



A Touchmark® community  
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## Learning year round



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

It's September, and many students have already started classes. At Waterford, lifelong learning is a staple of the Waterford lifestyle and continues year round.

Last month, residents, guests, and staff collected information about healthy eating and fun food tips at the Sampling of a Bountiful Harvest event. This month, residents can visit The Enchanted Highway, attend the Downtowner's Street Fair, join the Stepping Out walking club kickoff, and attend a book fair.

The Waterford staff aim to create a rich events schedule that addresses every aspect of life and inspires continued learning. You too can experience a lifestyle full of activities that enrich you physically, intellectually, and spiritually. Visit us today and make lifelong learning part of your life.

## People can affect onset of progressive memory loss

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

Collaborative research studies are coming out weekly that provide evidence that each one of us can make choices that help compensate for age-related changes in regard to cognitive capacity and staving off the onset of dementia-related illness. In 2005, the first definitive information about the positive effect of exercise on reducing the risk of Alzheimer's disease was published. In 2006, the spotlight of research turned to nutrition. In general, the consensus of all the researchers is "if it's good for the heart it is good for the brain."

**“Older adults have more control over their cognitive vitality than they may realize.”**

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—Elizabeth Stine-Morrow,  
*Professor of Educational Psychology,  
University of Illinois*

This year, the primary focus is on the quest for interventions and prevention of the onset of all age-related dementia illnesses through continued development of brain cells in the area of intellectual stimulation and new learning. A large body of work from around the world confirms that specific attention to reading techniques and content, memorization, computer games designed to stimulate the cells of the hippocampus (the brain's region for new learning), difficult crossword puzzles, and challenges like Sudoku are definitively linked to brain cell growth and

enhanced mental function.

To this end, the National Institute on Aging has earmarked \$2.8 million to go to Elizabeth Stine-Morrow and her colleagues at the Beckman Institute for Advanced Science and Technology for a program called Senior Odyssey that is designed to engage older adults in team-based creative problem-solving and other brain-teasing challenges. Morrow's research on reading shows that older readers with good comprehension have learned how to adjust their allocation of effort to compensate for losses in other areas, such as working memory and language-processing speed. Her work, as well as the work of other scientists, shows that we don't need to buy into the cultural stereotypes of diminished cognitive capacity associated with the aging process.

The lifelong learning opportunities at Waterford are selected to support the abilities and skills of the residents. Embrace intellectual challenges. To find out more about program offerings or to be involved in planning and coordinating new learning activities, contact Life Enrichment Director Kaye Knudson.

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## Autumn sights and smells

*by* **Kaye Knudson**  
—Life Enrichment Director

Remember the first day of school? There was the smell of the fresh crisp autumn air, the sight of children walking to school for the first time, school buses, pencil shavings, and shiny waxed floors. As the summer sneaks into fall, I still smell and see some of these sights when out for my morning walk.

