



Spring is on its way



Message from
Arlene Farnsworth
—Executive Director

I'm looking forward to the coming of spring and seeing the bulbs pushing up from the earth and hearing the robins singing once again. We recently received a beautiful spring garden basket from a special resident's family. This is a fresh reminder of the upcoming season (see picture below).



On that note, we have several fun events we'll be enjoying this month, such as our annual spring social for residents, family and staff; our birthday buffet; and our cottage open house—to mention a few.

There is never a dull moment around here, and I hope you can join us.

Optimism affects global wellness

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

In the last five years, a whole new field has developed in the world of psychological research. It is the study of positive psychology. While that may sound like something New Age or “soft” in the annals of research study and outcomes, it is in fact becoming very important in trying to figure

“I think we are our memories more than we are the sum total of our experiences.”

—Martin Seligman, *psychologist and writer*

out how the global population can cooperate and work together for the greater good of all.

A study of positive emotion, character, and institutions by Seligman and

Csikszentmihalyi in 2000 included data from around the world and over time. From the studies of the ancient Greeks to the Psychology departments in today's universities, the conclusions turned out to be the same. Scientific evidence verifies long-held beliefs—key strengths in the optimistic personality are linked to life satisfaction in regard to a life well lived and are a high index of self-esteem and good mental health. In addition to individual influence, there is a great impact on the world culture when these principles and strengths are applied to leaders and learners.

A 2005 *Time* magazine cover story, “The New Science of Happiness,” featured Seligman and highlighted eight simple steps to lift your level of happiness, based on the

research of University of California psychologist Sonja Lyubomirsky:

1. Count your blessings.
2. Practice acts of kindness.
3. Savor life's joys.
4. Thank a mentor.
5. Learn to forgive.
6. Invest time and energy in friends and family.
7. Take care of your body.
8. Develop strategies for coping with stress and hardships.

Look for additional information and scientific investigation of the phenomenon of positive psychology in an upcoming article I wrote for the International Council on Active Aging's *Journal of Active Aging*. (A link on the Touchmark Web site will be available following publication.)

Talk with Waterford Life Enrichment/Wellness Coordinator Tara Williams for immediate access to support and opportunities to implement positive influence. The possibilities for optimistic results are unlimited.

Spring events flourish

by Tara Williams
—Life Enrichment/Wellness Coordinator

We've planned many interesting and fun events for the spring season. The Red Hat ladies are meeting this month; Sylvia is leading a painting class; and there's a social on Sunday, March 25. Don't forget the lunch-out event on March 21 or the piano and violin recitals on the 26th.

Check the upcoming events section of this newsletter or the Life Enrichment/Wellness calendar for more information. I hope to see you there; it's going to be an enjoyable month!

What others are saying

"I enjoy my apartment and all the staff for their help and friendliness. The residents are very friendly, and it feels like one big family here. Thanks to all the staff for taking such good care of us. God Bless."

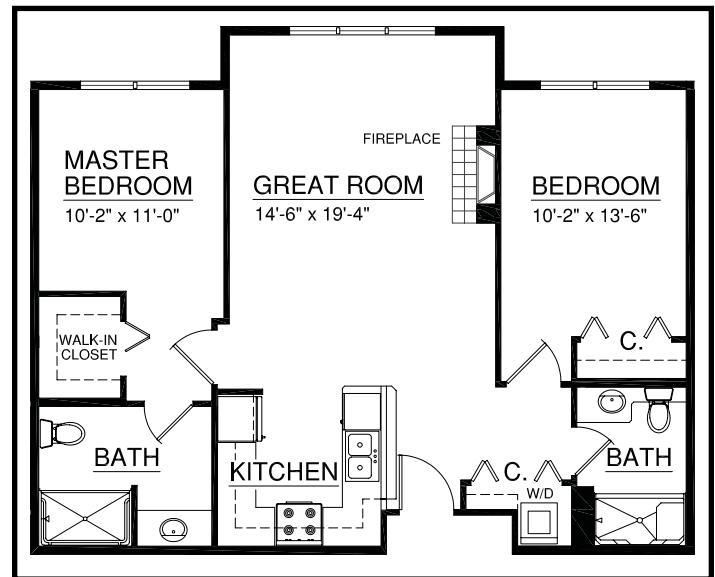
Betty Miller
—Resident

Enjoy maintenance-free living

by Reva Kautz
—Community Relations Director

Now is the time to move to a beautiful home at Waterford. We have spacious floor plans available to tour. Don't wait until spring; come now so you don't have to worry about snow shoveling or if your car will start to get to your doctor appointments.

We have warm living rooms to share with new and old friends. Play cards, enjoy musical entertainment, or just visit. Call me today at 701-323-7000 for your private tour.



Upcoming events

Thursday, March 15, 2:45 pm—Senior Center Singers. Chapel.

Friday, March 16, 2 pm—Red Hat meeting. Prairie Rose Sitting Room.

Tuesday, March 20, 7 pm—Elisabeth sing-along. Chapel.

Wednesday, March 21, 11 am—Lunch out.

Friday, March 23, 1:30 pm—Paint with Sylvia. Creative Arts.

Saturday, March 24, 2 pm—Dance team. Chapel.

Sunday, March 25, 1 pm—Resident, employee, and family social. Lobby.

Monday, March 26, 4 pm—Piano and violin recitals. Lobby.

Saturday, March 31, 2 pm—Attending Shrine Circus show.

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 March is a humor and laughter poetry feature.

Reflections

by **Katie Ternes**
—Resident

Changing times were noticed this week when I shared an old recipe that called for a half-cup oley. That really made me aware of my age when the young housewife didn't have a clue what oley was. Those thoughts stayed with me all week and made me think of other timely expressions. We have patios today; yesteryear, they were porches. Another fun one is "eve troughs," for today's rain gutters. (I was asked where "Adam troughs" were. My answer: "On the back of the house.")

Power lines vs. high lines; water towers vs. water tanks are a couple more. They went to a filling station, and now we stop at a gas station. They go to a post office; we went

to the mail box. They entertain; we served lunch. They go sledding; we went sliding. They see a movie; we went to a show. They do the butterfly dance; we did the polka. Do you remember this one? We took a trip; they take a suitcase.

Then, the all-time classic for me is, they got pregnant—we were "PG" or "in a family way"—or really did not mention it at all.

I hate having to think before I have ordinary conversations!

For April, please submit an intergenerational story—current or from the past. Deadline for this issue is March 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Coordinator Tara Williams.

Falls are preventable

Waterford is committed to reducing the risk of resident falls by creating a "blame-free" environment. In order to support this goal, Waterford is educating residents, families, and staff about the risk factors for falls.

Waterford recently held a Fall Awareness Day for people to gather valuable information on reducing risks for falls and to learn about specific risk factors, such as muscle weakness, depression, dementia, balance and gait problems, prior falls, and medications.

Ruth Beachey, PT, of St. Alexius talked about balance and dizziness. Duane Stegmiller, RPH, from the Medicine Shoppe Pharmacy, shared how medications may cause falls and discussed proper medication use. Finally, Chad Bergan, PT, of Dakota Physical Therapy, shared home-safety tips.

If you would like to learn more about reducing your risk for a fall or how the Waterford Health & Fitness Club can help you, contact Health & Fitness Club Director Shawna Dschaak at 701-355-1280.

