, I lost my husband and broke my hip. I didn't want to stay at the lake anymore. I love the companionship of my friends and neighbors and am very happy here. I really miss Waterford when I'm gone."*

**Liz Larson**

—Resident

## Coming Events

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

**Thursday, Feb. 10,  
6:45 pm**

Music by Darin Henze and Friends. Auditorium.

**Monday, Feb. 14, 2:30 pm**

Valentine's Day Tea. Prairie Rose Dining Room.

**Thursday, Feb. 17,  
4:45 pm**

Monthly Birthday Party, Sweetheart Theme. Drinks at 4:45, dinner at 5 and 5:30, and music by the Fourte Quartet at 6:45.

**Monday, Feb. 21, 2:30 pm**

Presidents' Day Celebration.

**Wednesday, Feb. 23, 3 pm**

Quilt Show

**Saturday, Feb. 26,**

**2 to 4 pm**

Fargo-Moorhead

Community Class:

*Creating A Spiritual Will*

taught by Sr. Andrea Arendt

**Sunday, Feb. 27, 2:30 pm**

*Oklahoma!* performance

at North Dakota State

University. Cost: \$10 per

person. Please sign up at

front desk.

## Reflections on nurturing your heart



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

“Recipe for a happy heart:  
2 cups of Love  
1 cup of Friendship  
1 cup of Gratitude  
Add a dash of Laughter  
Pour into any Soul”  
— *Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

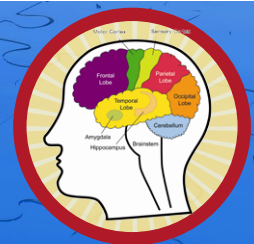
But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.

Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment Wellness Director Mary Tvedt. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

## Brain Builders



Do these math problems as fast as you can.

- |                     |                       |
|---------------------|-----------------------|
| 1) $2 + 3 =$ _____  | 7) $12 + 2 =$ _____   |
| 2) $7 - 2 =$ _____  | 8) $20 + 9 =$ _____   |
| 3) $8 + 4 =$ _____  | 9) $16 + 11 =$ _____  |
| 4) $1 + 9 =$ _____  | 10) $15 - 10 =$ _____ |
| 5) $10 - 4 =$ _____ | 11) $30 + 30 =$ _____ |
| 6) $5 - 0 =$ _____  | 12) $19 - 5 =$ _____  |

Answers: 1) 5    2) 5    3) 12    4) 10    5) 6    6) 5  
7) 14    8) 29    9) 27    10) 5    11) 60    12) 14

## Club happenings

### Ballroom Dance for Fitness

This exciting new personal-training option at the Waterford Health & Fitness Club mixes the instruction of basic ballroom dance with the exercise benefits of dancing. Sessions are taught by Greg Dye from the Northern Lights Ballroom Dance Club and are scheduled between 1 and 2:30 pm Fridays. The cost per 30-minute session is \$20 per person. Couples and individuals are welcome. Limited spots are available. Sign up early at the club's front desk.

### Tai Chi Chih

Tai Chi Chih is an ideal form of exercise for people of all ages and physical abilities. The unique, healing art incorporates 19 movements and one pose into slow, gentle movements that can be practiced sitting or standing. Regular participants experience improved circulation and respiratory function, flexibility, coordination, increased energy, and stress reduction. Muscles and bones are strengthened, and many experience decreased blood pressure.

Tai Chi Chih is now available for one-on-one or small-group personal training. To sign up for personal training, please call the club at 701-526-1055. Cost per 30-minute session is \$20 per person.

### Massage therapy

The club is offering massage therapy. The benefits of massage include reduced stress and fatigue and improved circulation. It has been proven beneficial in the treatment of many chronic diseases, including arthritis, back pain, high blood pressure, diabetes, and depression. Plus, it feels great! To schedule your massage, please call Massage Therapist Teresa Altenbernd at 218-443-0235 or 218-233-4147.

**Coming Soon – Spa Day at the Waterford Health & Fitness Club.** Sit back, relax, and enjoy an afternoon of pampering at the Waterford Health & Fitness Club. More information coming soon! ■

## Straw décor



**Lois Vogel displayed her straw decorations during a recent open house in her home.**