

# Get to know the team at the Waterford Health & Fitness Club

This summer, new staff members have joined the Waterford family. Get to know the whole Health & Fitness Club team here.

## Health & Fitness Club Director Lindsey Lauf

Lindsey brings a robust, cheerful enthusiasm for wellness to the club.

“I love finding out why people love working out and helping them connect their minds to their muscles,” says Lindsey. “I think that’s when people become regular—you see the light blub go on in their heads.”

Lindsey holds a Bachelor of Science in Exercise Science from North Dakota State University. She has worked as a membership coordinator and personal trainer at Xtreme Measures in Fargo; a program intern for Hilton Head Health Institute in Hilton Head, South Carolina; and a fitness specialist for North Dakota State University Wellness Center.

Lindsey holds the following certifications: American College of Sports Medicine Health/Fitness Instructor, the National Exercise Trainers Association Group Exercise Instructor, and American Red Cross, Adult CPR/AED, First Aid.



**Front row, from left: Membership Coordinator Samantha Paulson and Health & Fitness Club Instructor Krystal Rasmussen. Back row, from left: Health & Fitness Club Director Lindsey Lauf, Instructor/Trainer Sandy Telehey, and Health & Fitness Club Receptionist June Fischer.**

Expanding on her fitness philosophy, Lindsey says, “I think always having a coach is first and foremost important, and it’s important to keep exercise social.”

This fall, Lindsey is getting married. Between planning a wedding and starting a new job, she admits that she has little time for hobbies. But soon, she hopes to spend more time reading and enjoying the outdoors.

## Membership Coordinator Samantha Paulson

“At one point, I was going to

school for graphic design,” says Samantha, who then shares that she changed career directions and worked in the hotel industry and later managed gas stations. Today, the skills she gathered during her diverse work experience equip her to assist club members.

“I set up appointments on the computer for personal training, assist people with their swipe cards, give tours of the club, and explain memberships to guests,” says Samantha.

For Samantha, the real *(cont.)*

(cont.) joy of joining the Waterford family has been the people. “I love working with people,” she says. “I love the environment, which is very welcoming.”

During her free time, Samantha enjoys spending time with her close-knit family.

### Health & Fitness Club Instructor Krystal Rasmussen, ACSM

Before starting her career in fitness, Krystal attended a year of culinary school in California. She soon realized she didn’t like the idea of working the unusual chef hours, and she launched herself into a fitness career.

“I’ve always wanted to do a career that is more service oriented,” explains Krystal. “I love meeting new people and helping them try new things.”

Krystal has a bachelor’s degree in Exercise Science from the University of Mary. She holds a certification from The American College of Sports Medicine.

Krystal teaches yoga and a variety of aquatic classes as well as does personal training.

“It’s a supportive atmosphere.”

At the end of July, Krystal is getting married, and she looks forward to spending more with her new family.

### Instructor/trainer Sandy Telehey

“I’ve been in fitness for 27 years and have several certifications,”

explains Sandy, who has been with the club since early 2007. “I enjoy seeing older adults still care for their fitness; it’s encouraging to me, too.”

Sandy’s fitness philosophy is that at every age people care about their fitness level and health, and she strives to help people reach their fitness goals. She is a certified Silver Sneakers® instructor and teaches several low-impact fitness and aquatic classes and works with people on the specialized weight equipment.

When she’s not at the club, Sandy is studying for her Bachelor of Arts in Business and Marketing. She also enjoys reading, photography, and spending time with her family.

### Health & Fitness Club Receptionist June Fischer

June, who joined the Waterford team in 2005, uses her extensive bookkeeping background to help club members. She inputs data into the computer, schedules appointments, and prepares memberships. June also assists with the phones, answering questions, and greeting people.

Yet for June, the people make her day extra special. “I enjoy being around people,” says June. “Some have become like family.”

During her free time, June enjoys reading, traveling, and sending time with her family. She and her husband have two grown sons. ■

## The greater good of all



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

“Jack Lucas, a North Carolina native who at 14 lied his way into military service during the Second World War and became the youngest U.S. Marine to receive the Medal of Honour, has died. He was 80.”

— *Globe and Mail, June 9, 2008*

This media story goes on to say that Lucas was six days past his 17th birthday in February 1945 when his heroism at Iwo Jima earned him the highest military honor. He used his body to shield three squad members from two grenades and nearly died when one exploded.

Across the United States and in Canada throughout the year, we honor veterans—and active military personnel—who put themselves in harm’s way to guarantee our (cont.)

