

The joys of summer



Resident Katherine Dressler tries out one of the snazzy cars during the recent Waterford classic car show.

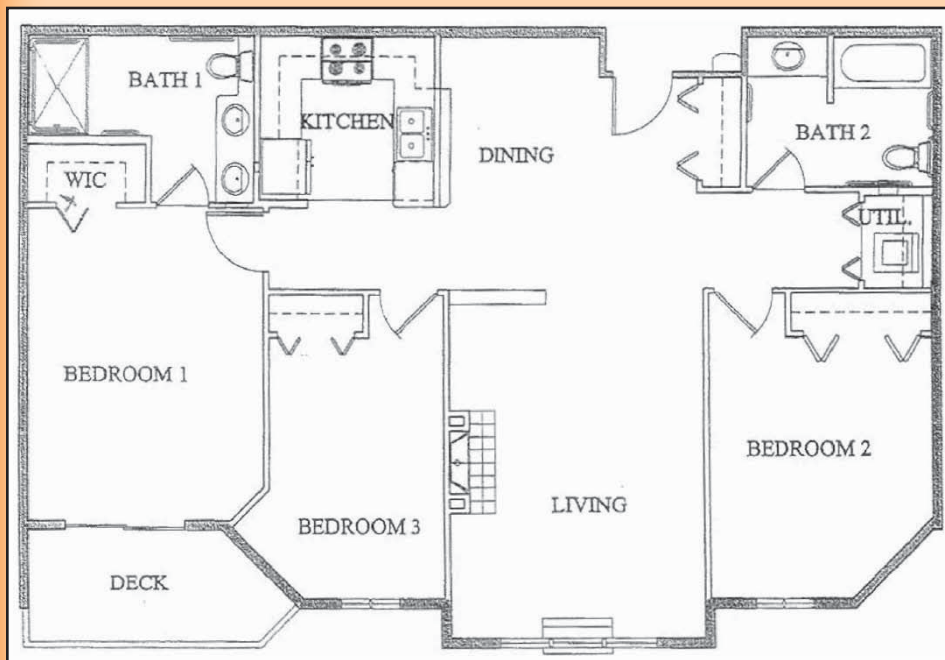


Marion Meyer (left) and Sheila Robinson go head to head in the Fourth of July Spectacular corn shucking contest.

