



A Touchmark® community
Est. 1980

Be active. Be healthy.

Join Waterford in a celebration of a healthy lifestyle. Scheduled events will encourage, motivate, and inspire you to incorporate healthy activity into your daily life—and reap the benefits.

Monday, Sept. 21 ~ noon to 1 pm
Brown Bag Seminar: Bring your lunch and join Western ND Regional Center Director Krista Headland with the Alzheimer's Association, as she presents *Know the 10 Signs & Maintain Your Brain*.

Tuesday, Sept. 22 ~ 9 am to noon
Living in Balance Wellness Fair, sponsored by Humana:
~ Exhibit booths by local vendors, promoting all dimensions of wellness
~ Health screenings

~ Refreshments and door prizes

While enjoying the Living in Balance Wellness Fair, take time to explore all of Waterford's opportunities at an Open House.

Wednesday, Sept. 23 ~ noon - 1 pm
Brown Bag Seminar: Bring your lunch and join RSVP+ Project Coordinator Mary Siverson for *Value of Volunteering & Discovering One's Talents*.

Thursday, Sept. 24 ~ noon - 1 pm
Brown Bag Seminar: Bring your lunch and join Nicki Calderwood from Dakota Physical Therapy for *Maintaining and Improving Your Balance*.



Friday, Sept. 25 ~ noon - 1 pm
Brown Bag Seminar: Bring your lunch and join Denise Mathern from the Arthritis Foundation as she discusses *Managing Your Activities with Arthritis*.

Attend all the seminars for a chance to win a prize!

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles. ■

Waterford team members share a rare bond

Every year, approximately one in 17,000 people in the United States receives a kidney transplant. What are the odds, then, that among a staff of about 125, two people would undergo kidney transplants weeks apart?

Team members and residents at Waterford are experiencing just this phenomenon.

Housekeeper Brigetta Hintz is one of 13 children, six of whom inherited polycystic kidney disease from their mother. The disease is characterized by the growth of numerous cysts in the kidneys, resulting in reduced kidney function. Approximately one-half of the people
(cont.)



Caregiver Versie Rau (left) and Housekeeper Brigetta Hintz enjoy a welcome-back reception with the Waterford community after their recent kidney transplant surgeries. KFYP-TV covered the event and shared their story on the evening news.

(cont.) with the disease ultimately experience kidney failure, requiring dialysis or transplantation.

Brigetta learned that she had inherited the disease when she was 35. For the next 30 years, she saw her doctor regularly and rigorously followed the advice regarding lifestyle habits to slow the progression of the disease. Over the last two years, her kidneys started deteriorating, and in October of last year she was finally placed on the waiting list for a donor.

The average wait time for a kidney from a deceased donor is two to five years. After only six months on the wait list, Brigetta was surprised to receive a call letting her know that a donor had been found for her. “I was totally shocked,” says Brigetta. “I wasn’t even on dialysis yet, but I would have had to go on it within a month or two.”

A patient on a donor list must stay in close proximity to the transplant center, as they will often only have a few hours notice before they need to be at the center to prepare for surgery. “The nurse called me at 3 pm, I had to be at the hospital at 10 pm, and the kidney came in the next morning at 10:30,” she explains.

Brigetta’s surgery and recovery have been successful. She has returned to work and says she is doing really well. “At my last appointment, my doctor said ‘you don’t even look like someone who just had a kidney transplant.’ The color in my skin has changed so

much—everyone has said I look so different, so much healthier.”

A common bond

Versie Rau, a Waterford caregiver, has taken a particular interest in Brigetta’s story.

She also inherited polycystic kidney disease from her mother, and she has seen four of her siblings undergo successful transplant surgeries. Versie was on the waiting list for a donor for six months, during which time six of her friends were tested to determine if they

“It’s nice to have that person to talk to; it has been a wonderful friendship for us.”



might be suitable donors. While none of them was a good match, she feels fortunate to have had so many people willing to donate a kidney to her. “When I think about it, I realize I have a lot of good friends. There were so many who were interested in doing that for me.”

