

News wrapped in fresh format

Happy holidays and seasons greetings from Waterford! During this last month of the year that is packed with new gifts, we're introducing a new look for the newsletter. You'll find many of the same features you've enjoyed and come to expect—but packaged in a new, fresher design. Read through the newsletter, look at the fun pictures, and stop by and visit. We'd like to hear what you think of our updated look.

Feedback is very important to us. Each year, Waterford surveys residents, seeking their opinions about the building, food service, Life Enrichment/Wellness activities, staff, and other services. We review each survey, analyze the total results, and follow up on areas that need attention. The results are shared with the Resident Council and available for all residents to see.

We just completed this year's survey, and we're delighted that building safety and personal security were rated the highest of all Touchmark communities in the US and Canada.

Whatever the time of year, we welcome your feedback.



Warmly,
A. Farnsworth

Arlene Farnsworth
Executive Director

Meet the water volleyball champions

The Sharks, the Water Bugs, the Piranhas, and the Killer Bees battled for the title of water volleyball champion in the recent Waterford Health & Fitness Club double-elimination tournament. The event started with a salute to the flag and the singing of the national anthem.

Game one was the Sharks versus the Killer Bees, and game two was the Water Bugs versus the Piranhas. Soon the Sharks and Water Bugs were volleying in the championship game. The Sharks chomped the champion title with the Water Bugs taking second place.



The Sharks won first place. Back row, from left: Bruce Mikkelson, Joan Morton, and Lewis Thompson. Front row, from left: Luella Richter and Paulette Muth.

(cont.)

(cont.) “There was lots of friendly competition and laughter,” says Waterford Health & Fitness Club Director Shawna Dschaak. “To cap the event, we celebrated everyone’s involvement at a group potluck.” ■



Wearing their trademark headbands, the Piranhas celebrate scoring a point. The team included Waterford Health & Fitness Club staff members June Fisher (from left), Alisha Lacher, Sandy Telehey, and Deb Wagner.

Fine dining without the hassle

Do you enjoy spending time with friends and family over a delicious meal?

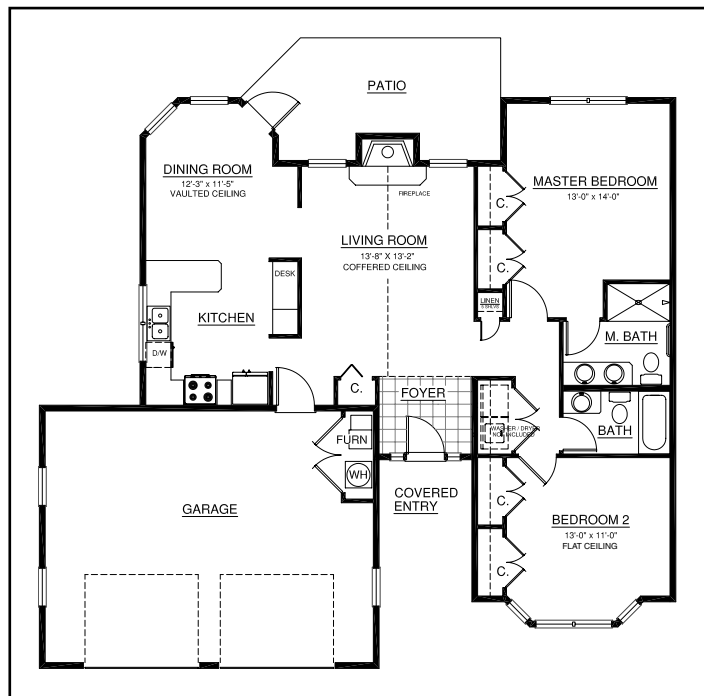
When you’re part of the Waterford community, you can take advantage of Waterford’s catering and private dining room and avoid the hassle of preparing food and cleaning—both before and after your family gathering. Waterford staff can help you design a memorable menu for your family gatherings and celebrations.

Call 701-323-7000 to learn more about the private dining room, catering, and the many amenities and services at Waterford.

