

# Team member participates in national training seminar

“The Life Enrichment/Wellness professionals across the company are a talented and energetic group with a common purpose—to enrich people’s lives,” says Marge Coalman, EdD, Vice President of Wellness & Programs, Touchmark. “The annual gathering promotes the exchange of new ideas.”

## Attending *Destination ... Discovery*

Waterford Life Enrichment Director Kaye Knudson joined others for the two-and-a-half-day seminar, which was designed around the theme *Destination ... Discovery*. People shared best practices, learned about building and refining a volunteer program, taking high-quality photos, using brain games, and more.



Waterford Life Enrichment Director Kaye Knudson presents at the recent Life Enrichment/Wellness National Training Conference.

During the training, each team shared a highlight from the last year. Kaye talked about Waterford’s Family Caregiver Support Program, which started at the requests of residents.

“Some people are caring for loved ones, and they shared how helpful it would be to share with others,” says Kaye. “The resulting weekly meetings give people a chance to nurture and support each other.” ■

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## Destination Discovery—whole-person wellness



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

Mather LifeWays Institute on Aging, Dorsky Hodgson Parrish Yue, and Ziegler Capital Markets carried out the first National Whole-Person Wellness Survey. As outlined in the introduction, “This extensive Web-based survey sought to identify wellness program components in continuing care retirement communities by determining current and projected program features in six areas. These areas include programming, activities, space and campus design, and financing. In addition, respondents were asked to provide their perspective on the benefits of programs to their residents, staff, and organization.”

Their conclusion was that communities that have a deeply rooted culture of wellness share common characteristics:

- “Wellness is fully integrated into the organization;
- Programming is comprehensive, including all six dimensions of wellness, and engages both residents and staff in the process;
- Benefits of the wellness program are extended to others (beyond the resident population).” (cont.)

(cont.) The respondents were grouped into three categories. About half (51 percent) were identified as “tenderfeet,” with almost no culture of wellness. Twenty-eight percent were labeled “travelers”—communities that are moving toward a culture of wellness. The third group was referred to as “trailblazers,” because they had most or all of the components.

**“Senior living communities are increasingly focused on cultivating a culture of wellness for their residents, staff, and community—to improve quality of life and to avoid illness and reduce health care costs.”**

—*The National Whole-Person Wellness Survey (2008)*

For several years, Touchmark has embraced the six components of wellness, and in the last five years has established the Touchmark Full Life Wellness & Life Enrichment Program in all 11 of its communities operated in the US and Canada. I work with the executive directors and Life Enrichment/Wellness directors to implement and audit the program, and I can tell you with tremendous pride that Touchmark communities are in the trailblazer category. In fact, we outdistance most competing providers in the organizational components related to wellness that were used in the survey.

The Touchmark program is dynamic and based entirely on the strengths, skills, and interests of residents. To learn more about our program, contact Life Enrichment Director Kaye Knudson. ■

## Experience quality design throughout

Waterford apartments and homes include stylish design features that can add extra comfort and convenience. Many homes offer universal design features, like spacious bathrooms, easy-to-turn doorknobs, and single-level living with no steps.

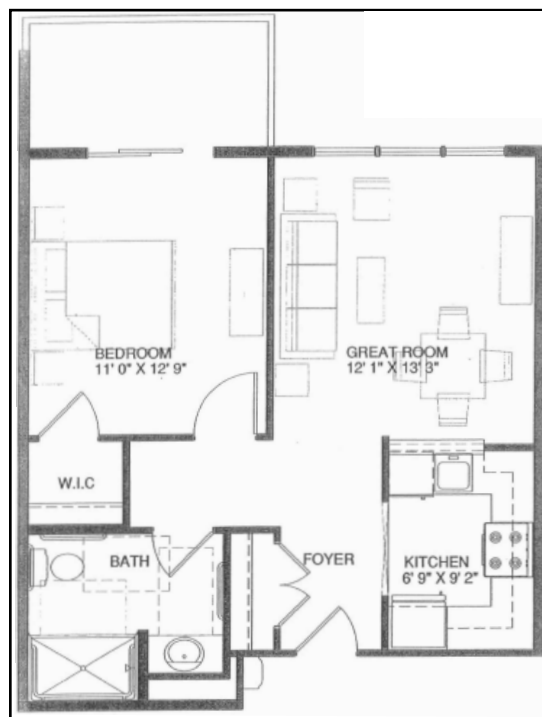
“When constructing and designing homes, our goal is to meet the needs of people while adding style and comfort,” says Touchmark Vice President of Architecture Joseph Billig. “In all communities we aim to create homes that offer high-quality design features.”

If you’d like to see and experience a Waterford home, call 701-323-7000 for your personal presentation.

### Tour the Amherst today!

The Amherst cottage, located at 919 Waterford Drive, features two bedrooms, two bathrooms, a fireplace, cathedral ceiling in the living room, and a laundry room/mud room near the garage entrance. This 1,326-square-foot home also includes a formal dining room that connects to a patio porch.