A year ago in June, Versie and her husband were having dinner with her husband’s business partner, Gene Ley, when Gene surprised both of them by suggesting that perhaps he could be her donor. Tests confirmed that Gene was a good match. “I was ecstatic, so happy,” she says. “This was wonderful, and so unbelievable

that he’d do this for me.” After a year of preparation, Versie received her kidney transplant June 30.

An interesting twist to Versie’s story is that Gene’s son was born with only one kidney, and her husband has the same rare blood type as him. “We agreed that if his son ever needs a kidney, my husband would be the donor,” she says.

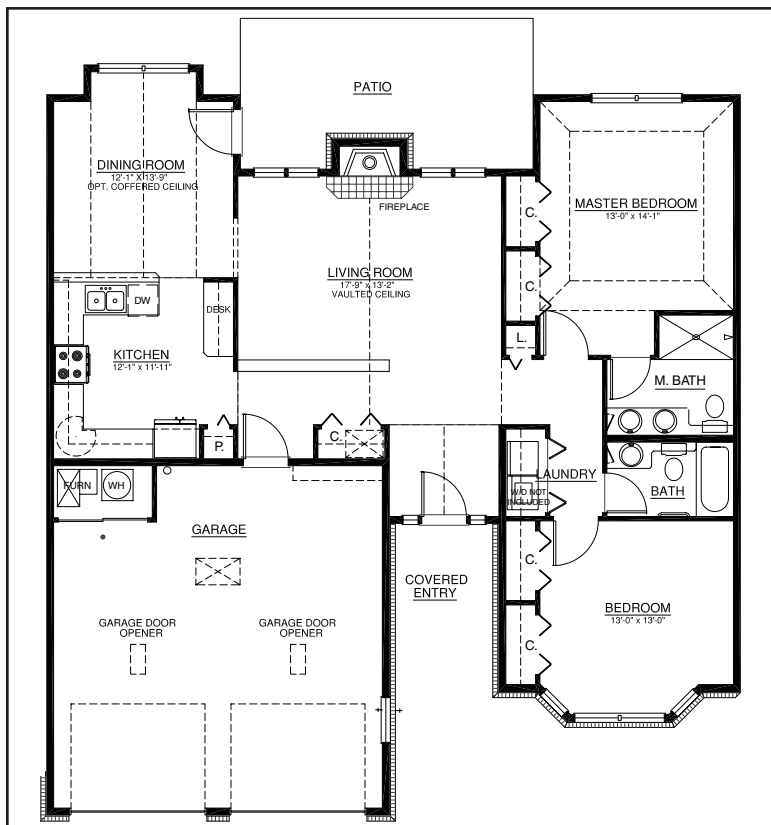
Having a coworker who understands what she is going through has been a comfort to Versie. “It was such a surprise when I found out that Brigetta needed a kidney, and from that time on, we started a friendship and have compared notes from our doctor appointments,” she says. “It’s nice to have that person to talk to; it has been a wonderful friendship for us.”

The Waterford community has rallied behind Brigetta and Versie. “The whole community has been so great,” says Versie. “They are so supportive of me, so good to me—it has really been wonderful.”

