



Come celebrate with us!



Message from
Arlene Farnsworth
—Executive Director

Seems like we went from winter to spring overnight, and we're already planning for one of our big events of the year—the third annual Waterford Health Fair in honor of National Senior Health & Fitness Day, which is on Wednesday, May 30 from 9 am to noon.

We have many interesting and fun vendors participating. It is sure to be very informative with many giveaways and door prizes. We hope you can come—and bring a friend.

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From research to practice

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

This year, the theme of National Senior Health & Fitness Day (Wednesday, May 30) is *Make Every Day a Fitness Day*. Research over the past year by a coalition of national organizations (“The National Blueprint: Increasing Physical Activity Among Adults Aged 50 and Older”) has clarified even further that lifestyle choices in the area of physical activity are the number one predictor of aging well. In

addition to the benefits of improved cardiovascular health, strength, balance, and flexibility in regard to functional fitness, the impact on reducing chronic illness can be measured in real dollars and real time.

The most successful transitions for inactive or under-active adults occur when all the factors that contribute to success, benefits, and maintenance of the lifestyle changes are in place. The most critical are:

- A safe and accurate physical activity prescription that meets the unique needs of the individual.
- A functional assessment (initially and ongoing) that measures all the components of wellness for each participant.
- A balanced program that includes safe and effective endurance, strength, balance, and flexibility components.
- In group-based physical activity, a qualified instructor who provides training and supervision.

“In Canada and the United States, ... numerous initiatives are under way to promote active aging and quell rising rates of obesity, diabetes, and other chronic illnesses among older people.”

—Marilynn Larkin, MA, fitness professional and medical writer and editor

- Support through the transition process from professionals and peers.

Waterford is committed to providing opportunities for physical activity choices that will enhance the quality of life and function for each resident. For details about the May 30 celebration of wellness, contact Life Enrichment Director Kaye Knudson.



Residents and 17 children from the YMCA Childcare dyed eggs at the “Eggtravaganza” event in April. The group enjoyed cookies, lemonade, singing, and dancing.

from the YMCA Childcare dyed dozens of eggs. We served cookies, lemonade, and ended the day with the children singing and dancing.

There are many fun events planned for May. Bismarck State College is hosting ArtsQuest 2007. Students and guest artists will share their talents with the public. Let’s get out and support these blossoming artists.

It’s getting close to graduation time, and we will celebrate with staff who will be graduating or who have children graduating along with residents’ whose children or grandchildren are graduating. Residents and staff will be asked to submit graduation photos of themselves for the *Name the Graduate* contest. There will be a door prize for the staff member and resident who can identify the most.

We also will celebrate Memorial Day by attending a ceremony at the state Capitol. To top off the month of May, Waterford will host National Senior Health & Fitness Day. Residents and Bismarck-area community members are invited to visit booths and participate in activities to learn more about staying healthy and fit.

You can live here!

by **Reva Kautz**
—Community Relations Director

Now is the ideal time to research retirement options—when you have time to reflect on preferences and review options. Sometimes families need to find a place of care when a loved one is in the hospital, and they may have difficulty selecting an ideal home.

Waterford has regularly scheduled open houses and special events where people can tour our community and see what amenities and services are offered. You don’t have to wait for an advertised open house; just call a member of the Sales team at 701-323-7000 and schedule your personal tour. We have many convenient homes and lifestyle options to consider.

To further help with planning for the future, the Touchmark Foundation created a book—*Is your house still the right home?*—that can assist you in making the best lifestyle and retirement decisions. Call us to receive a complimentary copy.

Celebrate May events and happenings

by **Kaye Knudson**
—Life Enrichment Director

I have received such a warm welcome from residents and staff at Waterford. I am excited to meet all of you, get to know you better, and find out what special activities you enjoy.

Fun was had by all who attended the “Eggtravaganza” at Waterford in April. Twenty-three residents and 17 children

Have fun and learn at Waterford's Health Fair

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



Waterford will be hosting its third annual Health Fair in honor of National Senior Health & Fitness Day. This year's theme is *Make Every Day A Fitness Day!* The event will take place on Wednesday, May 30 from 9 am to noon throughout the Waterford campus.

