



A Touchmark® community



Fall ushers in seasonal celebrations



Message from
Arlene Farnsworth
—Executive Director

September has already slipped by, and now October comes dressed in fall colors and changing weather, which tells me it's time to start celebrating the end-of-year holidays. This month, we'll have Spook Week, pumpkin decorating, and a Halloween party. I'm excited to see the costumes and have the public come trick-or-treat with us October 31 at 6:30 pm.

October is just the beginning of the fun. November will bring Thanksgiving gatherings, and December will usher in holiday magic. We invite you to join us for these and the many fun and life-enriching activities here at Waterford.

Come and create some memories with us this fall!

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Nutrition—important for brain and body

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

Tired of hearing about the worldwide obesity epidemic?

Unfortunately, it is true, and the more scientific studies that come in the more data there are to verify that diabetes, renal failure, high blood pressure, high cholesterol, dementia, and even poor bone integrity are all tied to the problems that come with being overweight. As you might suspect, the majority of the cause rests with lifestyle decisions—poor eating choices and inadequate exercise.

“One of the major benefits of eating fruits and vegetables is their high potassium content. Potassium is protective against high blood pressure and a new study shows that potassium is protective to the bones.”

American Journal of Clinical Nutrition, April 2005

Instead of dwelling on the bad news, though, let's focus on some positive habits and good strategies in regard to selecting and eating food. Here are a few proactive approaches to try:

- 1. Shop the perimeter of the grocery store** and spend as much time as possible in the produce, dairy, and grain sections of the store. Avoid the interior and end-of-aisle packages ready in five minutes—choices that are high in sodium and trans fat.
- 2. Start the day with as many fresh fruits and grains as possible:** juice, berries, or banana on your whole-grain cereal or oatmeal; whole-wheat toast, melon, and/or citrus. It's a lot easier to get the nine required half-cup daily servings if you start early in the day.
- 3. Drink at least seven glasses of water every day** to

stay hydrated and keep your body and brain in balance. Seven glasses of fluids is a minimum for even the smallest adult (85 pounds). Some of your fluids can be juices, coffee, and tea, but they aren't as efficient for the kidneys or brain as plain water.

4. Eat two to three servings of fish every week—even canned tuna packed in water counts! Fish really is brain food; it's not an old wife's tale, after all.

5. Combine exercise— aerobic and anaerobic—with good dietary choices. People who diet and lose weight over and over are at the greatest risk of rebound weight gain, and without consistent exercise at the right level, the fat comes back but the muscle does not.

There are numerous Web sites with good recipes and healthy eating ideas. One you might like to check out is www.whfoods.com/genpage.php?tname=recipe&dbid=131. With beans in great abundance in the fall, this could be a great side dish for you, your family, or friends.

At Waterford we are committed to working with every resident on healthy lifestyle options. To join in planning, preparing, and participating in dietary and exercise programs and events contact Life Enrichment/Wellness Director Tina Kambeitz.

Expansion at Waterford—come enjoy an enriching lifestyle

There is a lot of construction going on in Bismarck, and now Waterford will join in by beginning construction this fall of a duplex, with the goal of completing it in the spring. One side is already presold, so call Reva Kautz at 701-323-7000 now to discuss the details of the remaining 1,370 square-foot home.

Mrs. Giggles ice-cream truck visits Waterford

by **Tina Kambeitz**
—Life Enrichment/Wellness Director

“I scream, you scream, we all scream for ice cream,” and that's exactly what the residents and staff did in September.

One of our very own team members, Deb Logan, has an ice-cream truck with the old-time music and all the ice cream you want. It was a nice reminiscent topic, and everyone had fun.

We thank her for taking the time to share the truck and goodies.



Residents and staff enjoy treats from Mrs. Giggles ice-cream truck.

Waterford Health & Fitness Club welcomes massage therapist

by **LeiLani Haack**
—Waterford Massage Therapist

I am very excited to announce that I will be offering my services at Waterford starting this month. I would like to give a brief description of my background, so you know a little bit about me.

I grew up on a farm in southeast North Dakota and attended Fairmount Public School. After high school, I attended the University of Mary. A year after graduation I decided that I wanted to become a massage therapist and moved to Boulder, Colorado, to attend Boulder College of Massage Therapy, where I learned many techniques in the areas of Swedish/relaxation massage, neuromuscular therapy, deep tissue massage, shiatsu, and orthopedic massage. After graduating with a degree in Associate of Occupational Sciences in Massage Therapy, I became nationally certified. My husband and I moved back to Bismarck, and I took a massage therapy position at the St. Alexius Center for Integrated Medicine.

I vary my techniques to fit the person who I am working with, but I like to use a little of all of these techniques in my treatments. I have been married to my wonderful husband, Jason, for four years.