### Tour apartment 263 today!



**This one-bedroom apartment features a full kitchen, a spacious bathroom with a large walk-in shower, and a balcony. The apartment also offers assisted living services.**

## Resident travels the road of personal discovery

Fern Kubischta originally moved to Waterford in 2001 from Dickinson, North Dakota. She found herself involved in the community, but in 2006, she decided to move back to Hope, North Dakota, to be closer to family.

While living in Hope, Fern developed poor circulation in her left foot. In order to prevent further deterioration, it was determined that she would need amputation below the knee. During her recovery, Fern realized just what a strong individual she had become.

“I discovered during rehab that I was in control of my own destiny and recovery,” says Fern. “It would be up to me to become strong and be in control to reach desired outcomes.” Fern shared that when she was growing up, she often kept comments to herself, because she did not want to say something in haste that she might later regret. It was not Fern’s nature to stick up for herself, and oftentimes, she would walk away from situations to avoid any argument.

But during this challenging time, Fern unearthed an inner-strength, which helped her finish rehabilitation in approximately seven months.



Fern Kubischta

Shortly thereafter, she decided to return to Bismarck, which brought her back to the Waterford in April 2008.

“If this wouldn’t have happened to me, I would not have met so many wonderful people,” says Fern. “There are so many caring people in this world.” ■

## Waterford launches redesigned Web site

Check out Waterford’s updated Web site, [WaterfordBismarck.com](http://WaterfordBismarck.com). You’ll find:

- Slide show of homes
- Life Enrichment/Wellness calendar
- Seasonal e-cards to send to friends
- Options for text size



## Thinking spring—and summer

**Marge Coalman, EdD**

Vice President of Wellness & Programs, Touchmark

Finally, the hallmarks of spring are visible. Crocuses, daffodils, budding fruit trees, and longer daylight hours invite us outdoors. We know summer is right around the corner, and the desire to dig out those walking shoes and head out for a walk or hike is strong. Resuming outdoor exercise is good for everyone. The benefits of sunshine and fresh air as well as the inspiration that comes from preferred sports and familiar trails are great ways to nurture one’s body, mind, and spirit.

However, the commitment to a group- (cont.)

(cont.) exercise class, strength-training regimen, and laps or aquatic classes in the pool is an important part of the formula for success when resuming or beginning outdoor adventures. The research community reminds us with the results of evidence-based studies every day that strength training and flexibility are important aspects of the equation to good health and functional fitness. Aerobic exercise alone—even with the well-known benefits of walking—will not provide the overall conditioning that prevents the onset of bone-thinning diseases, muscle loss (sarcopenia), and deconditioning.

Maintaining the discipline of a scheduled class, personal training session, or workout on strength-training equipment overcomes interruptions or demands life might impose.

As the days lengthen and the golf clubs, bike, and walking shoes beckon from the hall closet, make sure to keep your health club or exercise class regimen among your list of daily to-dos. The total health equation is a formula for success in all of the varied activities and adventures that lie ahead. ■

## Reduce your risk for falls with the Fall Reduction and Awareness Program

This small-group personal training program is designed for people who have experienced a fall or feel at risk for falls. Offered every quarter, the eight-week class focuses on improving balance, strength, and agility.

The class includes testing before and after, personal training with “homework” assignments, and personalized instruction to help you reach your fitness goals.

The cost is \$150 for a club member, and \$200 for a member of the public. The class meets twice a week for an hour. To learn more, stop by the club front desk or call 701-355-1280.

*Waterford's program was among 10 nationwide recognized by the Falls-Free Coalition. It's the only one selected in North Dakota. ■*

## Recent events



During the recent show-and-tell gathering, Leo Reinbold talks about the walking stick that his grandson made for him. Leo says that the stick is good for walking and carrying buckets of water. Leo even joked that it could be used for self defense. Mary Eckholm (left) and Rose Reinbold listen intently.



From left: Mary Eckholm, Jo Anderson, Fern Kubischta, Ruth Kirschenmann, and Kathryn Dressler talk while waiting for fingernail paint to dry. The women recently gathered in the Mind, Body, Spirit Room for pampering.

## Coming Events

### Tuesday, May 13, 7 pm

Missouri River Boys to perform. This four-person group plays bluegrass music. No charge. Chapel.

### Thursday, May 15, 1:30 to 3:30 pm

Waterford and Plantperfect Garden Center invite you and your friends to enjoy a fun Garden Party. Enter to win a \$50 gift certificate, learn gardening techniques from Plantperfect Garden Center's Ginny LaFave, take a tour of Waterford, and enjoy refreshments and healthy snacks. Space is limited. RSVP by May 12.

### Tuesday, May 20, 2 to 3 pm

Cottage Open House at 1021 Waterford Drive.

### Save the date!

Let the Good Times Roll Barbecue and Hobby & Car Show. Join us **Thursday, June 26** from 5 to 7 pm for this fun event.

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## Renew yourself with a massage

### Select a 30-, 60-, or 90-minute massage

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- Deep tissue
- Therapeutic
- Pregnancy massage

LeiLani Haack, LMT, is nationally certified and licensed and has six-plus years experience. Call 701-355-1280 to schedule an appointment. Open to the public. Accepting new clients.

*Bring this coupon and receive \$5 off your massage*

Expires May 31, 2008

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