



A Touchmark® community  
Est. 1980

# Celebrate Active Aging Week

Waterford invites residents, club members, and the public to a day of whole-person wellness on Sept. 29.

**11 to 11:40 am:** *Comfort Food: Hymns, Songs, and other Wisdom* with Tom Holtey, chaplain for Hospice of the Red River Valley. Auditorium.

**11:40 am to 12:40 pm:** Picnic lunch with Bruce Furness, former mayor of Fargo, who will present *Remaining active as you age*. Auditorium.

**12:40 to 1:40 pm:** Fun run/walk with different distances and ability levels (quarter mile, half mile, and mile routes available). Start at the main entrance, and finish at the Waterford Health & Fitness Club.

**12:40 to 1:40 pm:** *Going Green*.

*Chevy Volt: First Electric Car in North Dakota*, presented by Waterford resident James Bastian. Main entrance.

**1:40 to 2 pm:** Refreshments. Fitness club.

**2 to 2:30 pm:** *Healthy eating/nutrition related to aging*, presented by Licensed Registered Dietitian Maren Wolsky. Fitness club.

**2:30 to 3:15 pm:** *Lifelong learning*, presented by North Dakota State University Professor and Department Head of History, Philosophy, and Religious Studies John Cox, PhD. Fitness club.

**3:15 to 4 pm:** Hydro-Pilates™ trial class. Waterford Health & Fitness Club is the first to offer Hydro-Pilates in the Fargo/

Moorhead area. This low-impact exercise strengthens/stretches the body with a mind-body focus. Fitness club.

For more information, call 701-526-1055. All are welcome. No charge.

*Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles. ■*



## Former North Dakota governor visits Waterford

On Wednesday, Sept. 21 at 4 pm, Gov. George Sinner and former press secretary Bob Jansen will share excerpts from the memoir *Turning Points* at Waterford. Residents, team members, family, and the public are invited. George will be selling and signing books after the reading.

Gov. Sinner served as North Dakota governor from 1984 to 1992. He also served in the North Dakota House of Representatives and the State Senate. Bob was the governor's press secretary from 1985 to 1992, and before joining the governor's team, he worked in the newspaper business. ■

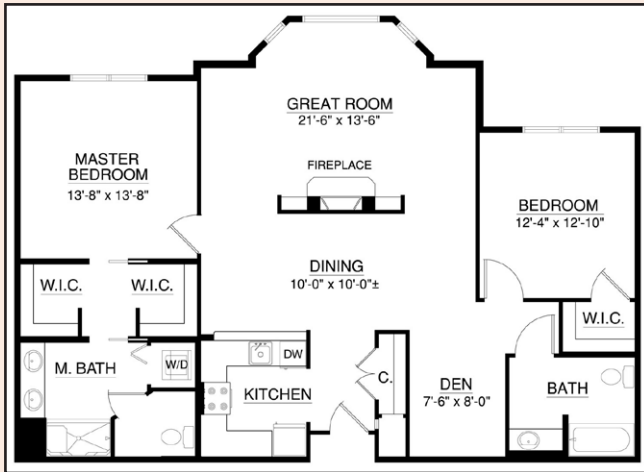


Former Gov.  
George Sinner

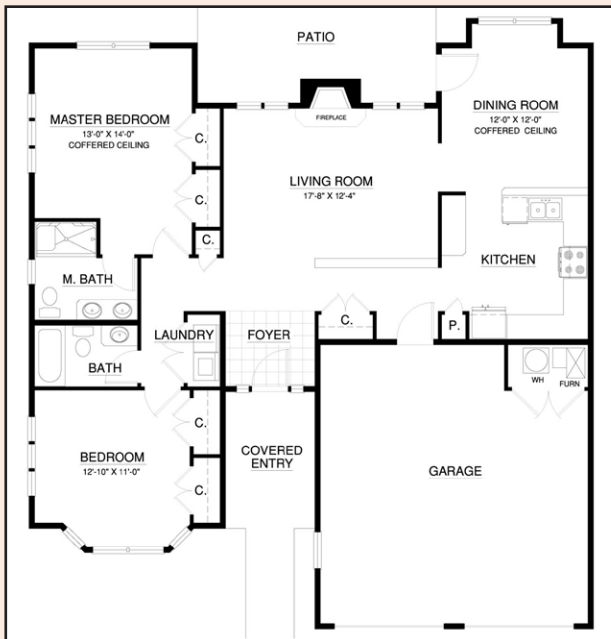


Former press  
secretary Bob  
Jansen

## Imagine the possibilities



You'll have plenty of elbow room in apartment 271. This 1,445-square-foot home offers two bedrooms, two bathrooms, and a den. The cozy gas fireplace and washer and dryer are just some of the "extras" you'll love in this west-facing home.



