

Waterford Health & Fitness Club to host HYDRO-FIT training — Local fitness instructors invited to register, gain certification

HYDRO-FIT creator Craig Stuart will visit North Dakota and lead a comprehensive weekend training for local aquatic fitness instructors, personal trainers, physical therapists, and allied health and fitness professionals. The training will be Saturday, Oct. 25 and Sunday, Oct. 26 at the Waterford Health & Fitness Club, 1000 West Century Ave. in Bismarck.

Participants will gain valuable fitness knowledge, acquire new skills, and learn the latest aquatic fitness techniques. Upon successful completion of the class, individuals will earn a HYDRO-FIT Specialty Certificate and can earn 11 CECs, approved by the Aquatic Exercise Association (AEA). The cost for

both days is \$150, for Saturday only is \$95, and for Sunday only is \$75. Space is limited, and people are encouraged to call (701) 355-1280 to register or for more information.

“This is the first time Craig has lead a training session in Bismarck, and we’re excited to host such an industry pioneer,” says Waterford Health & Fitness Club Director Lindsey Peterson. “For the Waterford team, this training will enhance our aquatic fitness offerings, which in turn will help club members reach their fitness goals.”

About HYDRO-FIT and Craig Stuart

HYDRO-FIT (www.hydrofit.com) is committed to aquatic

fitness and therapy. It supports professionals in health and fitness, training and conditioning, and therapy and rehabilitation. Creator Craig Stuart is known internationally for his innovative educational techniques and dynamic teaching style. With more than 25 years of experience, Stuart leads the fitness industry as an innovator and water-training specialist. He received the Aquatic Exercise Association’s Contribution to the Aquatic Fitness Industry Award in 1992 and The Aquatic Therapy & Rehab Institute, Inc.’s prestigious Tsunami Spirit Award in 2002. He is a certified fitness professional with AEA and the American Council on Exercise. ■

Ethnic Food Fair adds spice to life

A variety of foods from around the world took center stage during the recent Ethnic Food Fair.

Several Waterford departments selected a country, menu, and decorations, and then Food Service Supervisor Doreen Koppang and the Dining Service staff prepared cuisine from five different countries: Mexico, Norway, China, Germany, and Italy.

The whole community participated in the fair and voted for the favorite food, decorations, and costumes. People walked to each table and tasted the three (*cont.*)



Support Sales Representative Carol Meier plays German music on the accordion for Maggie Weisbeck.

(cont.) featured foods and beverages.

Mexico (the Life Enrichment/Wellness department) won best decorations and dress while Norway (the Housekeeping department) won for best food. ■



Bob Keim and Rose Reinbold get an assortment of Germany food from Business Manager Jamie Whitney (far left, in red) and Executive Director Arlene Farnsworth.



Helen Trautman (middle) and Diana Morris from Housekeeping serve Hilda Grueble delicious food from Norway.

Enjoy the assurance of 24-hour help

“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,” says Jackie Bartlett, who lives at Waterford on West Century in Bismarck, North Dakota.

Norma Duquaine, who lives at Touchmark on West Prospect in Appleton, Wisconsin, shares a similar outlook. “Since moving to Touchmark, I have felt more safe and secure. The staff is very helpful, and you can tell they enjoy working here,” says Norma.

Residents like Norma and Jackie enjoy the assurance of 24-hour help. If they have questions or need assistance, Waterford team members are available. Furthermore, each home is equipped with an emergency call system.

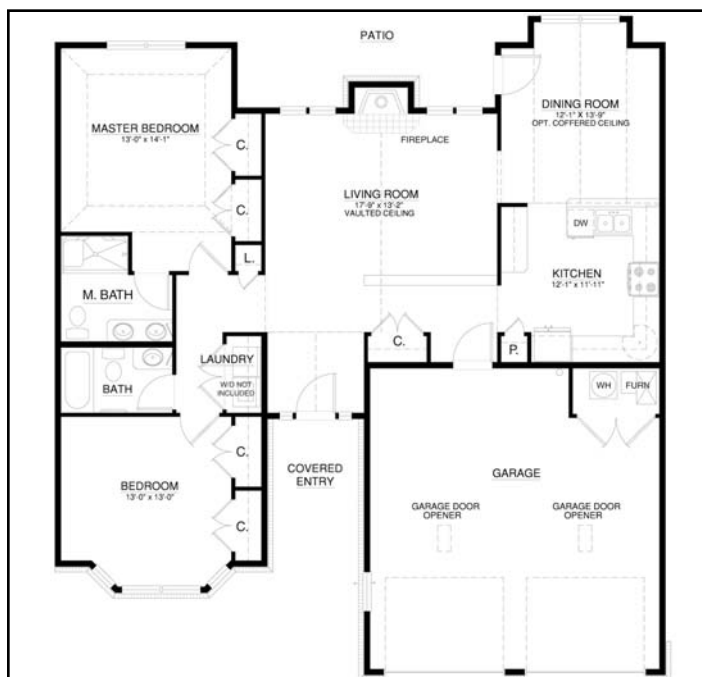
Come discover the convenience of 24-hour help. To learn more about the Waterford lifestyle—and the fall’s featured homes—call 701-323-7000 today. ■



