

Celebrating a year of friendships

At Waterford, while we have felt the recession, we have taken active steps, including budget reductions, to continue to thrive as a community. Many of the highlights of the past year focus on friendships. For example, we celebrated with caregiver Versie Rau and housekeeper Brigetta Hintz after they successfully underwent kidney transplant surgeries and returned to work. In the summer, Waterford worked with 2009 Miss Junior Teen North Dakota Kylie Helm to start the grandfriend program. Her goal: to share a smile and connect generations. Gatherings with the children from Super Kids Jr. Academy filled many days throughout the year, as well.

As a community that celebrates all generations, it was very rewarding to be named a 2009 Employer Experience Works Champion for North Dakota, which is presented by Experience Works. We were one of three companies recognized.

We topped off 2010 with Gingerbread Junction. Friends, family, residents, and staff became master gingerbread architects (see below and inside for photos). The fun competition celebrated creativity and friendship.

As we bid 2009 farewell, may you and yours experience a joy-and-growth-filled new year.



Arlene Farnsworth
Executive Director

Gingerbread village for the holidays

Residents and staff, along with several community organizations, have taken the holiday tradition of building a gingerbread house to a whole new level—creating an entire gingerbread village in celebration of the season.

The village consists of 17 structures and includes two replicas of the retirement community, a windmill, dog house, ice skating rink as well as traditional gingerbread houses.

Prizes were awarded in three categories. Adopt-a-Grandfriend took first place in the category of organizations that volunteer at Waterford.

(cont.)



(cont.) Volunteers made a detailed replica of Waterford (right). Staff in the Devonshire neighborhood captured first place in the departmental category for their log cabin made of pretzels (front page). Resident Edith Ripplinger, who was interviewed by KFYR-TV, made a colorful gingerbread house and earned first place among residents.



20in10: What's on your list today?



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

"Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor." — Brian Tracy, author and speaker

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it's up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment Director Autumn Edwards. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

20in10
20 Tips to Wellness You Can Do in 10 Minutes™

A sampling of captions



Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo above. Here's a sample of some. Enjoy the creativity and fun!

“Trying for a hole in ten.”
~ Resident Stella Mae O'Connell, Vancouver, Washington

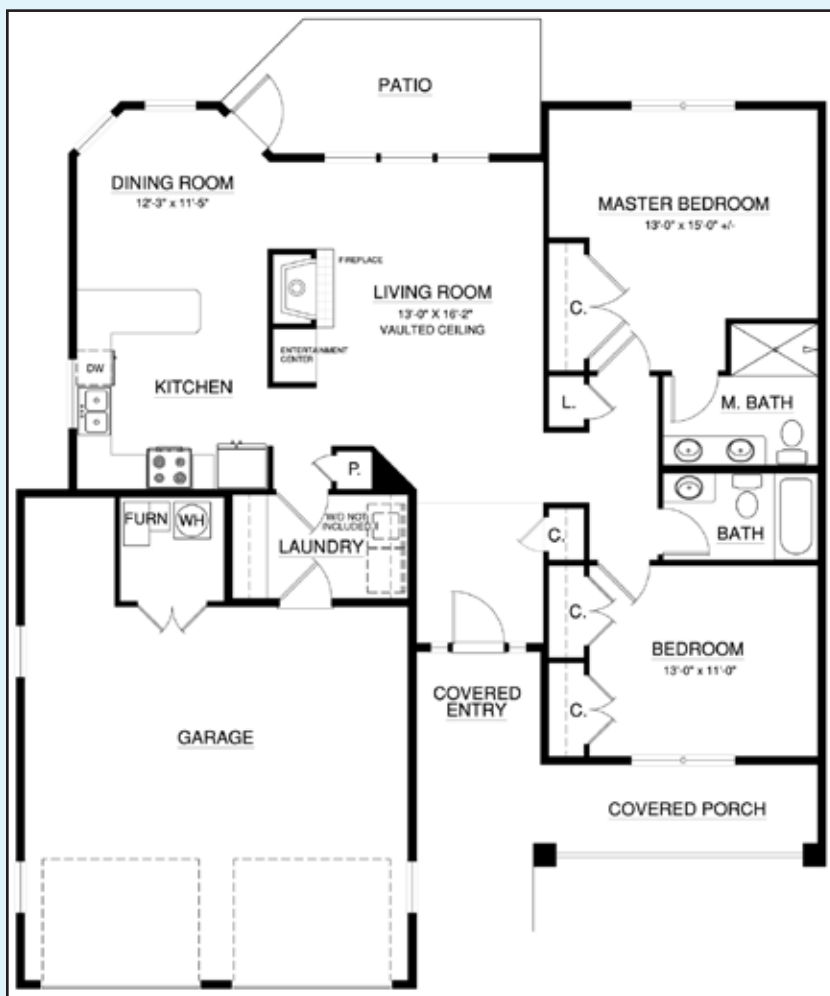
“Hah! Bet you didn't even notice my shoes are different colors!”
~ Resident Gail Kristensen, Sioux Falls, South Dakota

“One mixed up dude!”
~ Resident Eve Brousard, Appleton, Wisconsin

“FORE!”
~ Resident Frank Battershill, Edmonton, Alberta

“Arnie Palmer could do it!”
~ Resident Daniel Reitan, Fargo, North Dakota

There's "snow" place like home!



