

# An egg-ceptional afternoon



Children from a local early childhood learning center visit Waterford for springtime fun and games. A traditional Easter egg hunt was the highlight of the afternoon. Residents handed eggs to the children to help fill their baskets. In addition to the hunt, they competed in a beanbag game and egg race.

## Celebrate activity— step into spring



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

May is Exercise is Medicine™ month, and the American College of Sports Medicine ([www.exerciseismedicine.org](http://www.exerciseismedicine.org)) and the World Health

Organization Move for Health campaign [www.who.int/dietphysicalactivity/](http://www.who.int/dietphysicalactivity/) have developed an array of tools for both the public and health care professionals.

The many benefits of physical activity have sparked a campaign directed at physicians. The campaign encourages doctors and other health professionals to prescribe physical activity—along with good dietary choices—as a first line of defense against obesity and chronic diseases prevalent in people over the age of 65.

*(cont.)*

(cont.) Although physical activity is a well-known deterrent to obesity, the idea of physical activity combating and managing diseases and conditions common to older adults is less commonly known. Specifically, diabetes; osteoarthritis; osteoporosis; cardiovascular disease, and hypertension have been identified as conditions that can be affected positively by a specific program of physical activity. There is significant evidence that even starting late in life can improve pain management and enhance overall well-being.

## “Birth certificates do not come with expiration dates.”

—Walter M. Bortz II, MD, healthy aging expert and author, *Dare to be 100*

Physical activity also has been shown to improve mental health and cognitive function and has been found to contribute to the management of disorders such as depression and anxiety. An individualized program of cardiovascular and strength conditioning, flexibility, and balance is important in reducing the risk of falls—a primary cause of disability for older adults. Lastly, an active lifestyle also provides new opportunities for forming friendships, expanding social networks, and interacting more with the community and the environment.

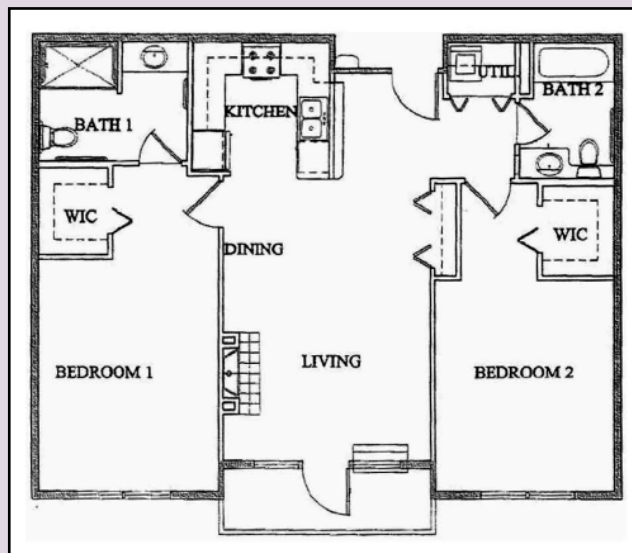
Spring is an especially good time to get out the walking shoes, swimsuit, bicycle, gardening tools, and anything else you need to be active. Check with your physician as to recommendations and any restrictions for diagnosed conditions that may affect physical activity choices.

Featured classes and fitness offerings are listed in the Life Enrichment/Wellness calendar and highlighted in this newsletter. For additional information on appropriate physical activity choices, contact a member of the Life Enrichment/Wellness team. Step into spring with a renewed commitment to be physically active every day! ■

## Welcome home!



Avondale 921 offers two bedrooms, two bathrooms, and a two-car garage. Call today for a personal presentation and discover why “It’s a great day at Waterford!”



Apartment 301 is a 1,084-square-foot home offering two bedrooms and two bathrooms. Take in the view of Bismarck from your private balcony or cozy up by the gas fireplace.

## Make it a great— and healthy— May

Splash into fitness at the Waterford Health & Fitness Club! With special May membership rates and new group swim lessons, now is a great time to dip your toe into the pool of wellness.

Stop by the club for information on “May-kit Happen!” membership specials. Individuals who sign up for or renew a six- or 12-month membership save.

### Meet Instructor Ann Kempf

While swimming a few laps or participating in an aquatic class, you may notice a new face

at the club. The club is pleased to welcome Ann Kempf as an aquatic fitness instructor.

Ann received her Bachelor of Science from Arizona State University and her Associate of Arts from Bismarck State College. She is a certified American Red Cross Water Safety Instructor Trainer, a Lifeguarding Instructor Trainer, and an American Red Cross CPR/AED for the Professional Rescuer Instructor.

While not splashing around in the pool, Ann enjoys spending quality time with her family and entertaining. Her personal mission is to motivate, care for, and be a positive impact on the lives of others. And the philosophy that keeps her going? “Never retire your brain or body—always continue to

learn.”

### Jump in, the water’s great!

Combine friends, a great instructor, and a warm pool, and what do you get? Small-group swim lessons at the Waterford Health & Fitness Club! The next four-week session with Instructor Ann Kempf begins Monday, May 11 at a cost of \$40 per participant. Space is limited, so sign up today!

### Schedule change for Memorial Day weekend

The pool will be closed Friday, May 22. The entire club will be closed Saturday, May 23 through Monday, May 25 in recognition of the Memorial Day holiday and for annual maintenance. The club, including the pool, will reopen Tuesday, May 26. *(cont.)*



Waterford Swim Instructor Ann Kempf (left) talks with Jean and Gerald Newborg about proper swim technique during a private lesson.

(cont.)

### Massage—not just a luxury

Some people have a common misconception about massage, assuming it is just a luxury with few therapeutic benefits. While a relaxing massage is certainly luxurious, it also offers many positive effects:

- General reduction of stress and anxiety
- Reduced severity of some depression symptoms
- Relief from some types of headaches, especially migraines
- Back pain relief
- Alleviated muscle fatigue and soreness
- Accelerated tissue healing
- Increase in circulation and decrease in edema

To learn more, talk with Licensed Massage Therapist Lisa Alvstad. Lisa is available for massage appointments on Tuesdays from noon to 7 pm and Wednesdays through Fridays from 8 am to 5 pm. ■



Licensed Massage Therapist Lisa Alvstad gives resident Rose Reinbold a relaxing chair massage.

## Mind your verbs

Fill in the blank using the letter provided as the first letter. Think of verbs for each letter provided.

Example:

ASK \_\_\_\_\_

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## You said it!

*"I love my job at the Waterford, because every day that I come here, regardless if I'm having a good or bad day, the residents always make me smile when I see them, and they make me realize why I want to go to work. It's because of them."*

—Talecha Mehlhoff, Dining Room server

## Recent events



Crafty Waterford ladies worked together to create washcloth Easter bunnies. Creativity and fun conversation were flowing during the gathering.



Residents dance to accordion music during a recent gathering in the Devonshire neighborhood.

## Coming Events

**Tuesday, May 19, 7 pm**  
Sing-along with Elsbeth. Chapel.

**Thursday, May 21, 2:30 pm**  
Senior Center Singers perform. Chapel.

**Saturday, May 23, noon**  
Memorial Tours. Visit local cemeteries to remember loved ones and place flowers on their graves. Transportation provided by Waterford.



As part of Waterford's continuing travel series, artist, community organizer, and mother Aruna Seth visited Waterford to talk about India, her homeland. She intrigued audience members with her stories, discussing everything from traditional dress and marriage, to education. Aruna is very active in the community and hosts the annual Gandhi Peace Dinner in Bismarck to raise funds for children and women's education in India.