



A season for giving



Message from
Arlene Farnsworth
—Executive Director

Did you know that “North Dakota leads the US in the production of at least 11 crops” ... and can be considered “a significant contributor to the global supply of food?” Gerald F. Combs, Jr, PhD, explains in an article published on the Agricultural Research Service Web site that our state can and does make huge contributions to the fight against hunger, both here and around the world.

Like our state, Waterford is continuing the tradition of giving to others this holiday season. We are collecting nonperishable food items for the Waterford food boxes to give to families in need in the Bismarck and Mandan area.

Staff and residents also are participating in giving through an Angel Tree. You are welcome to participate in our Angel Tree as well. It’s simple: just stop in, pick an Angel off our tree, and purchase an item for that Angel. The Angel Tree items and food boxes will be delivered December 15.

I wish you all happy holidays and safe travels!

In celebration of the spirit

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

In a world of continuous movement and sound it is almost impossible to embrace and stay in the moment. We’re constantly interrupted, startled, and distracted by cell phones, Web cams, laptops, barcodes—the list is almost endless. It is a major challenge to slow down long enough to take

**“Attend to the moment-
to-moment unfolding
of the present, adding
nothing, subtracting
nothing, affirming that,
‘This is it.’”**

.....
—Jon Kabat-Zinn, PhD, *Wherever
You Go, There You Are*

in the beauty of the day, the fragrance of the flower, the softness of the dew.

But the moment is only here and available to each of us in the real-time experience of today. Thoreau,

Gandhi, Buddha, Jesus, and multiple other teachers and spiritual leaders reminded their contemporaries and heirs to be mindful and present. That is the requirement for experiencing the celebration of the spirit.

Instead of numbing ourselves with TV, magazines, e-mail, videos, and thousands of other distractions, the challenge is to be still and go within to the spirit that makes us unique and connected; individual and shared community; person and family. The ability to achieve that focus is available to each person, but the skills needed to pursue mindfully each moment must be cultivated. Some ways to achieve that balance are outlined in all great spiritual texts:

- Be fully present in the moment.
- Invite joy.
- Create your future.
- Surround yourself with those who love and support your dreams and hopes.
- Eliminate the unnecessary and unimportant.
- Choose hope.
- Breathe!

As the season of celebration approaches, we invite you to participate in all of the celebrations and festivities Touchmark provides. We also invite you to share your spirit with others through our Let Your Spirit Soar program. For details of how to participate, contact Life Enrichment/Wellness Director Tina Kambeitz.

.....

Give yourself a gift

Waterford is building four cottages this winter, and two are already presold. There will be a two-bedroom home and a three-bedroom home ready next spring. Waterford shovels the snow, tends the lawn, and takes care of the inside and outside maintenance. No worries for you, so you can enjoy the Waterford Health & Fitness Club pool or travel when you want.

Call 701-323-7000 and make an appointment to see floor plans and to learn what is included in these new homes. Ask for Reva.



This home will be available in spring 2007. Call today to learn more.

What others are saying

“What I like about Waterford is [that] I have somebody to visit with all the time. There is always something to do, like games and coffee and cookies in the afternoon. I like the meals three times a day. Housecleaning is great. The cleaning ladies do a good job on everything. I also like being in the pool and the exercise room. Everything is great. That is why I moved back. I am here to stay this time. The staff and the residents have been outstanding for me.”

Joe Pleines
—Resident

.....

Each month filled with dynamic events

by Tina Kambeitz
—Life Enrichment/Wellness Director

No tricks—but lots of treats were handed out Halloween night at Waterford. More than 300 children from the community visited Waterford to receive treats as the residents sat in the main lobby and handed out candy. That afternoon Waterford had a spook-tacular social in the Four Seasons dining room, where we had a lot of good eats, fun trivia, and a mummy wrap. Fun was had by all.

We had a wonderful Thanksgiving buffet in November, and



Residents participated in a mummy wrap during the spook-tacular social this fall.



Resident Jack Vantine hands out candy to children at Waterford’s costume and trick-or-treating event.

once again, the busy season is upon us. Here at Waterford, this is usually the busiest time for the Life Enrichment/Wellness department. We have a lot of fun things planned for December. Some events are the Tour of Lights, where we will drive around town to see the holiday lights along with going through the Christmas in the Park light show in Sertoma Park.