My hours at Waterford will be:

Tuesday—8:30 am to 5 pm
Wednesday—noon to 7 pm
Thursday—8:30 am to 1:30 pm
Friday—8:30 am to 5 pm

The rate for a massage will be:

30 minute—\$30
60 minute—\$50
90 minute—\$65

All Waterford residents, fitness club members, and my current clients from the Center for Integrated Medicine will receive a \$5 discount on any of the massages listed above.

I look forward to being part of Waterford, and I hope to meet a majority of you. I encourage you to take some time for yourself and receive a massage from me.

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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 October is a poem highlighting the fall harvest or life wisdom.

Dakota Autumn

by Lucille Bachman
—Resident at a Touchmark community in Fargo, North Dakota

Bright blue skies
Cool nites
Trees in glowing colors
Children's laughter
School is open
The smell of leaves burning
Wild geese calling
The advent of the holidays
Take a walk at night
And see the Northern Lights
The sky alight

With a million stars

For November, please submit a story and photo focusing on Thanksgiving and/or sharing. Deadline for this issue is October 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Tina Kambeitz.

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It's time for flu shots

by Winona Phelps, RN
—Medicare Manager, Touchmark

Waterford promotes healthy lifestyles. One way that you can have a healthier fall and winter is to get a flu shot.

Stay healthy this year— get your flu shot!

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The flu (or influenza) is a contagious respiratory illness caused by viruses that can lead to mild or severe illness or even death. The best way to avoid the flu is by getting a flu vaccination each fall. Older people, young children, and those with certain health conditions are at high risk for serious flu complications, such as bacterial pneumonia, dehydration, and worsening of chronic medical conditions (e.g., congestive heart failure, asthma, or diabetes).

What are the symptoms?

Symptoms include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

How flu spreads

Flu is very contagious and spreads when people cough and sneeze. Sometimes people become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may infect others one day before symptoms develop and up to five days after becoming sick. This means that you can pass on the flu to someone else before you know you are sick as well as while you are sick.

Preventing the flu: get vaccinated

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle and is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray vaccine is made with live, weakened flu viruses that do not cause the flu. This vaccine is approved for healthy people 5 years to 49 years who are not pregnant.

About two weeks after vaccination, antibodies develop that protect you from infection.

When to get vaccinated

October or November is the best time to get vaccinated, but December or even later can still be beneficial. Flu season can begin as early as October and last as late as May.

Who should get vaccinated?

In general, anyone who wants to reduce his or her chances of getting the flu can get vaccinated. Health care workers, people 50 to 64 years, those who could transmit the flu to people at high risk, and those at high risk for complications should be vaccinated.

The Centers for Disease Control (CDC) has issued two recommendations for the upcoming flu season:

1. Vaccinate children 24 to 59 months and their household contacts; they stress the importance of administering two doses of vaccine for children 6 months to less than 9 years who were previously unvaccinated.
2. Remember that neither Amantadine nor Rimantadine are to be used for treatment or prevention of influenza A.

If you have questions about the flu or how/where to get a flu shot, ask us. And here's wishing you a flu-free year.

Note: Information from this article was drawn from the CDC's Web site at www.cdc.gov/flu

Upcoming events

Monday, October 9 through Friday, October 13—Spook Week.

Monday, October 9, 2:30 pm—Halloween Poppuri in Hoyle Room.

Thursday, October 12, 2:30 pm—Halloween Bingo in Hoyle Room.

Thursday, October 12, 7 pm—Music Club Entertainment in Chapel.

Friday, October 13—Everyone wear black.

Friday, October 13, 2 pm—Tricky Trivia in Hoyle Room.

Friday, October 13, 2 pm—Trip to Papa's Pumpkin Patch.

Friday, October 13, 3 pm—"Spooky" Coffee Social in Hoyle Room.

Monday, October 16, 2:30 pm—*Travel to Monaco* in library.

Tuesday, October 17, 2:30 pm—Dakota Physical Therapy Seminar on foot pain by Chad Bergan, MPT. Chapel.

Thursday, October 19, 2 pm—*Guys and Gals Show* in Hoyle Room.

Thursday, October 26, 11:30 pm—Color Your Plate seminar with June Kraft in Creative Arts Room.

Thursday, October 26, 3:30 pm—Healing Touch seminar with Kathy Volk. Chapel.

Friday, October 27, 10 am—Bus leaves Waterford for Prairie Knights Casino.

Friday, October 27, 2 pm—Pumpkin decorating in Creative Arts Room.

Monday, October 30, 2:30 pm—Scrapbooking in Creative Arts Room.

Tuesday, October 31, 2:30 pm—Halloween Party in Four Seasons Dining Room.