(cont.) freedom and democracy. Offering oneself in service for the greater good of all is a value everyone can support, regardless of individual political opinions and feelings about wars past and present.

The voices of men and women who served overseas and at home during World War II have been collected in a book brought to publication by Leaman and Judith Harris, residents of Touchmark at Coffee Creek in Edmond, Oklahoma. What started as oral storytelling in the community recreation room



**In an act of generosity and benevolence on their part, residents stipulated that proceeds of this book benefit the Touchmark Foundation, a public charity devoted to finding ways to help seniors receive help and support, such as providing scholarships for nursing students. The book (\$29) can be ordered by calling (405) 340-1975 to request an order form.**

(named “the bunker” by residents, who have decorated the room with memorabilia from all branches of the Armed Forces) became a book. Titled *As We Lived It*, this hard-cover book is a collection of personal stories and historical photos. Six of the 18 stories are by women on the home front. According to the Harrises, *As We Lived It* isn’t just a war story. Rather, it’s about life during the war years.

At Waterford on South Hill in Spokane, Wash., residents recently donated \$1,115 to the Fairchild Air Force base. The money will purchase overseas long-distance calling cards, allowing Spokane men and women serving in Iraq to talk with their families. This is the fourth year the residents have supported this project with their personal donations.

Many programs at Touchmark communities support the whole-person wellness concept of “giving back” or community outreach. They all share a main attribute—the philosophy of *the greater good of all*. To learn more about opportunities to reach out to others, contact Life Enrichment Director Kaye Knudson. ■

## Mark your calendar for Active Aging Week

Organized by the International Council on Active Aging, this national

health promotion event helps advance active, healthy aging. The annual event is held Sept. 22 to Sept. 28.

Watch future newsletters for coming details about Waterford’s Active Aging Week celebration. ■



## Share celebrations in a vibrant community

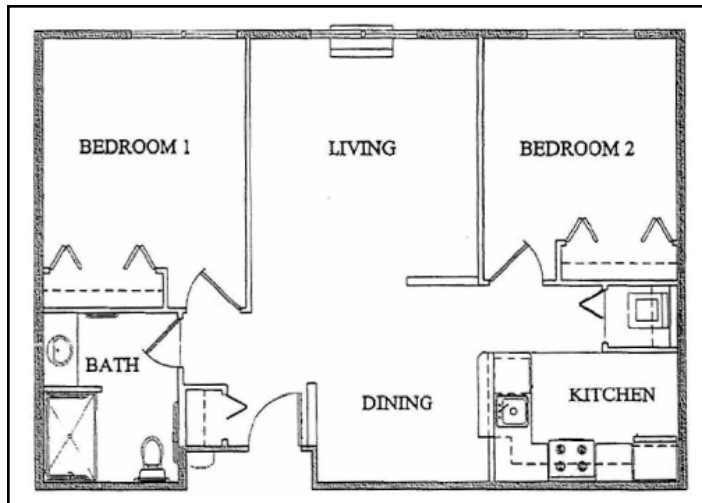
Summertime presents several celebratory occasions, as family and friends gather for barbecues, hikes, and patriotic parties. During these social gatherings, friendships and memories grow and thrive.

At Waterford, socialization is a key component of daily life and the Life Enrichment/Wellness program, which encourages—and supports—people to live happier, healthier lifestyles by becoming personally involved and engaged. Through partnering with Waterford, people take “ownership” of their own well-being, which includes having numerous opportunities to create and nurture friendships.

Do you envision sharing this summer’s celebrations with friends? Visit Waterford today to learn more about this vibrant community or call 701-323-7000 to learn more about the summer’s featured homes. ■



**This Amherst cottage offers 1,326 square feet, two bedrooms, and a convenient mud room near the garage entrance. The cottage also features a cozy fireplace and entertainment center.**



**At 927 square feet, apartment 334 features two bedrooms, one bathroom, and a large area for dining and entertaining. Call today for your personal presentation.**

## National wellness instructor to lead training workshops

Rob Winningham, PhD, will lead Cognitive Training Workshops for Life Enrichment/Wellness directors and coordinators and invited guests.

In August, Rob will present in Fargo, North Dakota, and then in September, he will offer the same training in Spokane, Washington. Attendees who participate in the total training hours and pass the exam will be certified as Geriatric Wellness Instructors for a period of two years.

“These training sessions are a continuation of our mission—to enrich people’s lives,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. “Team members can gain specialized training and enrichment and, in turn, they can build up others.”

