



Enjoy the many life-enriching activities



Message from
Arlene Farnsworth
—Executive Director

August is already here, and we have a calendar filled with exciting life-enriching events. We'll be attending the Mandan band shell concerts, Bismarck's Brown Bag in the Park, the Capital a Faire, an afternoon to the Railroad Museum, the 21st annual Senior Wellness Sensation, and several more happenings.

The month of July was just as busy. Residents are telling us how much they enjoy these many different outings. There is always something for everyone. Come visit us today and learn about our resort-style living and the many life-enriching activities.

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Have fun: It matters

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

Depending on one's definition of "delightful," leisure activities provide a chance to connect with people, look inward, enhance skills, get fit, and renew or strengthen relationships. The scientific literature reports numerous

random studies that correlate things like nature, water, pets, poetry, music, hobbies, and the company of other people as enjoyable for a large number of people. The research also shows a correlation between pleasure and wellness.

Professor Blair Justice, PhD, at Texas School of Public Health has written extensively about the correlation of stress and illness—*dis-ease*. His latest book, *Who Gets Sick: How Beliefs, Moods and Thoughts Affect Your Health*, focuses on the immune system and the potential for individuals with cancer and heart disease to stave off disease progression and its debilitating effects. He contends that the

“The crucial element is that you do something that is inherently delightful to you.”

—*Dulce Zamora, writer and health researcher*

process and progress of disease can be mediated by the pursuit of and involvement in activities that generate pleasure, fun, and positive interactions.

While this is not new thinking in the world of psychoneuroimmunology (the body's

ability to heal itself), most of us put play and pleasure at the lowest level of priority in our harried lives. Yet, in order for something to be enjoyable, it can't be done in a state of fatigue. For someone dealing with a chronic disease, the scheduling of moments of meaningful pleasure is even more of a challenge. Gina Dingwell, RN, coordinator of the Mind-Body Program at the Institute for Complementary and Alternative Medicine in Vancouver, BC, states, "It's about checking in." She suggests the following questions might help determine if an activity is the right thing to do in the moment: Is this going to energize me? Is this going to put me in a place where I feel better?

Or am I just doing this because it is a “duty.”

At Waterford, the Life Enrichment/Wellness program and the general milieu of the community are focused on bringing people together for moments—and more—of pleasure and fun. If you have ideas for events, activities, spaces, or groups that will add to the possibilities for fun and pleasure, share them with Life Enrichment/Wellness Director Shawna Dschaak.

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Lifestyles. Homes. Enrichment.

Have you ever wished you could experience a retirement community without the stress of selecting the right furniture to bring from your home and moving it all? At Waterford, you can rent our furniture and experience a trial stay for two weeks to two months! You decide your length of stay. Just pack your suitcase of clothes, and you are all set!

A short stay at Waterford will allow you to meet new friends, to try the Life Enrichment/Wellness program and enjoy delicious meals. Contact Reva at 701-323-7000 for more information or to tour our guest suite.

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Join the Waterford Health & Fitness Club

by Shawna Dschaak
—Life Enrichment/Wellness Director

Summer is coming to an end, and it is time to make or renew your commitment to a healthier new you. Join with a friend in August and both of you will receive \$10 off the initial fee.

The Waterford Health & Fitness Club offers a variety of fitness and aquatic programs and classes. We have a fitness room with Keiser strength-training machines, Elliptical Trainers, Treadmills, Nu-Steps, and a bike. Our warm-water pool offers two lanes for lap swimming and deep water walking, along with various aquatic classes to meet the needs of all levels and abilities.

After your workout, relax in our spa. The Health & Fitness Club is open to adults 40-plus. For more information on our offerings or to schedule a tour, call 701-355-1280.

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for August is a recipe with a story.

My favorite recipe

by Jeane Mason
—Resident at a Touchmark retirement community in Fargo, North Dakota

I am Scotch-Irish and like to go beyond oatmeal when I cook! I guess I could say one of my hobbies is cooking. Cooking for family and friends is real therapy. My husband especially liked summertime barbecue season. One of our favorite menus is one that most everything can be made ahead (early in the day):

Barbecued Baby Back Ribs

Baked Grated Potatoes

Mandarin Salad

French Bread

For dessert: fresh fruit and cheese with a chocolate cookie and mugs of hot coffee!