Pull into the driveway at 1009 Waterford Drive and you'll know you've arrived home. This 1,326-square-foot Amherst cottage home offers two bedrooms and two bathrooms. And that driveway? The Waterford team will keep it free from snow, so you can come and go as you please. The cold winter weather doesn't lead to hibernation at Waterford. The national award-winning Life Enrichment/Wellness program provides plenty of year-round opportunities. Call or stop by today.

Leave behind worries about frozen pipes and shoveling snow as you live the good life at Waterford. Cathedral ceilings in apartment 370 add a sense of roominess and sophistication to the 644-square-foot home. Offering one bedroom and one bathroom, this home is only missing one thing—you! Call today for a personal presentation.



Don't let winter weather impede your fitness routine

With winter upon us, it's easier to lapse into a sluggish schedule. Instead of letting your workout lapse, stay active with these classes.

Aquatic classes:

Ingrid Omlid returns to teach qigong on Mondays and Wednesdays at 10:15 am and Hydro Aeroflex on Tuesdays and Thursdays at 10 am.

~ **Qigong** is a combination of deep breathing and easy, fluid circular movements. This class has many benefits, such as lowered stress, improved balance and concentration, and improved circulation.

~ **Hydro Aeroflex** combines low-impact AEROBics and FLEXibility training.

Other aquatic classes:

Aqua Blast ~ Tuesdays and Thursdays at 8 am

Silver Splash® ~ Mondays, Wednesdays, and Fridays at 9 am

JAWS ~ Mondays, Wednesdays, and Fridays at 10:15 am

Water Aerobics ~ Mondays, Wednesdays, and Fridays at 2 pm

Water Aerobics ~ Tuesdays and Thursdays at 4:30 pm

Deep Water ~ Mondays and Wednesdays at 4:30 pm

Aqua Balance ~ Tuesdays and Thursdays at 2 pm

Fitness classes:

Posture & Balance ~ Mondays, Wednesdays, and Fridays at 9:15 am in the Aerobics Studio

SilverSneakers® Muscular Strength & Range of Movement ~ Tuesdays and Thursdays at 10:15 am

Deep Stretch ~ Mondays and Wednesdays at 6 am

Sweat & Sculpt ~ Tuesdays and Thursdays at 6 am

Deep Stretch ~ Tuesdays at 5:15 pm

Pilates & Sculpt ~ Thursdays at 5:15 pm

Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

Answers:

1. Yesterday, Today, and Tomorrow

2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry

3. Charcoal

Lifestyle changes: an invitation from our qualified team

“Use it or lose it is not just a catch phrase. It is the well-researched theory behind permanent lifestyle change that results in improved health and well-being.”

– Colin Milner, Founder and CEO, International Council on Active Aging

Change is hard for most of us. Behavioral specialists cite different techniques to help create a new habit or—conversely—abandon or change an established one. Often, they tout the need to do something new 20 times or more before it becomes ingrained in our psyche and muscle memory. This requires commitment ... and usually support from an individual or group also committed to your positive-change program.

The value of support is especially well-studied in regard to physical activity, nutrition, and stress reduction—all important to an individual's well- (cont.)

(cont.) being. Ordinarily, coaching and counseling are essential tools when making life changes that require discipline. A professional can offer specific techniques tailored to each person's uniqueness.

Elsewhere in this newsletter you will read about the 20in10 campaign that is part of Touchmark's 30th anniversary celebration. All of the tips for good, whole-person health and wellness can be done in 10 minutes or less, and they are building blocks for awareness and lifestyle change. These tips, however, are just the beginning of the journey for anyone who wants to make permanent change and create wellness goals for the new year.

Our team is ready to help each person create a personal plan of wellness. This plan will result in reaching achievable, positive goals based on specific outcomes that can improve the quality of life and result in permanent change. To learn more about the "Lifestyles" class that will be offered to all new Waterford Health & Fitness Club members in January and any returning or current member who would like to participate, contact Steve Metzger, director.

We know you can do it, and we can definitely help. ■

Build your brain power!

Many people overlook mental fitness when making their New Year's resolutions. Make 2010 the year you commit to building your brain power. Check out these brain-building classes:

~ **Current Events.** A lively discussion group where participants debate local, national, and international issues.

~ **Wii Brain Games.** An exciting way to increase brain power. The program begins by testing your current "brain age." By playing the fun interactive games, you can increase your cognitive abilities, reflexes, and lower your "brain age."

Coming Events

Contact a Life Enrichment team member for additional details, including registration information.

Wednesday, Jan. 6, 11 am

Men's Lunch Out:
Ruby Tuesday.

Saturday, Jan. 9, 2 pm

Gospel Tunes in Chapel.

Thursday, Jan. 14, 2 pm

Marvin Zander performs in Chapel.

Saturday, Jan. 16, 2 pm

Grandfriend program presentation with First Lady Mikey L. Hoeven of North Dakota and 2009 Miss Junior Teen North Dakota Kylie Helm.

Monday, Jan. 18,

through Friday, Jan. 22

Chinese New Year Celebration with special meals in the dining rooms. Other planned activities include:

Monday: Chinese history discussion during Brain Academy.
Tuesday: Chinese calligraphy lesson.
Wednesday: Lunch out at China Wok.
Thursday: Learn to make sushi at The Bistro.
Friday: Make your own fortune cookies.

Monday, Jan. 18, 10 am

Bismarck Gymnastics. Lobby.

Saturday, Jan. 23, 4 pm

Trinity Lutheran Lutefisk Feed.

Tuesday, Jan. 26, 6:30 pm

Faith Lutheran Bell Choir in Chapel.