Apartment home 369 includes 647 square feet, one bedroom, a den, and one bathroom. The den is perfect for an office or hobby room and has a great view

facing east toward the city.

Discover the 1,370-square-foot Chelsea home (pictured below), which is located at 927 Waterford Drive. The home includes a fireplace, no steps, and high ceilings. ■



Live in the Chelsea cottage, where you’re close to amenities and services that support your lifestyle.

Health experts update physical activity guidelines

In recent months, the American College of Sports Medicine and the American Heart Association have released updated physical activity recommendations for adults 65-plus or adults 50 to 64 who have significant chronic conditions and/or functional limitations.

They advise a minimum of five days a week of moderate exercise for 30 minutes (which can be broken into three 10-minute sessions) or three days a week of energetic exercise for 20 minutes. They also recommend two days of muscle strengthening and two days of flexibility and balance training. Following these recommendations can provide older adults with improved (cont.)

(cont.) fitness levels as well as additional health benefits.

To learn more about these guidelines and how Waterford Health & Fitness Club can help you reach your fitness goals, call 701-355-1280. ■

Celebrate the spirit



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

Celebrating the spirit is an individual experience for each one of us. However, there are universal themes that bring people together, lead to positive change, and make a difference to all of us and the planet. Reading the biographies of some of the greatest changemakers provides a road map to qualities and practices

"I seek to celebrate my spirit through gratitude and humility, which leads me to joy. ... Joy leads me back to myself, filling my heart, which overflows to others, thus completing the circle of life."

—Aimea Saul, artist

that have had a lasting effect on the greater good of all. What so many of these heroes have in common is not wealth, charisma, or even opportunity. The common character traits are unselfishness, determination, gratitude, perseverance, and dedication.

Wisdom is also a trait held in common, and wisdom requires both age and experience. The elders in cultures around the world are the wisdom keepers, as noted by the tradition of the American Indians in their legends and spiritual practices. In our culture today, we frequently lose sight of the value of the opinions and experiences of the wisdom keepers as we get caught up in the notion of youth and vitality being the keys to a happy life and success.

Hundreds of wisdom keepers—individuals who have both life experience and wisdom to share—live in Touchmark communities. As we enter the season of winter solstice, we want to celebrate the spirit of all with music, food, and festivities. We also need to observe quiet, contemplative times that nurture the spirit—individually and with those we love and care about.

At Waterford, we invite and encourage people to share the abundance of their wisdom and experience through our Life Enrichment/Wellness program. Contact Life Enrichment Director Kaye Knudson to become an active changemaker and contributor to the circle of life. ■

You said it!

"The minute I walked in the front door, I felt at home. No matter what you need, there is help available. There is always someone to talk to. My daughter doesn't have to worry about me anymore, I'm well cared for."

Jackie Bartlett

—Resident

Coming Events

Tuesday, Dec. 4, 7 pm
Chapel Elks Chorus.

Friday, Dec. 7, 2 to 3pm
Waterford cottage open house.

Thursday, Dec. 13, 2 pm
Resident Christmas and Holiday Party. Four Seasons Dining Room.

Thursday, Dec. 13, 7:30 pm
Dakota Stage presents *Don't Hug Me Christmas Carol*.

Monday, Dec. 31, 3 pm
New Year's Eve Social with champagne and hors d'oeuvres. Lobby.

Recent activities



During a recent visit, Aldeen Taylor's family took this four-generation photo. Back: Aldeen Taylor and Stephen Welsh. Front: baby Cadeunce Kuehne-Welsh and Anja Kuehne-Welsh.



Pat and Wally King (standing) dress up for the residents' Halloween party. Wilmer and Rosina Stiegelmeir (from left), Tillie Saulsbury, and Hilda Gruebele enjoy the festivities.



Residents and staff stand near the giant, colorful structures of the Enchanted Highway. From left: Jean Wulf, Gloria Fuhrer, Leona Schmidt, Desk Coordinator Lori Kastow, and Bill Tjaden.



Ellen Boekes won the door prize at the recent Open House and was thrilled to get the half-hour massage from Waterford Health & Fitness Club.