



A Touchmark® community
Est. 1980

Be active your way!

Celebrate Active Aging Week. Join Waterford for scheduled events that will motivate you to incorporate healthy activities into your daily life.

There is no charge for the events, and all are open to the public. For more information, call 701-323-7000.

Monday, Sept. 20 (Unless otherwise noted, all activities Monday are 9 am to noon and 1 to 4 pm)

- Cholesterol, sugar, and blood-pressure screenings by Gateway Pharmacy.
- Foot screenings by Brian Gale, DPM, and his team. (Call the Waterford Health & Fitness Club at 701-355-1280 to make an appointment.)
- Assessments of orthopedic issues by Dakota Physical Therapy. (Call the club at 701-355-1280 to make an appointment.)
- Fitness screenings (includes strength, range of motion, cardiac output, and body fat) by Waterford Health & Fitness Club staff.
- Chair massages (\$1 per minute) by Massage Therapist Sarah Mahrer.
- 3 pm—Nordic walking pole demonstration plus outdoor walk to learn firsthand how these poles burn more calories per minute while reducing strain on the knees, hips, and back. (Walking poles will be available for purchase after the presentation.)



Tuesday, Sept. 21

- 1-2 pm—David O'Regan, MD, an orthopedic surgeon with MedCenter One, will give an overview of total joint replacement.
- Healthy snacks provided between speakers.
- 2:15-3:15 pm—Physical therapist Nicki Sommers, RPT, ATC, will discuss hydrotherapy and total joint therapy.

Thursday, Sept. 23

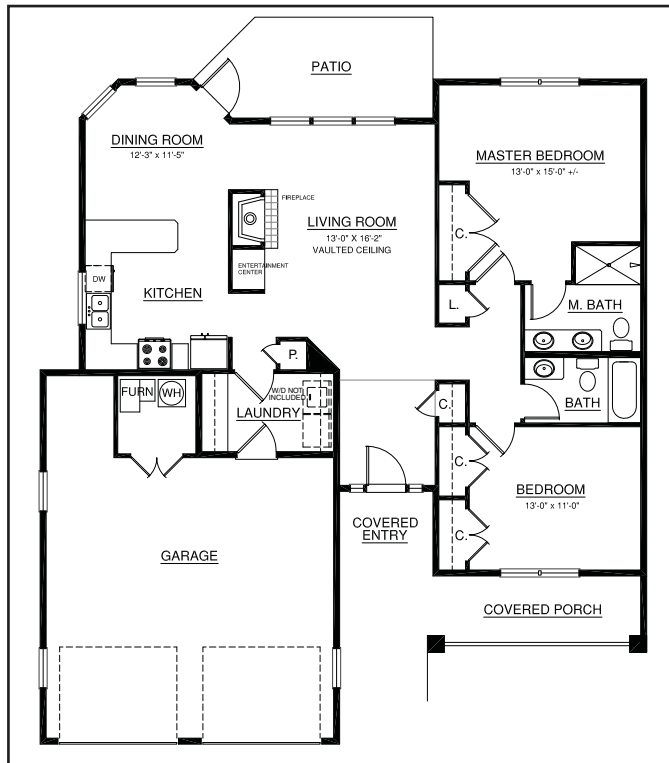
- 1-2 pm—Kris Todd, FNP, will share information about osteoporosis, including prevention and treatment options. Kris, who owns Dakota Osteoporosis, will provide heel screenings at no charge after the presentation.
- Healthy snacks provided between speakers.
- 2:15 pm—Certified orthotist Erik Kilzer will talk about home medical equipment and how it can help older adults be more active and independent.
- 7 pm—Fictional farmer Milo Hatzenbuhler will close out the three-day event with an evening of music and comedy.

Started by The International Council on Active Aging, Active Aging Week is an annual health promotion celebration that highlights the health and wellness benefits of being active. ■

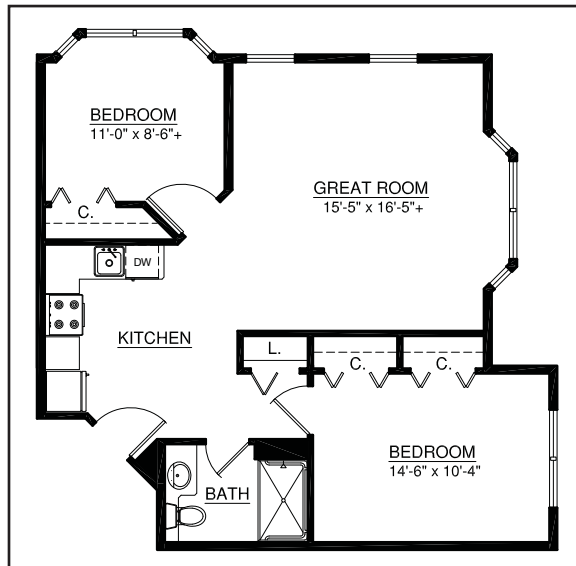
Bismarck in top 100

Money lists Bismarck at number 74 in its list of America's best small cities. The magazine says the safe, growing city offers strong employment levels. To read more, visit <http://money.cnn.com/magazines/moneymag/bplive/2010/snapshots/PL3807200.html>. ■

Discover Waterford



Located at 1009 Waterford Drive, this 1,324-square-foot cottage home offers two bedrooms and two bathrooms. Discover Bismarck's premier retirement lifestyle at Waterford. Call or stop by for a personal presentation.