Imagine a carefree lifestyle, a community of friends, and life-enriching opportunities at every turn! You can have it all at Waterford. This 1,381-square-foot cottage home is located at 3426 Waterford Drive and offers two bedrooms and two bathrooms. Call or stop by today for a personal presentation.

## Saddle up!

Touchmark residents have got talent! Organized and directed by resident Ray Green, the recent performance of the western musical program *Saddle Up* took residents back in time. Ray invited several residents to participate in the melodrama, the sing-alongs, or in the Cowboys' Sweethearts Chorus. Saddles, western props, and themed decorations set the tone, accentuated by the western attire worn by many in attendance. ■



Life Enrichment/Wellness Assistant Anne-Marie Fitz applies Dick Smith's cowboy beard for the performance.



Marion Fisher sings her solo, *I'm an Old Cowhand*.

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Retirement Counselor Stacey Adams (left) portrays Beautiful Bessie Brown while Waterford Health & Fitness Club Director Mark Minette plays the role of Two-Gun Sam, the villain.



Jim and Helen Bastain portray Mr. and Mrs. Brown.



Members of the The Cowboys' Sweethearts chorus include (from left): Anne-Marie Fitz, Yvonne Green, Nancy Thorndal, Jean Irby, and Vonnie Anderson.

Special effects noises for the melodrama were skillfully made by (from left) Judge Myron Bright, LaVerne Nubson, and Yvonne Green.



Intern Kody Hass plays the role of the hero, Cowboy Bill Jones, alongside heroine Beautiful Bessie Brown, played by Stacey Adams.



## Swimming—life goal accomplished.

*Martha Thilmony has always wanted to learn to swim. She started working with Waterford Health & Fitness Club Director Mark Minette several months ago. Checking off a lifelong goal from her “bucket list,” Martha recently wrote the following:*

I grew up not knowing how to swim and afraid of being in the water that was more than three feet deep. At age 55, I have finally made the decision and have taken it upon myself to learn how to swim. I visited the various facilities around town that have a pool and provide swimming lessons, and after visiting the Waterford at Harwood Groves, it became very apparent to me that this was where I wanted to be.

When I toured ... , I was overwhelmingly impressed with how welcoming and pleasant the staff was and

how well they treated me. The building was remarkably clean and very well-maintained. The total atmosphere ... was quiet, calm, and simply gave me a great feeling. Although I already knew I wanted to take my lessons at the Waterford, my decision became even more confirmed after I was able to meet swimming instructor Mark Minette.

I explained to Mark that I could not swim but had set a personal goal to finally remedy that. A “bucket list” item, if you will. I went on to explain to Mark that I had a great deal of doubt in my ability to learn how to swim, not to mention all the challenges, fears, anxiety, and apprehensions I had of achieving this goal. Mark immediately helped me think beyond my concerns and assured me that I would be able to obtain my goal.

Soon after, the lessons started. My overall thought was “poor Mark, this man is going to have his work cut out for him.” This all stems back to my anxiety and fear of water, the fact that I swim like a rock, and as the saying goes ... “you can’t teach an old dog new tricks.” But here I am, five months later, and not only have I learned how to swim, but Mark has also taught this old dog a variety of new tricks, or shall I say swimming methods, style, strokes.

My initial goal was that if/when I learned how to swim, I was going to call it quits on the lessons. However, because of Mark’s patience, calmness, personality, and genuine care and concern that he has shown me through it all, I don’t think he will ever get rid of me. My heart goes out to him for the confidence he has helped me gain and being a true inspiration in my life. Words cannot express the gratitude I have toward him as well as for all the staff at the Waterford at Harwood Groves. ■



**With the guidance and encouragement of Waterford Health & Fitness Club Director Mark Minette, Martha Thilmony has conquered her lifelong fear of the water and now is a great swimmer.**

## Coming Events

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

### Friday, Sept. 16, 3 pm

Musical entertainment by Shirley Pearson. Auditorium.