Apartment 349 offers 1,037 square feet, stackable washer and dryer, and high ceilings. This home features spectacular views of Bismarck and is located within convenient walking distance to many Waterford amenities.

(cont.)

(cont.)



The Chelsea cottage home provides 1,370 square feet, a large master bedroom, and an attached two-stall garage. High ceilings, a fireplace, and large living and dining rooms are some of the features.

Assisted living remains an affordable care choice

According to the 2008 Long-Term Care Cost of Care research report issued by Prudential Financial, the average daily cost for assisted living is less than half the average daily cost for a private room in a nursing center. The study also reports that costs vary significantly by geographic area. For example, Alaska is the most expensive, while Las Vegas, Nevada, is the most affordable.

“This study underscores the important role assisted living services can play in the overall care of older adults,” says Touchmark Senior Vice President Brian Pryor, who oversees all of Touchmark’s care services, including assisted living. A complete copy of the report is available at www.prudential.com/media/managed/LTCCostStudy.pdf. ■

Nutrition news—eat those blueberries



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

“Impaired or failing memory as we get older is one of life’s major inconveniences. Scientists have known of the potential benefits of diets rich in fresh fruits for a long time.”

—Jeremy Spencer, PhD, Professor of Molecular Nutrition, University of Reading

The medical research community has known for a long time that flavanoids have some kind of effect on memory, but until recently, researchers didn’t know the potential mechanisms to account for the phenomenon. Matt Whiteman, PhD, a principal investigator at the Institute of Biomedical and Clinical Science, Peninsula Medical School, worked with Dr. Jeremy Spencer on recent research and states, “This study not only adds science to the claim that blueberries are good for you, it also provides support to a diet-based approach that could potentially be used to increase memory capacity and performance in the future.” Their work was published this year in the scientific journal *Free Radical Biology and Medicine*.

If whole foods—specifically fruits and vegetables with antioxidants—are the answer to combating damaging free radicals that cause brain cell death, what about supplements and food replacement products? The American Dietetic Association has reaffirmed the principle of getting appropriate nutrients and vitamins from whole-food sources whenever possible. It might be easier to buy a bottle of supplements or a (cont.)

(cont.) “vitamin-rich” drink product, but it is best to avoid those options and go shopping on the perimeter of the local grocery store whenever possible.

For people with limitations that prevent biting, chewing, swallowing, and digesting whole foods, supplements are certainly a viable option. But the average adult should buy and eat whole foods whenever possible. Nutritionists concur that this applies to people over the whole lifespan—not just during the developmental years.

At Waterford, there are numerous opportunities to enjoy food and participate in social activities. For information on nutrition and dietary choices that support brain and heart health, talk to Life Enrichment Director Kaye Knudson or Food Service Supervisor Doreen Koppang. It’s never too late to make good dietary choices that support active aging. ■

You said it

“What I particularly appreciate about Waterford is the friendliness of residents and staff and the social interaction with other people.”

Esther Froelich

—Resident

Personal training: Not just for looks

When you think of personal training, do you envision people trying to shed a few pounds and attain the “perfect” body appearance? In actuality, personal training goes far beyond personal appearance and offers many health and wellness benefits.

At Waterford Health & Fitness Club, the staff assist people who have differing goals.

“Whether you are trying to lose weight, gain better overall health, or just want to be able to get around the house, Waterford’s personal trainers can help you create and guide you through a personal fitness program,” says Waterford Health & Fitness Club Director Lindsey Peterson.

The value of personal training

Leo Callahan, who is in his 80s, has discovered the value of personal training firsthand.

Leo, who lives at Waterford and has even been known to sing on occasion, meets with his personal trainer two to three times a week and has seen noticeable results. Together with his trainer, Leo works on balance, stability, and flexibility both in the pool and fitness studio.

Last year, Leo fell three times

in six days. Even before then, he had a very limited range of motion in his left shoulder due to a fall on ice a few years ago.

“It got to the point where I felt helpless, unstable, and afraid to do any of the things that I once thought nothing of,” says Leo. “At the time, I was using my walker, cane, and even the walls for support at all times. I knew it was time to do something. No one likes getting old, but it’s better than the alternative.”