Apartment 250 offers just the right amount of space with just the right amenities. This 852-square-foot home has two bedrooms, one bathroom, and access to Waterford's national award-winning Life Enrichment/Wellness program. Enjoy your independence and privacy surrounded by a community of friends and fun, rewarding pursuits.

2010

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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.

- Work on a puzzle
- Use the dictionary.
- Watch the news.
- Try a new healthy food.
- Read a biography.
- Reorganize a room.
- Compliment five people today.
- Call a friend and talk about something funny.
- Find a quiet place. Close your eyes. Breathe slowly and visualize a calm beautiful scene.
- Eat an apple.

Successful aging lived by a mentor



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

“Human beings need the freedom to live with change, to invent and reinvent themselves a number of times through their lives.” — Robert Butler, MD, 1927-2010

I have had the good fortune to have many mentors over the course of my career. Dr. Robert Butler was one of them. I first met him when I was a student in the early '70s—before I even knew that I would be interested in a career in the emerging field of “healthy aging.” I served an internship at the Cooper Institute in Dallas, Texas, where I worked with Dr. Butler and Dr. Ken Cooper (the man who coined the word “aerobics”).

No other person to date has made quite the impact on the field as Dr. Butler. In fact, he created the National Institute on Aging in 1975 and directed it for six years. Other “firsts” under his leadership are coining the work “ageism,” creating a department devoted solely to gerontology at the Mount Sinai School of Medicine in Manhattan (1982), and chairing the 1995 White House Conference on Aging.

Earlier this year in Chicago, Dr. Butler served on a panel of experts who presented the keynote at the American Society on Aging annual conference. I sat in the audience as amazed at his wisdom and vision as I had been more than 30 years ago.

One of his most important and enduring messages is that it is not the experts—scientists, scholars, researchers, physicians, and other health professionals—who define successful aging. It is the elders worldwide who share their wisdom and experience about navigating the journey of life over the whole lifespan. The professionals measure physiology; happiness quotients; productivity;

mental acuity; and the impact of diet, exercise, and social networks. But elders have a different definition of successful aging.

Being able to adapt to circumstances of a changing life, especially loss and pain, is the number one factor for aging successfully, according to the longitudinal study conducted by the American Federation of Aging Research. In addition, quality of life as opposed to quantity of life was cited. And the benefit is “... reaching one’s potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others.” (Gibson, 1995)

In Touchmark communities, we continue the work inspired by Dr. Butler. The goal of the Life Enrichment/Wellness program is to support every resident in reaching his/her full potential as the changing days of our lives unfold. To participate in and contribute ideas to our programs, contact Amy Miller, Life Enrichment/Wellness director at Touchmark. ■

Fun and games—in the name of wellness



Betty Lech throws a discus during the Waterford Wellness Games. Held in conjunction with the Prairie Rose State Games, a multisport competition with amateur athletes from across the state, the Waterford Wellness Games featured modified versions of discus throw, shot put, skeet shooting, and more.

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Rose Reinbold tries her hand at skeet shooting. The weather cooperated for the games, with all participants leaving with trophies.



Pat King takes her turn at "shot put."



Some of the Water Wellness participants display their trophies. Back row, from left: Francis Kuntz, Rose Reinbold, and Shirley Dixon. Front row: Carolyn Anderson (left) and Pat King.

Join the Fiesta!



Help Touchmark Foundation win a \$1,500 donation and more than two hundred, 30-second commercial TV spots featuring staff and residents from Touchmark and Waterford. It's easy!

www.landmarkford.com/fiesta-voting.htm

Please note! Only one vote per day, per location. So please vote from your home computer.

Brain Builders



Generate verbs! Think of and write down anything that a child does.

For example: play

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Just for laughs!

Enjoy these school-inspired jokes.

Why did the boy take a ladder to school?
Because he was in high school.

Why did the student eat his homework?
The teacher told him it was a piece of cake.

What is the tallest building in any city?
A library, because it has so many stories.

This month's feature is from www.bestcleanjokes.com.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Tuesday, September 7, 2:30 pm
September Birthday Celebration. Four Seasons Dining Room.

Thursday, September 16, 2 pm
Presentation by AARP on the new health care law. Chapel.

Sept. 20, 21, and 23
Active Aging Week. See page one for information.

Thursday, Sept. 23, 7 pm
Exercise your funny bone! Comedian Mylo Hatzenbuhler entertains with his jovial stories about life on the farm.

Tuesday, Sept. 28, 3 pm
Wine Social. Lobby.

Recent events



High school senior and volunteer Eli Voight leads the morning devotions group. Eli engages residents with his unique and enthusiastic teachings.



Fun at the fair! Marian Meyer takes aim to knock over milk bottles. Residents and team members gathered for a traditional summer fair, complete with games, treats, and prizes, on the Waterford campus.



Concentrating on her aim, Maggie Schorsch participates in the beanbag toss. Her daughter, Sandy Kilber, is also pictured.