



A Touchmark® community  
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## Happy new year to you



*Message from*  
**Arlene Farnsworth**  
—Executive Director

Welcome to a new year. Welcome January 2007. Welcome to rosy cheeks, and welcome to the warmth of Waterford. It may be cold outside, but it's warm within. It's the people who make Waterford so warm and wonderful—their warm hearts and caring attitudes, their kind words and giving spirit.

In 2006, our Life Enrichment/Wellness theme emphasized lifelong learning. This year's theme, "Creating Intentional Community," focuses on community outreach and giving and sharing. We all know how it feels to give. Even if it's just a smile or a few moments of our time, it brightens someone's day. We hope our efforts are making a difference. Can we brighten the life of someone you know? If so, please visit us today to see what we're all about.

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## New year ... new you

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

In a world of quick fixes and New Year's resolutions, it is important to pause and realize that there is no one prescrip-

tion for physical, emotional, and spiritual well-being. Each of us is a unique human being made up of common human genomes but entirely different in personality, strengths, weaknesses, and preferences. The message of the media that there is a universal solution for achieving improved

health may fit cereal boxes, bumper stickers, and 30-second ads, but in order to achieve individual goals an individualized "prescription" is essential.

**"If we all  
ran at the  
same pace,  
we'd always  
be in each  
other's way."**

.....  
—*Gary Stanley,*  
*author*

As 2007 arrives, it is a good idea to do a personal inventory of one's highest priorities and evaluate what choices and resources are needed to achieve goals. According to Kenneth Cooper, MD, MPH, founder of the Cooper Institute,

there are a few very important goals for all of us over the age of 50:

- **Adequate sleep.** This can often be achieved by having a good level of activity/exercise during the day; eating earlier in the evening to aid digestion before going to bed; avoiding excessive alcohol or caffeine; and attempting to fill the mind with good thoughts before retiring for the night. A good bed and pleasant company also are helpful.
- **Balance in activities.** Physical activity needs to include cardiovascular, flexibility, strength, and balance regimens. Depending on individual needs, there may be more of a need in one area than the other. Stretching and flexibility are often ignored, but they are critical to overall physical fitness.
- **Socialization.** Good company, conversation, and

humor affect overall health.

- **Continued learning.** Remember: We create new brain cells every day of our lives.
- **Healthy food choices.** These are good for the body and soul.
- **Volunteerism.** The importance of giving back is essential to good health.

At Waterford, we focus on the unique needs of each person. For support and assistance with an individualized wellness program, contact Health & Fitness Club Director Shawna Dschaak or Director of Life Enrichment/Wellness Tina Kambeitz. Make the new year your best year.

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## Interested in living here?

by **Reva Kautz**

—Community Relations Director

Construction has begun on our second duplex at Waterford. This lot is north of Waterford's main entrance. It will offer the cottage models of the Avondale with 1,874 square feet and the Amherst with 1,326 square feet.

Many great Waterford amenities await new residents who choose one of these homes as their own in 2007. The two other homes being built on the south side of the entrance have contracts signed already.

Don't miss this opportunity to have a new home and enjoy worry-free living. Call me at 701-323-7000 and see what we have to offer.



**Call today to learn more about this cottage duplex and other homes.**

## Purchase a card, support a cause

The *Let Your Spirit Soar* note card collection, featuring the artwork of talented artists who live in Touchmark communities throughout North America, is now available. A set of eight cards and envelopes costs \$10, and individual cards cost \$2. Your purchase will support the Touchmark Foundation's work to help seniors receive needed support and services. To learn more about the Foundation, please visit [TouchmarkFoundation.org](http://TouchmarkFoundation.org) or call Executive Director Janet Plummer at 800-796-8744.

## Enter photo(s) for Touchmark 2008 calendar

As part of the Life Enrichment/Wellness Let Your Spirit Soar program, Touchmark is planning to create a 2008 calendar featuring photos taken by staff (team members) and residents. The calendar theme is "creating intentional community," and it will convey pictorially the Life Enrichment/Wellness areas: physical activity; mind/body/spirit; community outreach; intergenerational; friendship; growing together; lifelong learning; special events/holiday celebrations.

All photos must be in color; taken with a digital camera or 35 mm camera, show current staff/residents, and have a completed permission form of all people pictured. Check with your Life Enrichment/Wellness office for complete guidelines. All photos must be submitted by July 31, 2007 to be considered for the calendar.

# Holiday highlights and new year anticipation

by Tina Kambeitz

—Life Enrichment/Wellness Director

Greetings from the Life Enrichment/Wellness team! We had a very busy December with a lot of different events. In addition to all the great carolers, Waterford did an angel tree and food drive for the Bismarck community. It was a huge success with more than 13 boxes of food and over 65 gifts distributed to those in need in the community.

Aside from all this, we are looking forward to the new year with a lot of different parties and themes. Make sure you check our newsletter monthly for upcoming events.



Waterford was decked in inviting and festive décor during the holiday season.



Left to right: Office Manager Jamie Whitney, Community Relations Director Reva Kautz, and Life Enrichment/Wellness Coordinator Tara Williams pack food boxes and ready them for delivery.

## 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 January is a heartfelt, reminiscent story or “new year, new you” resolutions.*

## Longevity

by Dorothy Dee Workman

—Resident at a Touchmark community in Vancouver, Washington

At the age of 73,  
I developed an interest in longevity.  
Then at the age of 74,  
I began to hanker for more, much more.  
Finally, at 75,  
Profound gratitude for being alive.  
At 76, ineffable loss,  
No more spouse, I’m now my own boss.  
Seventy-seven, walking is slow,  
Though generally speaking I’m still on the go.  
No time to waste at 78,  
Doesn’t make sense to leave life to fate.  
Now 79, 99 the goal,  
I’m captain of my fate, master of my soul.

*For February, please submit a heart-to-heart/love story. Deadline for this issue is January 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Tina Kambeitz.*

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## Benefits of working with a personal trainer

by Shawna Dschaak

—Health & Fitness Club Director

**Consistency.** Working with a personal trainer on a regular, continuous basis can help you stay on track and reach your fitness goals. You are less likely to skip an appointment when someone is waiting for you.

**Motivation.** Personal trainers can work with you one on one or in a small-group format to provide the motivation you need to continue with a fitness program. They can coach you through the challenges you may face to help

keep you on track. Trainers will help you set goals and reevaluate your goals to constantly keep you motivated.

**Safety.** Personal trainers will show you the proper techniques for stretching, lifting weights, and exercising to ensure that you are as safe as possible.

**Specific training.** Whether you are looking to improve your golf swing, increase your cardiovascular endurance for hunting, or increase your flexibility to reduce lower back pain, personal trainers can design a program that's tailored specifically for you.

**Rewarding.** Working with a personal trainer can be very rewarding. The time you invest will help improve your self-esteem, and the decreased stress will carry over to your family, work, and social life. Remember, you are the most important person in your life. Without your health, you will not be able to take care of others around you.

**Waterford Health & Fitness Club** invites you to schedule an appointment with one of our personal trainers. For more information, call 701-355-1280 or stop for a tour.

## Upcoming events

**Thursday, January 11, 11 am to 1 pm—**  
Birthday buffet. Dining room.

**Tuesday, January 16, 2:30 pm—**Storm day  
social. Four Seasons Dining Room.

**Wednesday, January 17, 11 am to 1 pm—**  
Lunch out at Applebee's.

**Monday, January 22—**start of *Celebration of the  
Decade: 1960s.*

**Thursday, January 25, 3 pm—**Decade social.  
Front lobby.