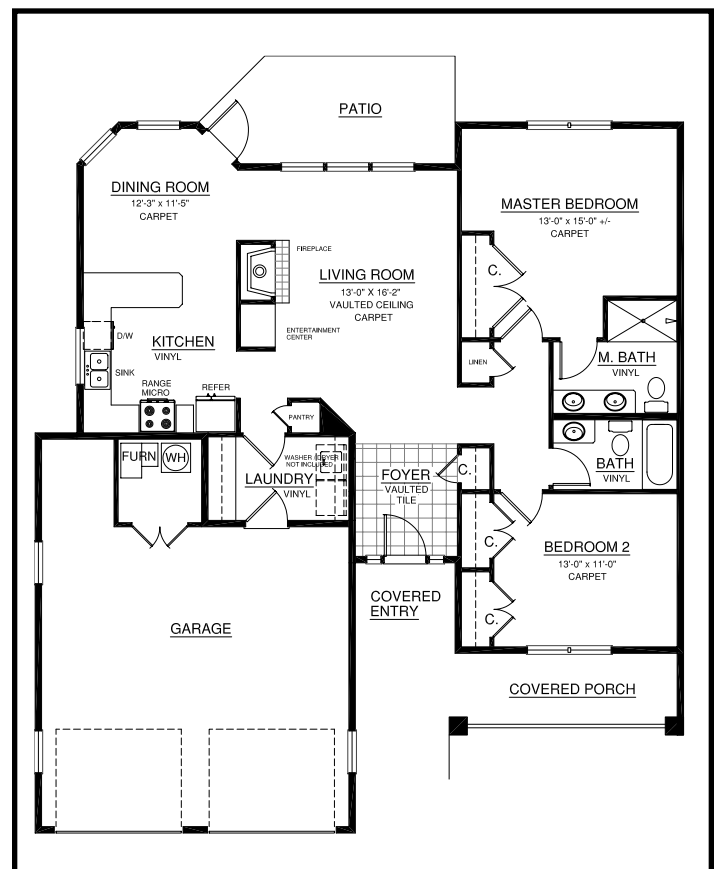
Here at Waterford, we will experience some of our own sights and smells of autumn through different Life Enrichment/Wellness offerings. While school children are moving into new neighborhoods and going to school for the first time, many new residents are coming to Waterford to live in this vibrant community.

Throughout the upcoming months, with the assistance of the Life Enrichment/Wellness department, people will come together to meet and greet their neighbors. We will have neighborhood socials in order to get to know each other. If you'd like to contribute ideas for the planning process, stop by and visit. Check out our event offerings, and see what Waterford's community is all about!

## Find more time for friends and hobbies

Summer is nearly over, and if you own a house, you have a lot of maintenance and work to do to get ready for winter. Not only is there a lot of yard work, but soon there will be snow to shovel.

Why not come tour Waterford's new worry-free cottage home and see all the benefits of letting the Waterford staff take care of all the work? The community has a beautiful two-bedroom, no-step home ready. Call Community Relations Director Reva Kautz today to schedule your visit.



Call today about this spacious home.

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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 September is a book review of your favorite book.*

# The Gift by Danielle Steel

by Edythe DeLange  
—Resident

After reading this book, I knew it was my favorite, because this is a story of the most ultimate gift someone could give to another person.

It was December 1952, and Liz Whittaker and her 5-and-a-half-year-old daughter Annie are decorating the Christmas tree. Tommy, her brother, who was 10 years older, adores her. Liz is a school teacher, and her husband, John, runs a large wholesale produce business. They live in a small Midwestern town.

Annie became ill with a high fever Christmas Day and died of meningitis—their little gift had been taken from them. She had been a little angel on loan to them from God. Annie's death devastated her family. Their marriage began to fall apart. Tommy's grades were falling.

## Now in Iowa

It was prom time in Onawa, Iowa, 250 miles from where the Whittakers live. Maribeth Robertson goes to the prom. She didn't know her date well. There was to be no drinking at the prom, but it seemed someone had spiked the punch. Maribeth's date became drunk, and a senior boy, Paul, offered to take her home. They went for hamburgers and a milk shake. They went for a ride afterward. Things between them heated up, and they became intimate.

She found out later, she had become pregnant. Her father becomes very angry, and Paul wants nothing to do with Maribeth. Her father says she can't stay home and must put the baby up for adoption. Her father took her to the Sisters of Charity Home and gave her \$700 for delivery of the baby. It was so dark and dismal at the convent; she left the next day by bus for Chicago. That evening the bus stopped in a picturesque little town for supper. Maribeth didn't intend to stay, but as she left the restaurant, she noticed a sign in the window for help wanted. She checked it out and was hired as a waitress.

