



A Touchmark® community
Est. 1980

New club director joins Waterford

Steve Metzger has joined the Waterford community and oversees all aspects of the Waterford Health & Fitness Club, which offers an extensive array of programs and classes to residents of Waterford as well as members from the broader community.



“I’m very excited to join the club and help members achieve their fitness and wellness goals,” says Steve.

Prior to his position with Waterford, Steve owned Choice Orthotic Services and managed Gartner’s Functional Footwear, Inc. Before that, Steve served as the Wellness Director for the Bismarck YMCA and created numerous programs, including extensive fitness screening, Women on Weights, Arthritis and Pain, Body Boot Camp, Healthy Start Recreation, and more.

Steve earned his Orthotics Certificate from Northwestern University in Chicago and holds a Bachelor of Science in Business Administration with an emphasis in Management from Colorado Technical University. He is

completing the American Council on Education’s Personal Trainer Program.

While Steve’s roots run deep in North Dakota, he did spend time working in sports medicine in Walnut Creek, California. Over the years, he has worked with Olympic gold medalists, seniors recovering from total joint replacements, youth, and a range of individuals.

Away from work, Steve enjoys spending time with his wife, daughter, and son. Together, they fish, play soccer, and go “ATVing.” Steve also likes to play racquetball and volleyball. He has been an avid weightlifter for more than 25 years. ■

Hearts a beatin’ and minds a buzzin’

February celebrates more than romantic notions: it is **American Heart Month**. It’s well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs comments, “This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research.”

If you’d like to learn more about Touchmark’s fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our preferences and life experience. Even a 6-year-old has

a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Waterford, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

2010

20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

This Valentine's Day, give the gift of

Relaxation

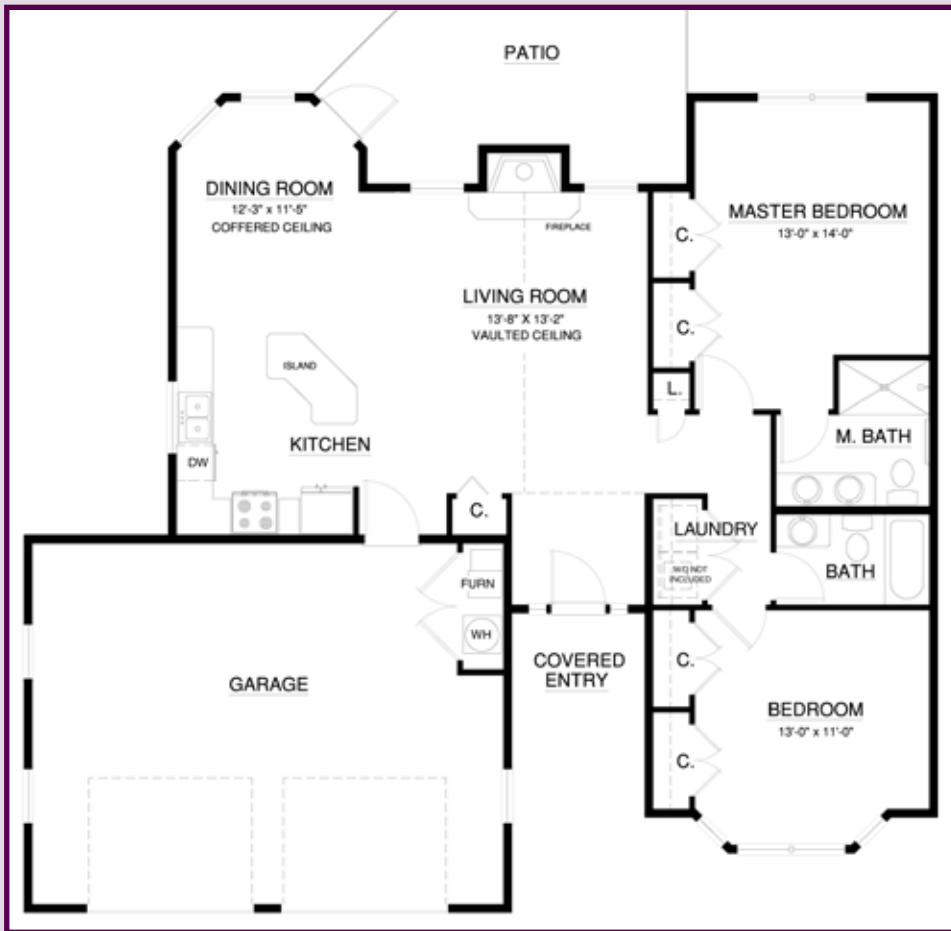
*Show your appreciation for the person who means so much to you—surprise him or her with a Waterford Health & Fitness Club gift card for a relaxing massage. Visit the club for details or to purchase a gift card.
~ 701-355-1280 ~*

New year, new decade!



From left: residents Lowell Camp, Leona Schmidt, and Ray Birst ring in 2010 at the Waterford New Year's Eve Party. Tom & Jerry's ice cream, music by Steve Harmon, delicious food, sparkling champagne, and a balloon drop added to the air of festivity.

This is the life!



Who says you have to leave home to go on vacation? This cottage home can be your year-round base camp for relaxation and adventure. This 1,268-square-foot home offers two bedrooms and two bathrooms. Call today for a personal presentation ... and let the vacation begin.



Apartment 261 offers two bedrooms, one bathroom, laundry hookups, and access to all of Waterford's services and amenities.

Coming Events

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

Friday, Feb. 5, 4 pm

Miss North Dakota 2010 Katie Ralston visits. Chapel.

Saturday, Feb. 6, 2 pm

Belles N'Beaux square dancers. Chapel.

Monday, Feb. 8, 4 pm

Auditions for Waterford's spring play, *The Apple*. Chapel.

Thursday, Feb. 11, 2:30 to 4 pm

Chocolate Extravaganza! RSVP by Feb. 8. Lobby.

Friday, Feb. 12, 10 am

Starbucks tutorial at coffee shop. Learn about coffee beans, roasts, and geography. No charge. Sign up by Feb. 11.

Saturday, Feb. 13, 2 pm

Adopt a Grandfriend. General Store.

Starting Monday, Feb. 15

A celebration of Mardi Gras!

Monday: Mask-making

Tuesday: Fat Tuesday celebration

Thursday: New Orleans buffet

Friday: Let's Make a Deal

Wednesday, Feb. 17, 4 pm

Presentation with Judy Jose from Special Olympics.

Monday, Feb. 22, 3 pm

Cake decorating lesson at Patisserie on Fourth. Sign up by Feb. 19. No charge.

Monday, Feb. 22 to Friday, Feb. 26, 10 am

Make tie blankets to donate to Medcenter One's Children's Hospital. Hoyle Room.

Tuesday, Feb. 23, 2 pm

Paula Doll with Emergency Nurses Association will speak on fall reduction. Chapel.