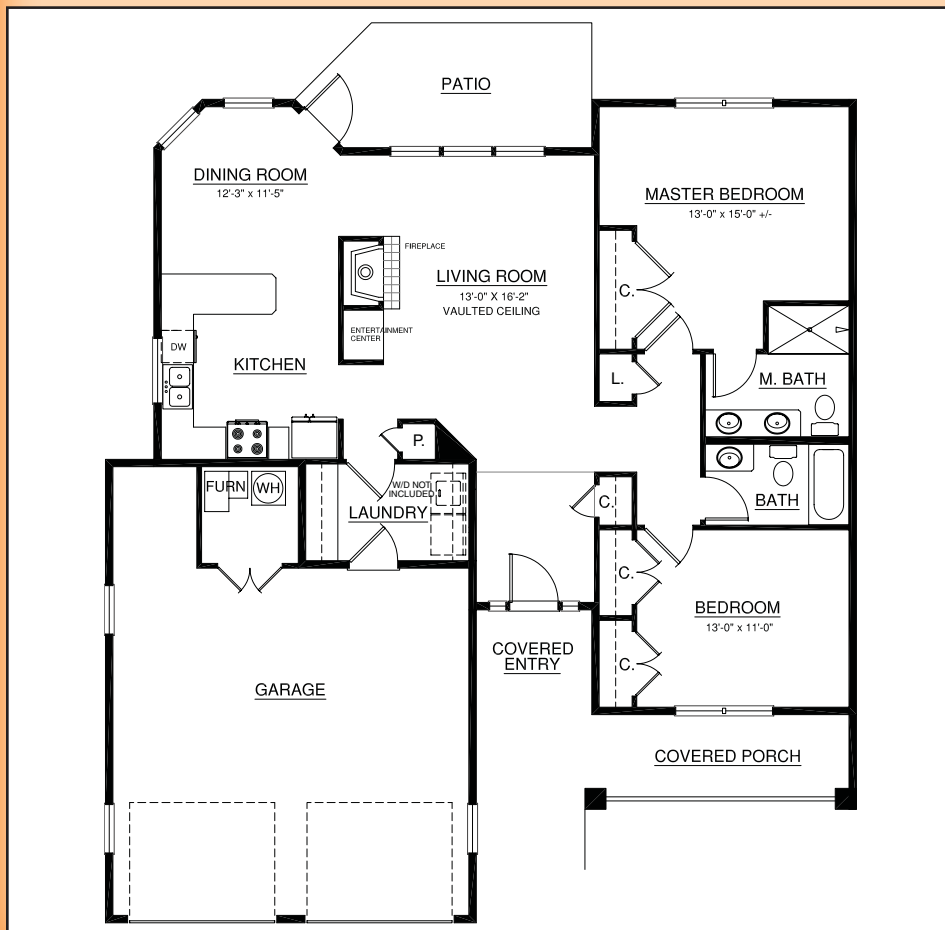


Ashlyn Hoff (left) and Kaitlyn Christensen from Super Kids Jr. Academy pose with resident Pat King for a photo at the Fourth of July Spectacular parade.

There's no place like home



Did somebody say “elbow room?” Apartment 303 has it, and more. This 1,368-square-foot home offers three bedrooms and two bathrooms. Enjoy the fresh summer air and the view of Bismarck from your private balcony. Cozy up by the gas fireplace during the cooler days of fall and winter. Carefree living with all the amenities Waterford has to offer—call today to experience Bismarck’s enriching retirement lifestyle.



Whatever the weather is like outside, you’ll be comfortable in this cottage home. With 1,324 square feet, two bedrooms, two bathrooms, and a two-car garage, this Amherst home offers a worry-free retirement lifestyle. Beat the heat this summer by taking a dip in the pool at the on-site Waterford Health & Fitness Club. Call today and discover why, “It’s a great day at Waterford!”

Club update

Celebrating FallProof H2O

Have you noticed some of your friends and neighbors standing a bit straighter and walking more confidently? The remarkable program FallProof H2O is helping people improve their balance and fitness levels.

FallProof H2O is part of a larger research project being conducted at multiple sites in the United States to investigate the effectiveness of a newly designed aquatic balance and mobility program. It was developed at the Center for Successful Aging at California State University, Fullerton, and has been shown to improve balance, strength, and mobility over the course of the 12-week program.

The aquatic program is specifically designed for individuals who have a history of falls or are experiencing balance and mobility problems.

Proven program benefits include development of strategies for recovery from loss of balance, increased confidence in balance abilities, and improved balance, strength, and mobility. Throughout the 12-week program, residents work on various balance activities and resistance training in the water. The results? Here's what participants thought:

"The exercises are easier to do



FallProof H2O program participants gather for a photo during their graduation celebration.

in the water and less painful. The resistance of the water has helped tone my body, and I feel great! My posture has improved, and that is important to me."

~ Rose Reinbold

"I have fully enjoyed the past few weeks spent in FallProof. I can see a noticeable improvement in balance and stamina."

~ Neil Meyer

"I can now stand straighter, walk side to side, walk with my walking stick much better, and it is easier for me to get in and out of the car."

~ Helen Pharr

"I have gained a lot from the balance class. At first I was afraid of the water and had help walking. I soon overcame that and could more freely take part in the activities. The water made it easier to do the exercise. I feel so comfortable after each session. I know

I have improved my posture and balance."