A young boy came in three or four times a week to eat supper. He and Maribeth became acquainted and soon were attracted to each other. They went for walks, movies, and dinner. This young boy was Tommy Whittaker. Tommy and Maribeth study together in the evenings, so she can keep up with her school work. She is a smart girl, head of her class back home, and desperately wants to go on to

college. Tommy takes Maribeth home to meet his parents. They loved her, and Liz offered to get more material from the library for her to study. Liz invited Maribeth to share Thanksgiving at their house. It seemed Maribeth had softened them.

One evening Maribeth wanted to talk to Liz privately. She said she wanted to give the baby to Liz and John, because they are wonderful parents. Liz said, "It's the most beautiful gift that anyone could give me." This was a gift of all time—the gift of life that she couldn't bear—the gift of another baby. Liz talks to her husband, John, and they decide to take the baby.

A baby girl, Kate, is born at Christmas time. Liz and John had put aside money for Annie for college, and they both agree that Maribeth should take this money for college. Maribeth's parents came to pick her up, and before she left, she went in and held the baby. This was their final moment as mother and daughter. It was almost more than she could take to walk out of the house without her. They all kissed Maribeth goodbye and made her promise to call them and visit. Liz, John, and Tommy went back inside to the gift she had left them.

*For October, please submit a poem about harvest/life wisdom. Deadline for this issue is September 14. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Kaye Knudson.*

## Stay fit with fall fitness

by Shawna Dschaak  
—Health & Fitness Club Director

Summer is nearly over, and now is a great time to recommit to your fitness routine. Join the Waterford Health & Fitness Club during the month of September, and we will waive the \$40 joining fee if you purchase a one-year membership. Come and enjoy one of the many classes we have to offer, such as aquatic, M&M, yoga with a chair, and SilverSneakers® I – Muscular Strength & Range of Movement—to name a few.

Maybe you would like a personal trainer to coach you through your workout routine, or treat yourself by purchasing a relaxing massage with licensed Massage Therapist LeiLani Haack. There is something for everyone at Waterford. For additional information or to schedule an appointment, call 701-355-1280.

## Dakota Physical Therapy continues to offer exceptional service

Chad Bergan, Waterford's community physical therapist, has been managing Dakota Physical Therapy since June 2006 and bought the business in July 2007. Chad has hired Crystal Huber, PT, to help when he gets busy at Waterford and the other outpatient clinic in Mandan.

"I'm very excited to continue my services here at Waterford," says Chad, who is graciously offering no-charge screenings for residents and staff. Chad treats a variety of conditions, including, but not limited to, foot, back, shoulder, hip, and knee pain.

### Upcoming events

**Sunday, September 9, 2:30 pm**—National Grandparents' Day celebration. Four Seasons Dining Room.

**Monday, September 10, 2 pm**—Outing to Papa's Pumpkin Patch.

**Tuesday, September 11, 10 am**—9/11 remembrance and discussion.

**Thursday, September 13, 2 pm**—Presentation by artist and The Enchanted Highway creator Gary Greff.

**Friday, September 14, 10 am**—Downtown's Street Fair.

**Friday, September 21, 10 am**—Outing to The Enchanted Highway.

**Saturday, September 22, 2 to 4 pm**—Cottage Open House.

**Wednesday, September 26, 7 pm**—The JJ and Shari Show. Chapel.

**Thursday, September 27, 1 to 3 pm**—Waterford book fair. Tour homes and enjoy entertainment and refreshments. Lobby.

## Summer highlights



Barbara Gordon (pictured with husband John) is the lucky door prize winner of a half-hour massage at Waterford Health & Fitness Club. Barbara won the prize at a recent open house.



Residents look on as guest presenter and Bismarck State College Adjunct Professor Char McLaughlin (in apron) demonstrates cooking a Greek soup at the recent Sampling of a Bountiful Harvest event. Residents were treated to Avgolemono Soup and Spanakopitas (a spinach, cheese mixture wrapped in phyllo pastry).



Residents enjoy farmers market fresh cucumbers and a great afternoon making refrigerator pickles to take home.

