



Honoring veterans



Message from
Arlene Farnsworth
—Executive Director

Sometimes it's easy to become distracted by the busy holiday season and forget to give thanks for the blessings of good friends, family, and freedom. We are taking a break from the holiday rush and giving thanks for and honoring veterans on Friday, November 10.

The Amvets quartet will sing, an honor guard will perform a flag folding ceremony, and we will show a documentary on veterans. The festivities will conclude with a social. Thank you, veterans, for your service and sacrifice. We salute you!

.....

The lasting effect of gratitude

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

We've all experienced it—the unanticipated “thank you,” the smile from a stranger, the compliment from a friend. These seemingly small, thoughtful acts of kindness and acknowledgment leave a positive imprint on our conscious mind and often on our attitude. But there are larger benefits, and historians as well as researchers have proven the

value to both the giver and the recipient.

Such diverse authors as Dorothy Davis, Jon Kabat-Zinn, Gandhi, and St. Paul have written in parables, journals, instructive essays, and sacred texts about the lasting impact of unselfish contributions to individuals, societies, and cultures. Stories of the Underground Railroad during the Civil War, the nationalist efforts of compassionate German citizens during the Holocaust, and more recently the efforts of thousands of volunteers in New Orleans and Mississippi are familiar to most readers.

“To affect the quality of the day, that is the highest of arts.”

.....
—*Thoreau, Walden*

In less well-read literature, the research community has evaluated the power of expressed gratitude. Individuals with personalities that are largely defined as unselfish, caring, and compassionate have a higher quality of life both physically and psychologically. Well-being is measured in personality indexes and psychological profiles as well as verified with testing that measures the significant systems of the body: cardiovascular, neurological, endocrine, and musculoskeletal. Consistently, considerate individuals fare better and live “well” longer than their contemporaries.

An even greater benefit in the aggregate is the influence on our culture of those who care and share. Without the caregivers, charitable organizations, good neighbors, and citizens we rarely read about in the newspapers, the needs of many would go unnoticed and unmet. In Waterford's Life Enrichment/Wellness program, we strive to provide opportunities to residents, their families, and our staff to make a difference. To be involved in the positive opportunities, contact Life Enrichment/Wellness Director Tina

Kambeitz for information on how to participate.

Taking in the sites on a fall hayride

by Tina Kambeitz
—Life Enrichment/Wellness Director

Hey ... “hay isn’t just for horses” anymore, according to Waterford residents who took a hayride on a beautiful autumn day. A team of dapple grey percherons, named Thunder and Lightning, lead the way.

As our journey continued over the rolling plains we were able to see some wild horses and Longhorn steers. Afterwards, we went back to the ranch, where doughnuts and hot apple cider were served. Until next month, happy trails!



Residents are ready for a fun, fall hayride.

What others are saying

“I have loved every day and wished I had come sooner. My apartment is very adequate, the residents are all friendly, the workers and waiters are all very helpful and pleasant, [and] the cooks do a wonderful job of preparing nutritious and delicious food each day. I would recommend the Waterford to anyone who needs a new home with great friends.”

Betty Miller
—Resident

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 November is a story and photo focusing on Thanksgiving and/or sharing.

The Waterford

by Evelyn B Fisher
—Resident at a Touchmark community in Fargo, North Dakota

If it weren't for the Waterford
Where would I be?
In some little shack down
by the sea?
At the Waterford it's clean as
can be, schedules on time, great
entertainment right down the line,
Oh, it's the Waterford for me!
Laundry rooms a 'plenty,
library books to read, piano
music for listening, and mail
to receive—how lucky can I be?
Yes, it's the Waterford for me!

For December, please submit a poem and/or photo that “celebrates life.” Deadline for this issue is November 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Tina Kambeitz.

Don't let winter stop your fitness routine

With colder weather approaching, it is time to think about moving your workout indoors. Waterford Health & Fitness Club offers a wide variety of fitness classes to meet your needs, such as water aerobics, Pilates, SilverSneakers®, yoga with a chair, and many more.

Waterford now offers over 25 classes per week and has Keiser strength-training machines, elliptical trainers, treadmills, Nu-Steps, and a bike. Join in November and receive \$10 off the enrollment fee. For more information, call 701-355-1280 or stop by for a tour.

Upcoming events

Thursday, November 9, 11 am to 1 pm—November and December resident birthday buffet. Four Seasons Dining Room.

Friday, November 10, 2 pm—Honoring Waterford Veterans. The Amvets quartet will sing, the honor guard will perform a flag folding ceremony, we will show a documentary on Veterans, and the festivities will conclude with a social in Hoyle Room. Chapel.

Sunday, November 12, 2 pm—Thanksgiving slide show. Heart Smart Room.

Sunday, November 12, 4 pm—Scrapbooking. Hoyle Room.

Friday, November 17, 2 pm—Bake sale and food drive. Residents and staff will bring baked items or a nonperishable item for food drive. Proceeds for bake sale to go towards food drive. Those not wanting to bake, can donate dollars to purchase additional items for food drive. General Store.

Saturday, November 18, 2 pm—Teddy Bear Day. Front Lobby.

Sunday, November 19, 2 pm—Turkey Hunt. Hoyle Room.

Monday, November 20, 2:30 pm—Traveling to a Dude Ranch. Heart Smart Room.

Tuesday, November 21, 10 am—Anodyne Therapy seminar, presented by Dakota Physical Therapy. Heart Smart Room.

Wednesday, November 22, 11 am—Lunch at the Cracker Barrel.

Thursday, November 23, 11 am to 1 pm—Resident Thanksgiving buffet.

Monday, November 27, 3 pm—Waterford Volunteer Social. Prairie Rose Sitting Room

Thursday, November 30, 4 pm—Happy hour. Front lobby.

Experience the Waterford lifestyle

Now is the time to make arrangements to come to Waterford. Why worry about shoveling snow and how to get to and from doctor appointments this winter? Waterford can take care of the outside work, and you can ride the Waterford bus at no charge!

Being inside with good friends is much more pleasant than thinking about being home alone for another cold winter. There are openings now. Come reserve your new home today. Call 701-323-7000 for more information.