National Senior Health & Fitness Day is the largest health promotional event for older adults in the United States. Approximately 150,000 older adults will participate in health and wellness events on May 30.

Waterford has participated in this event for the last three years to help promote the importance of maintaining a healthy mind and body and would like to invite the public to the health fair. Come and learn the latest information on maintaining a healthy lifestyle, register for door prizes, and enjoy a healthy snack. For more information, contact Health & Fitness Club Director Shawna Dschaak at 701-355-1280.

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International expert speaks to Touchmark staff



“We can have many diseases and conditions—and still be well,” says Jan Montague, who has devoted her professional life to wellness and health promotion and “invites people to choose optimism.” Jan owned and managed a chain of fitness centers for more than 10 years and has consulted with more than 90 senior living communities, hospitals, and other firms. A vibrant speaker, she spoke last month in Beaverton, Oregon, to Touchmark Life Enrichment/Wellness staff at their annual training session.

Jan started her presentation by sharing, “I walk, talk, and try to live wellness in all that I do.” Ten years ago, she explains, wellness was “a good idea.” Five years ago, “we knew wellness was something we should do.” Now, the research is overwhelming, and she says, “It’s something we must do.”

Yet, people still operate within an illness model—fix the problem but ignore the whole person. In contrast, Jan says, “Wellness is an inside-out model.” Her approach addresses all aspects of human nature: social, emotional, physical, intellectual, spiritual, and vocational.

According to Jan, “Wellness will not just happen on its own.” She emphasized the importance of intentional and purposeful wellness and focused on how people’s actions can build—or discourage—intentional, healthy communities. Some specific steps people can take to build community include:

- **Surround yourself with a positive support system;**
- **Maximize individual capacity—do as much as you can;**
- **Make sure your “whole person” shows up every day;**
- **Take on self-responsibility;**
- **Recognize that life happens and make a decision to be positive.**

“Wellness is a strength-based approach to life,” says Jan, encouraging people to “Think well. Act well. Be well.”

In 1997, Jan Montague met now-retired Touchmark Vice President Ed Murphy, who invited her to work with Touchmark, which she did. “Everywhere I’d go, I’d talk about your company,” she says. “You were truly, truly the trailblazers of wellness.” Today, Touchmark’s focus has evolved to its current, dynamic Life Enrichment/Wellness program.

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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 May is an article about active living—sports/fitness theme.

For the hugs

by Ray Hall

—Resident at a Touchmark community in Appleton, Wisconsin

My wife and I lived in West Carrollton, Ohio, which is a suburb of Dayton, Ohio. National Cash Register had a transportation theme park, called Carrillon Park, that was about seven miles from our home. My wife and I would ride our bikes to that park, enjoy that area, and then ride back home. It was about a 14-mile round trip. We didn't call it exercise, though; we called it recreation, because we liked it. We had those bikes four or five years. When I finally gave those bicycles away, the odometer on hers read over 1,000 miles and so did mine, maybe more.

When I first moved here to be by my daughter in December 2001, I'd spend about an hour on the NuStep and then another hour on the stationary bicycle. In more recent years, I've switched to using only the stationary bike. It's easier for me, and I didn't want to quit entirely, even though I'm 94 years old. I've already won awards. I've won treats, prizes, and trips out to lunch for my participation in the Stepping Out exercise program here.

Awhile back, when we couldn't get out to lunch for a couple of months, I said I'd be just as happy just to get a hug as my reward for exercising. The truth is, even though my doctor told me once he thought exercise was one of the things keeping me going, and I know it keeps my legs strong, I don't do it for any of those reasons. I do it for the hugs.

For June, please submit an "I remember when ..." nostalgic story. Deadline for this issue is May 18. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Kaye Knudson.

Upcoming events

Saturday May, 12, 7:30 pm—*Arsenic and Lace*. Dakota Stage Playhouse.

Friday, May 25, 4 pm—Social hour and *Name the Graduate*. Residents and staff are invited to bring graduation photos for *Name the Graduate* contest.

Monday, May 28, 9 am—Outing to Memorial Day program at the state Capital.

Wednesday, May 30, 9 am to noon—National Senior Health & Fitness Day celebration.

