



A Touchmark® community
Est. 1980



Experience a family-like community



Message from
Arlene Farnsworth
—Executive Director

Now that it is fall, I've started to think about the upcoming holidays, and I'm looking forward to the shared festivities and creating memories with residents, staff, friends, and family.

On October 6, a group from Waterford will attend the fundraising Applefest event, which will benefit the Bismarck Cancer Center. Since October is Breast Cancer Awareness Month, it's gratifying to participate in this event and support members of the Bismarck community.

I consider myself blessed to live and work in such a caring community, where people strive to create meaningful, supportive relationships and connect with the broader Bismarck community.

I encourage you to visit and experience this family-like community.

Ideal dining experience—a blend of many ingredients

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

It has been a long time since North Americans were dependent on the fall harvest for provisions through the long winter months. Today, almost all food is available—for a price—during any season of the year. We have the convenience of 24-hour supermarkets and store-to-door delivery options. Increasingly, there is a growing emphasis on and availability of organically grown foods. Furthermore, we now know about “superfoods,” such as blueberries, broccoli, salmon, and spinach that provide even more nutrients per serving than the traditional food pyramid recommendations.

Yet, we continue to have an obesity epidemic.

Startling data on the numbers of people in all age groups who are “morbidly obese” have spurred ever-growing numbers of ads for invasive surgeries and other high-risk interventions to try and control weight and reduce the risk of diabetes, kidney failure, high blood pressure, cancer, and other health risks associated with excessive body weight. Once again, advertisers are promoting reactive health care rather than proactive prevention.

In an effort to get things back to a more common-sense approach, the World Health Organization, Health Canada, and the American Dietetic Association are working together to support food-based dietary guidelines that make sense to people and take into consideration cultural, social, and personal preferences. Eating is and always has been a

celebratory event for those who have access to food. The dining experience is a combination of environment, stimulation of the senses, companionable diners, and dedicated time to enjoy food. Good choices, the right balance of food selections, serving sizes, and total caloric consumption also need to be taken into consideration.

Waterford supports healthful eating with menus based on the latest nutritional guidelines available for adults over 50. Just as important is the emphasis on the social elements and ambiance of the dining experience. We welcome suggestions about educational offerings on nutrition, Life Enrichment/Wellness events with food and beverages, and the social experience of dining. To share your ideas, please contact Life Enrichment Director Kaye Knudson. Good food, good health, good company, and good conversation are the goals of the Waterford dining experience.

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Beat the winter weather

Fall and winter weather make it harder to get out of the house to visit and socialize with friends. Instead of feeling isolated and lonely, choose a Waterford home, where you always are close to caring staff and friendly neighbors who are ready to visit.

Wouldn't it be wonderful to walk down the hall and get your hair done, have a cup of coffee with friends, or to exercise in the Health & Fitness Club without having to go outside in the cold weather? Who wants to eat alone when you can be part of a community? The Four Seasons Dining Room serves nutritious, delicious meals three times a day.

This month, Waterford is featuring:

A condo-style home with a studio floor plan and a Chelsea Cottage Home.

Condo-style home

This 462-square-foot home allows residents to enjoy all Waterford amenities in the comfort of the main building, including weekly housekeeping, access to the dynamic Life Enrichment/Wellness program, complimentary laundry facilities, daily continental breakfast, and 30 additional meals per month. This home also is close to the elevator.

The Chelsea

This home offers two bedrooms, two bathrooms, 1,370 square feet, a two-stall garage, fireplace, and no steps.

Waterford does maintenance inside and out and takes care of the lawn, snow removal, and repairs. Resident can enjoy Life Enrichment/Wellness activities, delicious meals in Waterford's Four Seasons Dining Room, housekeeping, and the Health & Fitness Club.

Don't wait; come tour these homes today. Call Reva Kautz at 701-323-7000 for availability.



Call 701-323-7000 to schedule your tour of this lovely home.

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October—a spooktacular month

Residents continue to enjoy the fruits of harvest and will travel to the Applefest event in the historic town of Buckstop Junction, where they'll purchase and carve pumpkins from the Pumpkin Patch. The proceeds from Applefest will benefit the Bismarck Cancer Center.

On October 25, the three-piece trio Something Nu will host a Harvest Moon Ball. The band originates from Bismarck and features Life Enrichment Director Kaye Knudson, her husband David, and friend Dana Ostwald. Waterford invites you to come and enjoy this evening of easy listening and dance music.

Later in the month, residents will have the opportunity to dress up on Halloween as families and friends from the Bismarck area bring their little ghosts and goblins to Waterford to trick-or-treat.

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Author publishes second book

Resident Ken Johnson, MD, recently released his second book on birding, *Amazing, Incredible Birds*. When asked what inspired him to write books on birding, Dr. Johnson replied, "I realized I saw many things about birds that

were not in print.” As a member of the Birding Club in Bismarck, Dr. Johnson has been able to contribute birding articles to *The Bismarck Tribune*. The opportunity to publish his work in the local paper inspired him to write the book.