Barbecued Baby Back Ribs—This recipe comes from my daughter-in-law, Beth, and has become our favorite.

Put rib rack in heavy foil and brush both sides generously with your favorite barbecue sauce. Wrap completely in foil and refrigerate overnight. Bake in oven for 2 1/2 hours at 300 degrees. Turn several times, brushing with more sauce.

Baked Grated Potatoes

8 medium potatoes

1 medium onion

1 pint half-and-half cream

Salt and pepper to taste

Peel and grate potatoes; put in colander. Run cold water over the potatoes until the water runs clear. Squeeze out any remaining water. Put a layer of potatoes in a buttered 8 x 11 baking dish and add some onion, salt, and pepper; add another layer of the potatoes, onions, and seasonings. Pour cream over top—cream should almost cover the potatoes. Serves 8.

My Grandma MacDonald came from Nova Scotia. She would be happy and surprised to know that I now like her favorite food, cod! Of course, there was always sweed pudding for holidays, scones, etc. Due to my lack of interest at that time, I'm sorry to say I do not have the recipes.

For September, please submit a book review of "your favorite book." Deadline for this issue is August 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Shawna Dschaak.

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Awash in the artwork and adventure

by P.J. Brenden

—Winner of Touchmark's 25th anniversary cruise

Since I was 17, I have dreamed of touring Europe. To take in the Mona Lisa, to view the brilliant colors of Greece, and to watch people scurry around a European market were things I hoped to do. And earlier this summer, my husband and I packed our bags for a 15-night cruise board the HMS Rotterdam, thanks to Touchmark.

The trip was truly an amazing, fast-paced adventure. We soaked in the ruins in Greece and Turkey (despite the heat), climbed down the stairs of Temple de la Sagrada Familia bell tower in Spain, ate heavenly food at the Dessert Extravaganza on the ship, and laughed constantly about the odd public restrooms throughout Europe.

My favorite adventures were visiting Claude Monet's garden in Giverny (west of Paris) and viewing the Mona Lisa. I love art, and to see the handiwork of such masters was awe-inspiring. I cried in front of the Mona Lisa ... and, well, about every other artwork treasure.

The day I visited the Mona Lisa, I arrived at the Louvre early and made my way to the display. Other than the guards and a few tourists, there weren't many other people around, and I was able to see her well (ignoring the fact that she was encased in protective glass). People stood there in silence, just absorbing the painting. Finally, an Australian tourist leaned over and asked me, "How long should I stand here?" We both had to laugh. You only dream of seeing the Mona Lisa, and when you finally do, you're not sure how long you should stand there in reverence of



P.J. Brenden, Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner, soaks in the beauty of *The Fortress City* (Valletta) in Malta.

the masterpiece.

I also enjoyed the quality of the artwork on the ship. They had some Dalis, Rembrandt etchings, and other famous pieces. I even attended several art auctions and purchased two pieces—one for my Italian-inspired wine room.

The ship itself was opulent, the food was great, and the people on the ship were fascinating. My husband and I met some people who had been on 14 or 15 cruises! We just enjoyed the whole experience. Thanks, Touchmark!

Editor's note: Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband traveled throughout Europe on Holland American's HMS Rotterdam. P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing.

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Pontoon rides on the Missouri River

by Tara Williams

—Life Enrichment Coordinator

It was a bright, sunny day when residents from Waterford set out for a relaxing pontoon ride down the Missouri River. Along the way we encountered some feathered

friends—ducks and geese—as well as other boats and pontoons enjoying the weather.

Our captain for the afternoon was Captain Cary Backstrand from Bismarck. His daughter, Kristi Learn, works with us in the Life Enrichment/Wellness Department, which is how we were able to “hook” him for the pontoon rides. Captain Cary volunteered his time and pontoon so residents could enjoy the sights and sounds of the river. He shared about the pontoon and the river. Everyone had a wonderful time—what a way to spend an afternoon!



Waterford residents enjoy a pontoon ride on the Missouri River.

Upcoming events

Tuesday, August 22, 2 pm—*Navigating the Computer* class, lead by June Kraft in the Chapel.

Sunday, August 6, 2 pm—Capitol Heights Baptist Church Choir performs in Chapel.

