

“... simply the joy of giving”

Waterford is filled with thoughtful individuals who each day make a difference in others' lives. Resident Norma Metzger is one such person committed to giving gifts from the heart.

When people enter Waterford's front doors, guests, staff, and residents alike comment about the beautiful array of artistry decorating the entryway. Most don't know the decorations are the result of Norma's dedication and handiwork. Similarly, over the recent holidays, she decorated the chapel with more than a dozen colorful poinsettias.

“I want people to feel that Waterford is a community of caring people,” she explains when asked

why she provides these gifts of time and talent. “I also want to make the residents feel at home; so many people here don't have family living close.”

Norma certainly brightened residents' days and gladdened their



Norma Metzger routinely decorates Waterford's front entrance, creating a warm and welcoming environment for everyone who lives, works, and visits the community.

hearts over the holidays. She made 200 miniature stockings—one for each resident. Tucked inside each stocking were two chocolate coins and the Legend of the Christmas Stocking.

Norma ran across the instructions to make the stockings many years ago while paging through a magazine. She used to make them for all her coworkers at the Social Security office. Over the years, Norma estimates she has made more than 1,000 stockings and sent them to friends and relatives in Minnesota, Montana, South Dakota, California, Oregon, Washington, and Colorado.

“For me, it is simply the joy of giving.” ■

It is never too late



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

Cause and effect is a basic principle in writing compositions. In an analysis of heart-healthy practices, the application of the cause-and-effect principle is also a good guide. If we eat more calories than we burn in our 24-hour day, the result is caloric overload, which results

in increased body weight. It can be temporary or more permanent, depending on whether this is a consistent practice or a once-in-awhile behavior.

The same principle applies to a fitness regimen. The daily pursuit of cardiovascular exercise with biweekly doses of strength training has a positive effect on maintaining an optimal weight, providing the energy needed throughout the day, and supporting the body's ability to benefit from the rest and sleep cycle. Exercising only occasionally has a detrimental effect on the overall well-being of the human body. *(cont.)*

(cont.) Although good diet choices are not ranked higher than physical activity in the health equation endorsed by international health organizations, there is compelling evidence that the absence of either one will not result in the same benefits that combining these two positive lifestyle practices can provide. Exercisers can and do end up with coronary heart disease if they don't practice good heart-healthy dietary choices. Conversely, an excellent heart-healthy diet will not contribute enough benefit to overcome the cumulative effects of inactivity.

“When measures to combat chronic disease are started in one’s 60s and 70s, there are still definite benefits.”

—Richard S. Rivlin, MD, professor of Medicine, Weill Medical College of Cornell University

The other important fact to remember is that it is never too late to begin a lifestyle that includes good diet and physical activity choices. Researchers have documented in studies reviewed by the Weill Cornell Medical Center (www.sciencedaily.com/releases/2007/12/071213152540.htm) that lifestyle changes make a difference at any age and can even affect the negative outcomes from years of poor choices.

At Waterford, the Life Enrichment/Wellness and Dining Services programs support the efforts of residents and staff to seek a healthy balance of good nutrition and physical fitness. To find out more about healthy lifestyle choices contact Kaye Knudson, director of Life Enrichment. ■

Why move to a retirement community?

In a study conducted by The Center for Mature Consumer Studies at Georgia State University, researchers

found that the number one reason people move to a retirement community is “to have more social contacts and activities.” Specifically, more than 58 percent of people 55 years and older listed this as the number one reason, and in some groups, the percentage was as high as 77 percent.

“People long for social connections, and the lifestyle at Waterford reverberates with opportunities to enrich one’s life through purposeful, engaging activities and hobbies,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD.

Social connectedness is a major component of the Waterford Life Enrichment/Wellness program. People can enjoy the company of friendly neighbors at wine-tasting events, book club meetings, presentations, and outings. They can participate in volunteer projects, stay active with fitness classes, and take advantage of the many events that nurture the spirit, body, and mind.

If you’re looking for an engaging retirement lifestyle that offers interesting social opportunities, call Reva Kautz in Community Relations to learn more about Waterford’s lifestyle and the following available homes. (cont.)



This 1,326-square-foot single-level home features the Amherst floor plan. Located at 919 Waterford Drive, the home includes two bedrooms, two bathrooms, a fireplace, and cathedral ceilings.

(cont.)



For those who enjoy spectacular views, there is now a third-floor apartment available that truly won't last long. The living room faces east toward the city and includes a fireplace. One bedroom faces north, and a second one offers a southern view. The 1,037-square-foot home includes a full kitchen and one bathroom.

Gain confidence in the water

This personal training program is designed for those who are afraid of being in the water. The sessions cover water comfort and safety and are based on participants' individual comfort levels. Learn how to move freely through water, float on your back/stomach, and use water exercise equipment. Cost is \$15 per person or \$25 for a couple for a half-hour personal training session. Come and try one or two sessions, or call 701-355-1280 for more information.

You said it!

"I enjoy living at the Waterford, because I feel secure without being confined."

—Leo Reinbold, Resident

"The best thing about the Waterford is the feeling of community and the staff who seem committed to the care and well-being of the residents."

—Rose Reinbold, Resident

Coming Events

Friday, Feb. 8, 2 pm

A heart-healthy presentation by Denise Nilsen, RN, coordinator of the Cardiac Pulmonary Rehabilitation Center at Medcenter One. Chapel.

Sunday and Monday, Feb. 17 & 18, 6 pm

Dakota Stage will present the dinner-theatre production *Kitchen Witches*. Tickets are \$50 per person or \$80 per couple and include a meal, wine, dessert, coffee, and performance. To make a reservation, call 701-323-7004 Monday through Friday, 10 am to 4 pm. Deadline to purchase tickets is 4 pm on Monday, Feb. 11. Seating is limited.

Monday Feb. 25, 2 pm

Preparing for Taxes, presented by Chen Schuh of Liberty Tax. Chapel.

Wednesday, Feb. 27, 1 to 3 pm

Wine social and open house. Tours available. All are welcome.

Save the date!

St. Patrick's Day party and open house on March 17.

Recent events



At the recent *Volunteers are the Heart of Waterford* event, 30 people were recognized for their volunteer service and treated to heart-shaped, cherry-filled cakes. Volunteers help at the Waterford store, lead devotions, play piano, assist with caring for flowers around the community, and participate in a variety of committees, including the Resident Council, the Activities Committee, and the Welcome Committee. To learn more about volunteering at Waterford, talk with Kaye Knudson, director of Life Enrichment.



Jean Berry (left) and Adele Johnson dress the part for the luau. Jean is wearing an authentic Hawaiian muumuu.



More than 80 people attended the recent luau and enjoyed refreshments and listened to the fun sounds of Caribbean Groove. This musical group includes four members: a drummer, guitarist, and two pan-drum players.