It was four years ago at the age of 86 that Dr. Johnson realized that he needed to e-mail the articles to the local newspaper in order to get them published, which motivated him to learn how to use the computer. At the time, his wife Adele, said, “You should just write a book.” Dr. Johnson took his wife’s suggestion, bought a computer, and began to write.



Dr. Johnson was one of two authors featured at Waterford’s book fair, where he sold and signed copies of his book, *Amazing, Incredible Birds*.

Before starting a fitness program ...

by Shawna Dschaak
—Health & Fitness Club Director

Many people hesitate to start a fitness program, because they are unsure of the risks and benefits associated with exercise, which will directly affect their health. It is important to consult with your physician prior to starting a fitness program and to undergo a thorough examination.

The International Council on Active Aging has created a list of questions that you can ask your physician before starting an exercise program:

1. Can I exercise?
2. What kind of exercise can I do?
3. What kind of exercise should I avoid?
4. How often can I do this exercise?
5. How intensely can I do this exercise?

6. How long should I exercise?
7. How do I know when to progress?
8. Do I need any type of test beforehand?
9. Should my exercise program be supervised or unsupervised?
10. How will my medication affect my exercise?

After you have visited with your physician, it is important to find the right health club to fit your needs. At Waterford, we specialize in adult fitness. The Health & Fitness Club is open to adults 40 and older, and Waterford’s personal trainers and exercise physiologist can help you create the perfect workout.

If you would like to visit with one of our qualified staff, call 701-355-1280 to schedule an appointment.

Can people control their moods?

“What would you pay or do to be happy?” asks Marge Coalman, EdD, in the lead to her article just published in *The Journal on Active Aging* (Vol. 6, No. 4). The article—“Positive psychology: a new way to support wellness in older adults?”—cites current research that suggests many individuals have the ability to change a negative outlook to a positive perspective.

Marge provides an overview of “happiness exercises” that have been used by researchers as well as a table of six virtues and 24 character strengths that play a role in one’s “whole-person wellness.”

An entire page is devoted to highlighting Touchmark’s Full Life Wellness & Life Enrichment Program. Subtitled “Incorporating positive psychology into an older-adult wellness program: the Touchmark example,” the page discusses Touchmark’s various components. “The Touchmark program is designed to assure residents connect and form relationships within their new ‘family of choice,” points out Marge. “This connectivity is the key positive psychology element in the Full Life program.”

She adds, “Positive psychology interventions may offer a promising new way to improve the well-being of individuals.” To read Marge’s article, visit Touchmark.com/community-involvement.htm.

Upcoming events

Saturday, October 6, noon—Applefest at Buckstop Junction, North Dakota.

Friday, October 12, 2:15 pm—Whole grains nutrition event with June Kraft from North Dakota State University. Chapel.

Saturday, October 13, 2 to 3 pm—Cottage Open House. Tour the newly finished Amherst home, which includes two bedrooms, two bathrooms, and 1,326 square feet of living space.

Wednesday, October 17, 11 am—Lunch-out event.

Thursday, October 25, 7 pm—Harvest Moon Ball. Dance to the music by Something Nu. Chapel.

Friday, October 26, 2 pm—Pumpkin carving party. Hoyle Room.

Wednesday, October 31, 6:30 to 7:30 pm—Waterford Halloween Celebration. Waterford welcomes children under 12 to come in costume to receive treats from residents. Lobby.

appear and five days after becoming ill—making it possible for people to spread the virus before realizing they are sick.

Stay healthy

The best way to prevent the flu is by getting a flu vaccination each year—especially those who are at high risk for serious flu complications and those who live with or care for these people.

There are two types of vaccines:

- The flu shot—an inactivated vaccine (containing killed virus) that is given with a needle.
- The nasal-spray flu vaccine—a vaccine made with live, weakened flu viruses that do not cause the flu.

About two weeks after vaccination, antibodies develop that protect against infection.

Good health habits can help reduce the likelihood of getting the flu. Avoid close contact with those who have the flu, stay home when sick, cover nose and mouth, wash hands, and avoid touching eyes, nose, or mouth.

If you have questions about whether you should get a flu vaccine, consult your health care provider. Many health care plans pay for flu vaccinations. Contact your health care representative for more details. For a three-page handout with more information, visit Touchmark.com.

Nona used information from the Centers for Disease Control and Public Health Agency of Canada to develop this article.

Stay healthy—avoid the flu

by Nona Phelps, RN

—Touchmark Nurse Consultant

When it comes to avoiding the flu, information is key to staying healthy. Here's what you should know:

The facts about flu

The flu is caused by influenza viruses and differs from the common cold and the stomach flu, as it comes on suddenly with more dramatic symptoms. The flu (also known as influenza) results in a mild to severe illness and even can lead to death. Symptoms include fever, headache, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, and vomiting.

When a sick person coughs or sneezes, droplets carrying the influenza virus are dispersed into the air, infecting other people. It also is possible to pick up the flu by touching a contaminated surface and then touching the eyes or nose.

People are able to spread the flu one day before symptoms