~ Dagny Ellingson

If you are interested in participating in FallProof H2O, call Waterford Health & Fitness Club Director Lindsey Peterson at 701-355-1280.

Schedule notice

August 10 through 14 is Break Week at the club, with the fall session beginning August 17.

Meet Nick Henkelman— Personal Trainer and Group Exercise Instructor

The club's newest team member brings with him a love of fitness and years of training, making him a great fit to coach club members on their journey to personal fitness and optimal health and mobility.

Nick Henkelman holds a Bachelor of Science in Sports Management with minors in Coaching and Business Administration (*cont.*)

(cont.) from Southwest Minnesota State University. He is a certified personal trainer through the National Exercise Trainers Association, specializing in low-impact cardiovascular conditioning, weight training, and exercise ball fitness.

When he's not working with clients, Nick enjoys spending time with his wife, Laura, running, rollerblading, playing football, basketball, baseball, softball, tennis, volleyball, swimming,

fishing, and hunting. He loves the water and is often found relaxing at a lake or river.

Favorite quote: "... it's not the years in your life that count. It's the life in your years." – Abraham Lincoln

Fitness philosophy: "Fitness should make you feel good, both physically and mentally, and it should help you enjoy life to the fullest. Mix up your workouts so you don't get bored, and no matter what, make sure you have fun!"

Stop by the club and welcome Nick to the team.



Pool side, Nick leads an aquatic fitness class.

A special note of thanks

Every morning when I awaken, I have enormous gratitude for Life, Love, Laughter and the Blessings of Good Health. Making the commitment to have a personal trainer at the Waterford was a piece of the "lifestyle puzzle" missing from my own health and wellness program. I tried other fitness programs, including a personal trainer; however, they did not design a program for my specific health needs. Other fitness clubs offered a "one size fits all," which was not successful for me. This is why I love personal training sessions at the Waterford. Tanya Taylor and Lindsey Peterson have done a truly extraordinary job in designing a fitness program for my osteoporosis and hypertension. The research and books provided healthy exercises for the best possible fitness design. Making the commitment to have a personal trainer at the Waterford Health & Fitness Club has been one of the best decisions of my life.

Recently, I had a routine annual physical: my doctors were amazed by my test results. I am now able to decrease high blood-pressure medication, and I feel better than ever!

My deep appreciation to Lindsey Peterson for continuing to challenge me and improve my physical

well-being and health condition. With her guidance, I learn something new at every training session. Lindsey inspires me to be responsible, accountable, and work toward goals to improve my physical strength, stamina, stability, and balance. She shares her knowledge and expertise during every session. Her guidance and counsel continues to enable me to exercise properly, safely and avoid muscle strain or injury.

Now every day is filled with an enormous amount of gratitude for all the kindness and thoughtfulness shared from Lindsey and the fitness staff at the Waterford. My hope is to be an inspiration to others interested in investing time toward good health physically, emotionally, and spiritually. I will continue to be motivated during my personal training sessions, for this is an important part of a continued healthy lifestyle. My life has definitely been enriched and fulfilled.

Good Health, Love, and Laughter to you and your staff.

Blessings and Friendship,
Joyce Tello

Going green— and making a difference



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

Whether they realize it or not, when residents move to a Touchmark community, they are making a commitment to conservation of resources. Environmental sustainability is Touchmark's vision, and the individuals who work and live in the community are the changemakers who contribute to the success of reducing the carbon footprint.

In new construction and renovation projects, environmentally friendly building methods and materials, energy sources, appliances, and furnishings are selected by Touchmark Development & Construction Company, a Touchmark subsidiary that seeks out and works with local "green" architects, developers, and builders whenever possible.

Touchmark at Coffee Creek (Edmond, Oklahoma) has qualified for the EPA's voluntary Green Power Partnership program. The partnership with Edmond Electric to offer "cleaner, greener" wind power to residents significantly reduces the need for fossil fuels. In fact, their current purchase of wind power to the Grandview building

is equivalent to removing 121 cars from the road for an entire year or planting 186 acres of trees, according to the EPA.