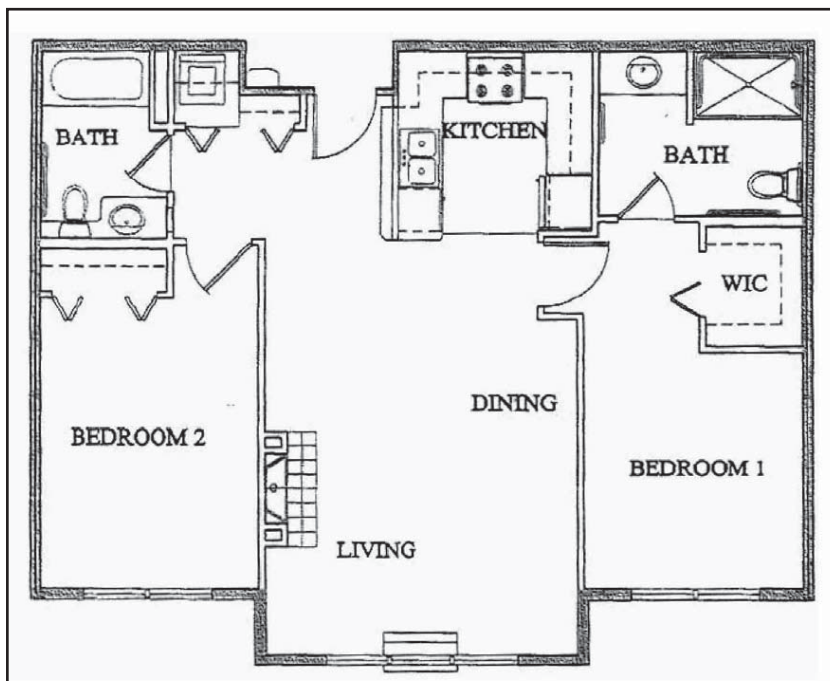
Brigetta agrees, adding, “There are really super people living here. My coworkers came to see me and brought me balloons and flowers. Since coming back to work, they help me, so I don’t overdo it.”

Brigetta and Versie are thankful for this support—and for their renewed health ... no matter what the odds are. ■

Picture yourself at Waterford!



Located at 927 Waterford Drive, this Chelsea cottage home offers 1,370 square feet of retirement bliss! With two bedrooms, two bathrooms, and an attached two-car garage, you'll have plenty of room for entertaining, storing all your treasures, and living the good life. The gas fireplace, private patio, and high ceilings are the finishing touches on your new home. Call today for a personal presentation.



Apartment 247 is calling your name. This 967-square-foot home offers two bedrooms, two bathrooms, and all the amenities Waterford has to offer. You'll appreciate the cozy gas fireplace as winter descends upon Bismarck!

Life enrichment ... through the generations

*“Children are the living messages we send to a time we will not see.”
~John W. Whitehead*

A child can watch a movie or read a book, but nothing compares with firsthand recollections and personal interactions with older generations. Also, a child’s natural tendency to be fun, loving, and truly innocent can be contagious, keeping one youthful and young at heart.

“You can’t be sad around a child,” says resident Pat King. “They are simply happy, and they want to see you happy. They are eager to give hugs, and their honesty is refreshing, if not always humorous.”

Warm relationships with older generations can leave a lasting impact on children, with lessons that benefit them through adulthood. Life Enrichment/Wellness Director Autumn Edwards recalls the lessons she learned from her great-grandmother. “As a child I would go to my great-grandmother’s house every day after school,” she says. “She taught me an appreciation of art, poetry, and history. As we would paint together, she would share her stories of growing up on the plains.”

Waterford has been introducing an increasing number of intergenerational programs. The preschool children from Super

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Resident Catherine Seidler hands a child from Super Kids Jr. Academy a token during the intergenerational summer carnival event.



Resident Doris Hickie and children from Super Kids Jr. Academy join the fun.



From left: Madison Berndt, Mesa Weissman, and Caleb McGraw do the chicken dance.

(cont.) Kids Jr. Academy regularly visit the community. They sing to residents, joined the Waterford Fourth of July Spectacular, and participated in the Back to School Carnival. The YMCA Summer Boost program stopped by for a Kite Festival, and Kindermusik®, a music program for infants and toddlers, leads an interactive music program with the children and residents. There's also the Adopt a Grandfriend program, which matches a young friend with a "grandfriend," who meet once a month to share stories and experiences.

Are you interested in participating in Waterford's intergenerational programs? Contact Autumn or Tara in the Life/Wellness Enrichment office for more information. ■

Recent event



From left: residents Ray Korus, Blanche Schmid, Hollis Nappen, Jeanne Wulf, and Pat King pose for a photo near a dredge line scoop, which can hold 20 tons, during a tour of BNI Coal mine.

Be fit this fall

As fall comes to Bismarck, the club is offering a host of classes and activities that will help keep you active as the days get shorter and cooler.

Grand SWIM!