With a determined attitude, Leo worked with his personal trainer and excelled. He now is able to walk around his apartment without his walker, cane, or any form of support. Leo is excited he can go back to doing all the things he enjoys. (cont.)



With the support and guidance of a personal trainer, Leo Callahan has improved his balance and overall well-being.

(cont.) For Leo one unexpected benefit of personal training was he has no pain in his left shoulder when putting on jackets, sweaters, or shirts. “I didn’t think that it was possible, because I had been living with the pain for so long.”

Even with all this success, Leo is quick to say that he needs to keep working, because he is not done improving, and he does not ever want to go back to where he was before he started his fitness regimen.

Health & Fitness Club Instructor Krystal Emineh, ACSM, explains, “Though group fitness classes are great, some individuals can really benefit from the individual attention and programs a personal trainer can develop.” She goes on to explain that when fitness professionals develop group classes, they base the design on what the majority of the class participants need, which may not be what each individual needs.

“Also some people may feel intimidated by other participants in group classes or feel they will not be able or know how to perform all exercises shown in the class,” says Krystal. “For anyone who may share those feelings, personal training is a great way to increase health and improve the quality of life. Not to mention, you may just end up looking and feeling better, too.”

The Waterford Health & Fitness Club offers many aquatic and fitness programs and classes, including personal training packages. Whether you are a group exercise extraordinaire, a weight room junkie, or have never stepped foot in a gym, let the professionals at the club help you reach your fitness goals.

For more information about personal training or any offerings, contact the Waterford Health and Fitness Club at 701-355-1280. ■

Recent events



A group from Waterford recently explored some local attractions. They first visited the town of Riverdale, where many residents once lived, and enjoyed a tasty lunch at the Knights Bar & Grille, which is part of the former Riverdale school building. Local businessman Lee Bertsch of Bertsch Construction renovated the old school that now houses the bar and a hotel. While in Riverdale, the group posed for a photo with Misty the Mermaid, a creation of artist and master welder Tom Neary. From left: Paul Bibelheimer, Sheila Robinson, Lewis Thompson, Lorraine Graves, Pat King, Jean Berry, Betty Miller, and Marianna Bader.

(cont.)

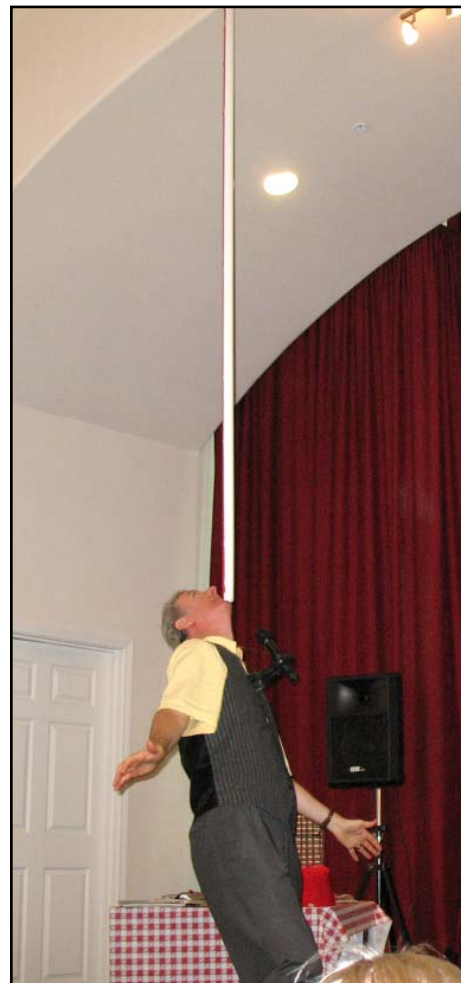
(cont.)



Following the stop in Riverdale, the group toured Fort Mandan where Lewis and Clark stayed for the winter of 1804. Delton Wulf and Pat King chat while Paul Bibelheimer views the simple living quarters at Fort Mandan.



Mary Eckholm, Sheila Robinson, Dagney Ellingson, Bertha and Shirley Von Eschen, and Rose and Leo Reinbold gather for a brain-building session during cognitive enhancement activities.



Los Angeles based performer Phil Van Tee entertains residents and their grandchildren.

Coming Events

Wednesday, Oct. 8, 7 pm

Seminar on cataracts with Aaron Fortney, MD, from Dakota Eye Institute.

Thursday, Oct. 14, 2 to 4 pm

Quilt show. Chapel.

Friday, Oct. 31, 6:30 pm

Neighborhood trick-or-treat event.