At Waterford at All Saints (Sioux Falls, South Dakota), Waterford at Harwood Groves (Fargo, North Dakota), and Waterford at Fairway Village (Vancouver, Washington), recent renovations used environmentally friendly paint, carpeting, and other materials as well as energy-efficient fixtures.

Gardeners at Touchmark on West Prospect (Appleton, Wisconsin) teamed up with volunteers for a joint gardening venture this summer. At Waterford on Saddle Drive (Helena, Montana), there is a concerted effort to recycle, headed by individual residents with the support of team members.

Each resident can contribute to the effort to "Go Green" in numerous ways. Some examples are:

- ◆ Using and reusing cloth shopping bags;
- ◆ Contributing no-longer-needed items to charitable organizations to use for fund-raising;
- ◆ Turning off lights and appliances when not in use;
- ◆ Turning down the thermostat in winter and up in summer;
- ◆ Using less water;
- ◆ Separating recyclables whenever possible;
- ◆ Taking advantage of community shuttles, buses,

and other mass transportation offerings;

- ◆ Walking and cycling for better health and a healthier environment;
- ◆ Purchasing recycled products for use in the home.

Do you have other ideas for supporting a sustainable environment? Please send them to Executive Director Arlene Farnsworth. ■

Coming Events

**Monday, Aug. 3,
2:30 pm**

Outing on the Lewis and Clark Riverboat. Cost: \$16 per person.

**Wednesday, Aug. 5,
noon**

Brown Bag in the Park. The Shade Tree Players present Romeo and Juliet at Custer Park.

**Wednesday, Aug. 5,
4 pm**

Auditions for Waterford's presentation of *Greater Tuna*. Mind Body Spirit Room.

**Thursday, Aug. 6,
9:30 am**

Photography Club meeting with speaker Bob Knutson. Hoyle Room.

(cont.)

(cont.) **Friday, Aug. 7, 10 am**

Photography Club meeting in Mind Body Spirit Room.

Monday, Aug. 10, 2 pm

Bus leaves for Bismarck's Got Art.

Tuesday, Aug. 11, noon

Brown Bag on the Prairie. John Krueger Jazz Ensemble. Frances Leach High Prairie Arts & Science Complex.

Wednesday, Aug. 12, 1:15 pm

All-resident meeting.

Thursday, Aug. 13, 11 am to 1 pm

Birthday Buffet.

Friday, Aug. 14, 10 am

Tour of BNI Coal mine.

Monday, Aug. 17, 2:30 pm

Robin Thorestenson discusses one of Waterford's newest programs, the Osher Lifelong Learning Institute. Chapel.

Tuesday, Aug. 18, 4 pm

Mystery Party. Mind Body Spirit Room.

Wednesday, Aug. 19, 11 am

Lunch Out at Cracker Barrel.

Thursday, Aug. 20, 3 pm

Wine Social.

Friday, Aug. 21, 3 pm

Tour of the Buckstop Junction historic village restoration, featuring an actual one-room schoolhouse.

Monday, Aug. 24, 9:30 am

Back to School Carnival with Super Kids Jr. Academy. Front entrance.

Tuesday, Aug. 25, 2:30 pm

Winetasting at Vintner's Cellar.

Share your time and talents

Research continues on the positive impact of "giving back" in regard to the physical and emotional well-being of the volunteer.

Residents are encouraged to participate in a wide range of civic engagement opportunities, and they devote countless hours to community service for deserving programs and organizations. Touchmark also invites volunteers from the broader community to support activities and services.

Want to volunteer? Learn more by visiting our Web site or calling a member of the Life Enrichment/Wellness team.



Save the date!

Celebrate Active Aging Week with Waterford! Events are planned during the week of Monday, Sept. 21 to Sunday, Sept. 27.

Watch for more information to come.