Another thing Waterford will be doing this December is an Angel Tree. We will place a tree in the center of our lobby with children’s ages and names on it. Whoever would like to buy a gift for that child can do so, and a week before Christmas, Waterford will deliver the gifts. Take care and God bless.

.....

Take advantage of this December special

by **Shawna Dschaak**
—Health & Fitness Club Director

Did you know that the average person gains between five and seven pounds during the holiday season? This December, remember to eat lots of steamed vegetables, instead of those drenched in butter and fat; drink lots of water; substitute fresh fruit in place of high-fat desserts; and when heading through the buffet line, take a salad plate instead of a dinner plate.

The Waterford Health & Fitness Club is also here to help

you maintain a healthy weight. It has been proven that working with a personal trainer can help you achieve results faster. During the month of December, when you purchase five one-hour personal training sessions, you’ll receive the sixth one at no charge.

For more information, call 701-355-1280 or stop by for a tour. Happy—and healthy—holidays.

.....

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 December is a poem and/or photo that “celebrates life.”

The morning of Christmas

by **Eleanor Butz**
—Resident at a Touchmark community in Sioux Falls, South Dakota

‘Twas the morning of Christmas and all through
the house
How we were stirring, no thought of a mouse.
The suitcase of clothes had been packed with much care
For the wee little bundle who soon would appear.
The laundry was finished and hung on the hooks
The icebox was filled with good food for new cooks.
And Pa in his coat and I in my wrap
Had just settled down for a long, cold trip.
When all of a sudden there arose such a clatter
I looked from the car to see what was the matter.
A little more slowly we drove down the road
We hoped we would make it, a piston we’d scored.
The dawn breaking now on the new fallen snow
Showed gray skies—it was quiet below.
Then to our grateful eyes did appear
The lights and the door of the hospital in Pierre.
With my careful driver and the nurse in sight,
I knew in a moment that all would be right.
More rapid than comets the nurses now came,
Some whispering, some asking about baby’s name.
Was it David or Daniel or Robert or Clarence
Or Katherine or Janet or Mary or Florence?

There's more to the story, how he came here below,
But why should I tell it, you mothers all know.
And then I awoke and heard the good news:
IT'S A BOY! A name we must choose.
I looked at his features, his head turning 'round,
"He looks so like you, how does David Earl sound?"
His eyes, how they twinkled, his dimples, how merry
His cheeks were like roses, his nose like a cherry.
His droll little mouth was drawn up like a bow,
And the fuzz on his head was as white as the snow.
He was so red and so wrinkled an elf,
That I laughed when I saw him in spite of myself.
When his clothes were all on him, my, he looked sweet,
All dressed up in white from his head to his feet.
A wink of his eye when he twisted his head,
Soon gave me to know I had nothing to dread.
He spoke not a word, but went straight to his work.
He guzzled his dinner, then turned with a jerk,
And laying his finger aside of his nose,
In nurse's arms, sleeping, to the nursery he goes.
He was placed in his bed with deftness and care
And I lay and wondered and wished he were near.
But I heard him exclaim in his own little way,
"Merry Christmas to All"—

WHAT A MEMORABLE DAY!

For January, please submit a heartfelt, reminiscent story or "new year, new you" resolutions. Deadline for this issue is December 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Tina Kambeitz.

Upcoming events

Wednesday, December 13, 4:30 pm—*Yuletide Melodies* with resident Adele J and Bonna Cunningham.

Thursday, December 14, 2 pm—Beseler Sisters. Chapel.

Thursday, December 14, 6:30 pm—Bus leaves for *Tour of Lights*. Limited seating. RSVP required.

Friday, December 15—Christmas and holiday festivities.

- 10 am: YMCA children will sing Christmas and holiday songs. Lobby.
- 2:30 pm: Resident Christmas and Holiday Party. Four Season Dining Room.
- 7 pm: Carols with the Bethel Youth Group. Chapel.

Tuesday, December 19, 2 pm—Wachter Middle School Choir. Chapel.

Wednesday, December 20, 6:45 pm—Capitol Heights Baptist Church Choir. Front lobby.

Thursday, December 21, 10:30 am—Simle Middle School Choir. Chapel.

Friday, December 22, 7:30 pm—Carols with the Riverwood Baptist Church. Lobby.