Saturday, Sept. 12, 1 – 3 pm

Invite your grandchildren to make a splash—and fond memories—at the club's celebration of National Grandparents Day.

- ~ Comfortable, 86-degree pool
- ~ No charge
- ~ Complimentary refreshments
- ~ Lifeguard on duty
- ~ Children must be accompanied and supervised by an adult. (Tight-fitting waterproof pants must be worn by any child still in diapers.)
- ~ RSVP by Sept. 10 by calling 701-355-1280.

New Classes!

Aqua Balance: Those who have had a fall or have a fear of falling are invited to work on balance and coordination, strength, and agility in the supportive medium of water. Movements that are difficult on land can be performed with greater ease, as the buoyancy of the water supports joints and allows greater freedom of movement. The class will be Tuesdays and Thursdays at 2 pm. Talk with Lindsey Peterson, club director, if you're interested in joining this class.

Deep Water Aerobics: In this class, intensity is increased through the resistance of the water. Using floatation devices, participants power walk or run with enough vertical space so their feet do not touch the pool bottom. Must be comfortable in deep water. This class will be on Mondays at 4:30 pm.

See the article on page one for more information about the Living in Balance Wellness Fair in honor of Active Aging Week. ■

Coming Events

Friday, Sept. 4, 2 to 6 pm

Book Sale and root beer floats social. Proceeds go to the Alzheimer's Association, and the remaining books will be used to start a library for Pam's House, a safe home for battered women and children. Creative Arts Room.

Monday, Sept. 7 through Friday, Sept. 11, 7 pm

The Alzheimer's Project, an HBO documentary series that examines the groundbreaking discoveries made in Alzheimer's research as well as the effects of the disease on those who live with Alzheimer's and on their families. Prairie Sitting Room.

Tuesday, Sept. 8, 3 pm

Fiesta Villa Restaurant demonstrates how to make fried ice cream.

Wednesday, Sept. 9, 1:15 pm

Resident meeting.

Thursday, Sept. 10, 7 pm

Thursday Music Club. Chapel.

Friday, Sept. 11, 1 pm

United Tribes International Powwow. Cost: \$8. Lone Star Arena dance arbor at United Tribes Technical College.

Monday, Sept. 14, 10 am

Computer tutoring. Library.

Wednesday, Sept. 16, 11 am

Lunch outing to Red Lobster.

Wednesday, Sept. 16, 7 pm

Waterford's presentation of *Greater Tuna*. Chapel.

Thursday, Sept. 17, 11 am to 1 pm

Birthday buffet. Four Seasons Dining Room.

Saturday, Sept. 19, 1 pm

Second-annual Bismarck Bluegrass Festival. Sleepy Hollow Park.

Monday, Sept. 21 through Friday, Sept. 25

Active Aging Week. See article on page one.

Monday, Sept. 21, 2 pm

Fort Lincoln Trolley ride. This eight-bench open trolley offers a nine-mile, 30-minute excursion between 3rd Street SE and Fort Abraham Lincoln State Park.

Thursday, Sept. 24, 2:30 pm

Senior Center Singers. Lobby.

Thursday, Sept. 24, 3 pm

Wine Social. Lobby.

Monday, Sept. 28, 10 am

Outing to Prairie Knights Casino. Cost: \$10.

Wednesday, Sept. 30, 11 am

Red Hat Ladies lunch outing to Mr. Delicious Cheesecake Café & Bakery.

Wednesday, Sept. 30, 4 pm

Pep Rally featuring Century High School cheerleaders and pep band. Lobby.

Proactive aging



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

Over the past century, we have added 30 years to our life expectancy. The challenge is to ensure the quality of life during those years. The scientific community is

in agreement about the successful strategies that need to be practiced by all of us to influence the quality of the aging process: exercise, a healthy diet, intellectual curiosity and stimulation, social engagement, and spiritual nourishment.

There are, however, several barriers that influence participation in this winning combination. Barriers include lack of access to appropriate programs and services, lack of social and emotional stimulation in the individual's environment, a belief that it is too *(cont.)*