## You said it!

*"The best thing about Waterford is [that] it brought happiness back into my life. I moved here May 2, 2008, after looking at all the options in Bismarck. With the help of my daughter, Pam, and nephew, Keane, I decided to move to the Waterford.*

*"My husband Roger died December 27, 2007, at Minot, North Dakota. After Roger's death, I was so lonesome and depressed. One day, I thought to myself, what I need is people and things to do ... places to go. Moving into Waterford was the answer and the right choice. I thank God every day, because he gave me the strength to sell my home at Minot, and that I was able to downsize. I found I didn't need all that stuff. I brought just what I love and need. I have so many dear friends here at the Waterford, and I'm happy and feel safe. I also like my one-bedroom apartment on third floor with a gorgeous view."*

### Vernie Cederstrom

—Resident

*"We have belonged to the Waterford fitness center for over two years. We love the facilities and their warm and friendly staff: from June, who greets us at the front desk, to all the personnel who instruct us. We occasionally go to the weightroom, as the equipment is topnotch. We especially love the water fitness classes. The instructors have been very good at having us work up to our potential and making sure we do the exercise properly. These gals have made the classes very enjoyable for us. It is so great to see new people come, as more people become aware of how important exercise is for all of us. As one of our fellow class members said, 'we really get our endorphins going.' These classes are not only work, they are fun; and we feel so much more refreshed and invigorated after we get home."*

### Jack and Ann Lynch

—Waterford Health & Fitness Club members

## Coming Events

### Evening Concert Series

A group from Waterford is planning to attend some of the community concerts at the Mandan Band Shell. The bus will leave at 7 pm for this no-charge, community event. Bring a lawn chair. Shows start at 7:30 pm.

- Tuesday, July 22 – Elks Chorus
- Thursday, July 31 – Cotton Wood

**Tuesday, July 22, 2 to 3:30 pm**

Waterford Open House. Lobby.

## A life full of patriotic service

"I was born to be patriotic," says Waterford Transportation Technician Dick Jose. "I was born on the third of July."

Dick, who has been with Waterford since 2005, has served his country in numerous ways. Born in Zap and raised in Bismarck, Dick enlisted in the US Army Reserve after graduating from high school.

Dick worked for the North Dakota Department of Transportation for 38 years and retired as a *(cont.)*



**Waterford Transportation Technician Dick Jose talks about his lifelong love for his country.**

highway maintenance foreman. Throughout his career, he continued to serve with the North Dakota Army Reserve. At one point, his unit was called up for active duty during Desert Storm, but the war ended before his unit was mobilized.

Dick is a charter member of the American Veterans (AMVETS) and has held many offices, including judge advocate, commander, and state inspector general. For 20 years, he has volunteered countless hours, including working with the Family Support Program and assisting units by getting them ready to deploy overseas.

Dick was instrumental in forming a group of volunteer veterans to become Honor Guards who perform flag-folding ceremonies, march parades, and do military honors at funerals for veterans. Dick also belongs to the AMVET choir that performs at many functions in the community.

When asked what motivates him to do all this patriotic volunteering, Dick says, "It's a final tribute to honor our brothers and sisters, so no one forgets the contributions they made for our freedom." ■



**Getting their hands dirty, (from left) Jean Wulf, Allen Scherer, and Jane Bibelheimer plant flowers.**



**Donna Borr won a half-hour massage at the recent open house. Join Waterford for the upcoming open house on July 22.**

## Recent events



**From left: Allen Scherer, Jane Bibelheimer, and Jean Wulf work together to plants flowers in the raised garden beds.**



**Guest speaker Dave Knudson, RN, (in blue striped shirt), husband of Life Enrichment Director Kaye Knudson, joins a recent Caregivers Support Group gathering. Talk with Kaye to learn more about this group.**

## Let the good times roll



Waterford recently hosted a Barbecue and Hobby & Car Show. Members of the Roughrider Chevrolet Association showed off their cars, and Waterford artists showcased hobby pieces, including stamp collections, woodcarvings, toy tractor collections, dolls, and artwork.



Adele Johnson poses near her collection, which includes antique cruets.



Residents' paintings stand together. More than 16 people displayed their work during the hobby show.



Bob Keim talks with Edythe DeLange about the stamp collection during the Barbecue and Hobby & Car Show.



More than 25 cars lined the Waterford parking lot.

*Jan Jenson, daughter of resident Sheila Robinson, contributed the car and hobby show photos.*