### Wednesday, Sept. 21, 4 pm

Book reading and signing with former Governor George Sinner. Auditorium.

### Thursday, Sept. 22, 2 pm

Music by the Zippidy Singers. Auditorium.

### Monday, Sept. 26, 4 pm

Golden Oldies Music with Gene Okerland.

### Tuesday, Sept. 27, 10:30 am

Jessica Baumgartner with ProRehab presents Safety in the Home. Hoyle Room.

### Thursday, Sept. 29, 10 am to 3 pm

Active Aging Day—Expand Your Experience. Waterford Health & Fitness Club.

## Billiards at the Pub



Virginia Palm tries her hand at pool during a recent Billiards at the Pub gathering, organized by Chuck Solly. Chuck leads billiards in the Cue Room each week and recently invited residents to join him for some friendly competition and lunch at Fargo Billiards and Gastropub.



Arlene Cegla goes for a strong finish.



Bud Carlson (left), Arlene Cegla, and Chuck Solly pause during their game.

## Stories of life ... legacies



Nancy Thorndal puts pen to paper to document stories of her life.

### *Just for laughs!*

*Answers from students on music exams*

1. A virtuoso is a musician with real high morals.
2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
3. A harp is a nude piano.
4. Refrain means don't do it. A refrain in music is the part you'd better not try to sing.



Audrey LePore (left) and Adele Swenson gather to work on their writing skills at a recent writing skills class.



Audrey LePore (center) interjects some silliness into a conversation with Virginia Palm (left) and Adele.

## You said it!

*"We chose a Waterford cottage home because we wanted to retain our independent lifestyle. We love our cottage and yet we are only a short walk to take part in all the Life Enrichment activities and meals."*

**Ray & Yvonne Green**

—Residents

## Club news

### The new dieting mindset

According to recent studies, 58 percent of American adults have at some point in their lives been on a diet, and 35 percent of this group is still on a diet today (*Rasmussen Reports*). Along with being on a diet comes a constant focus on that which you cannot eat. That mindset needs to change—the focus should be on what you *can* eat!

The Department of Agriculture recommends that Americans consume nutrient-dense, low-calorie foods.

Following are the recommended daily intake amounts for each food group for individuals 51-plus years, who get less than 30 minutes of moderate physical activity each day. Those who are more active may be able to consume more while staying within calorie needs.

### Grains

Daily recommendations: five ounces for women; six ounces for men

One ounce = one slice of bread; one cup ready-to-eat cereal; one-half cup cooked rice, pasta, or cooked cereal

### Vegetables

Daily recommendations: two cups for women; two and one-half cups for men

One cup = one cup of raw or cooked vegetables or vegetable juice; two cups of raw leafy vegetables

### Fruit

Daily recommendations: one and one-half cups for women; two cups for men

One cup = one cup of fruit or 100% juice; one-half cup dried fruit

### Dairy

Daily recommendations: three cups for women and men

One cup = one cup milk, yogurt, or soy milk; one and one-half ounces of natural cheese; two ounces processed cheese

### Protein

Daily recommendations: five ounces for women, five and one-half ounces for men

One ounce = one ounce meat, poultry, or fish; one-quarter cup beans; one egg; one tablespoon peanut butter; one-half ounce seeds or nuts

### Other healthy eating tips

- Avoid oversized portions
- Fill half of your plate with fruits and vegetables
- Make at least half of your grains whole grains
- Switch to fat-free or low-fat milk
- Drink water instead of sugary drinks
- Visit <http://www.choosemyplate.gov/> for more information

### Club schedule

The new class schedule started Monday, Sept. 12. Stop by the club for more information.

### Club is first to offer Hydro-Pilates™

The Waterford Health & Fitness Club is the first to offer Hydro-Pilates in the state. This nonimpact exercise strengthens and stretches the body and focuses on the mind and body.

Classes are taught by certified instructors and will be Tuesdays and Thursdays from 9:45 to 10:15 am or Mondays and Wednesdays from 6:10 to 6:40 pm. There is no charge for club members; the cost is \$65 for others. The new eight-week session started September 12.

Hydro-Pilates™ is also available for personal  
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