



A Touchmark® community  
Est. 1980



## Celebrate heart health with us



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

I once read a Valentine’s card that said, “Love makes the world go round, but chocolates make the trip worthwhile.” To some degree, I’d have to agree!

February is considered heart-health awareness month. There is National Wear Red Day February 2 and then, of course, Valentine’s Day on February 14.

On February 6, we have a program on fitness and healthy eating as well as an array of heart-healthy snack choices.

Even though it might be tough to set aside that box of chocolates you just received as a Valentine’s gift, make sure to have healthy choices handy, such as fresh fruits, vegetables, and whole grains.

Please join us February 6 as we focus on heart health. In addition, you may want to consider learning more about our Health & Fitness Club—call 701-355-1280 for more information.

## Follow your heart

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

In today’s world there is a good understanding of the workings and function of the human heart. There is even a live television show that features surgeons doing open heart surgery (let the viewer beware; it is bloody). How is it then that we continue to attribute the heart with being the center of human emotions? In reality, the emotional data center for humans is the prefrontal cortex of the brain. This is where we discern pain from pleasure, friend from foe, gratuitous compliment from genuine praise.

It is an amazing and complex interaction of all of the lobes of the brain that integrates emotion and fact and allows humans to form opinions and make judgments about how to assess an incident or person as to whether there is danger

**“To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to.”**

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—Kahlil Gibran

in a given situation. The same automatic analysis can reveal a safe situation and often provides insight into who we can trust with our emotional well-being.

So, although in the 21st century it is well known that the mainframe of the brain does generate the full range of emotions, our culture continues to use the heart as the universal symbol of the repository for emotions. Sage advice would be to take care of both of these important organs to have “good heart and brain health.” In general, what is good

for the heart is good for the brain. That applies to diet, physical activity, balanced work and play time, positive relationships, and good financial choices. It is the total combination of lifestyle choices that allows people to “follow their hearts and create their own future.”

At Waterford, the Life Enrichment/Wellness program components are designed to support good heart and brain health. For information on the offerings and opportunities available, contact Director of Life Enrichment/Wellness Tina Kambeitz.

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## New van purchased



Waterford recently purchased this new Toyota van for resident outings. Watch for us on the go!

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## Design your lifestyle

*by* Reva Kautz  
—Community Relations Director

Winters can be long and lonely for those who live alone and find it difficult to get out to the grocery store or church. Why not consider a lovely home at Waterford, and let us shovel the snow and provide transportation with our Waterford bus at no extra charge. Our fine dining room offers three delicious meals every day, and we have a variety of Life Enrichment/Wellness opportunities, including Bible studies, birthday parties, hayrides, resident-led morning devotions, fitness classes, and church weekly in our chapel.

We only have a few homes left, but there is no waiting if the timing is right for you. Please call me at 701-323-7000 for your personal tour.

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## “Go Red for Women”

*by* Shawna Dschaak  
—Health & Fitness Club Director

### Be informed

Cardiovascular disease is the number one killer of women throughout the United States. More women die from cardiovascular disease each year than men.

### Be prepared

To reduce your risk factors for cardiovascular disease, visit your health care provider and learn your numbers, such as blood pressure, cholesterol, triglycerides, glucose, body mass index, and waist circumference. Eat a healthy diet full of fresh fruits and vegetables, whole grains, low-fat dairy, and lean protein. Also, try to participate in at least 30 minutes of physical activity on a daily basis.

### Be part of the cause



Women &  
Heart Disease

Join millions of people February 2 and “Go Red for Women.” For more information, contact the American Heart Association at [www.goredforwomen.org](http://www.goredforwomen.org).

Waterford Health & Fitness Club would like to encourage members to wear red February 2 to support this cause. We will have Red Dress pins available for our members. For more information, contact us at 701-355-1280.

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## Share your talents and time with residents

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

Spring is just around the corner, which reminds me of new beginnings and new life. Our Life Enrichment/Wellness

theme for 2007 is “Creating Intentional Community” and will focus on giving and sharing. Volunteerism is a very important role in the lives of residents and can make a tremendous difference. Volunteers can lead group games and activities, assist with letter writing, and spend time with residents—the opportunities are endless.

Family members, residents, and members of the Bismarck community are invited to volunteer. If you are interested in volunteering, have a special talent to share, or know someone who might be interested, contact me at 701-323-7028 for more information.

*list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/ Wellness Director  
Tina Kambeitz.*

## Upcoming events

**Friday, February 2**—Wear Red Day and support heart disease awareness.

**Tuesday, February 6**—Heart health presentation. Open to the public. Heart Smart Room.

**Thursday, February 8, 11 am to 1 pm**—Birthday buffet.

**Wednesday, February 14, 2:30 pm**—Valentine’s Day party. Four Seasons Dining Room.

**Monday, February 19**—Mardi Gras week starts.

**Friday, February 23, 2 to 3 pm**—Cottage open house (Avondale).

**Tuesday, February 27, 11 am to 1 pm**—Winter picnic lunch.

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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 February is a Heart-to-heart/love story.*

## Valentine’s Day Poem

*by* Arloene Laskowski

—Resident



*Remember back when we were kids,  
And “Sweetheart’s Day” meant fun?  
We’d find a box and get some paste  
And glue hearts by the ton!*

*We’d wear our “Sunday best” that day  
With ribbons in our hair,  
And run and skip and dance and sing,  
Without a single care.*

*In high school, though we might be shy,  
And dared not steal a kiss,  
We’d hope that special beau  
might pass  
And fill our hearts with bliss*

*We’re older now, and things  
have changed,  
No longer can we run,  
We still can pray and smile and sing,  
Let’s have some “older fun!”*

*For March, please submit a humor and laughter poetry feature. Deadline for this issue is February 10. For a*

