



A Touchmark® community
Est. 1980

Store gets new name to go with new look

The Waterford general store opened in 2000, and during last year's remodel, it received a new look. A contest was held to rename the store, and Waterford team member Laura Jurgens won. The store now is called Coffee and More Store.

Inside, people will find a selection of convenience items and various fresh baked breads, cookies, scones, rolls, soup of the day, and fresh fruit, prepared by the Waterford Food Services team.

“We will be adding more choices as we grow, including sandwiches,” says Doreen Kopang, Food Service manager. “Residents, staff, and guests can sit down and enjoy their lunch and goodies or they can take them home.” ■



Waterford Cook Leo Bitterman visits with resident Mary Ellen Woodmansee in the newly opened Coffee and More Store. Stop by Monday through Friday from 9 am to 2:30 pm. The public is welcome, as well.

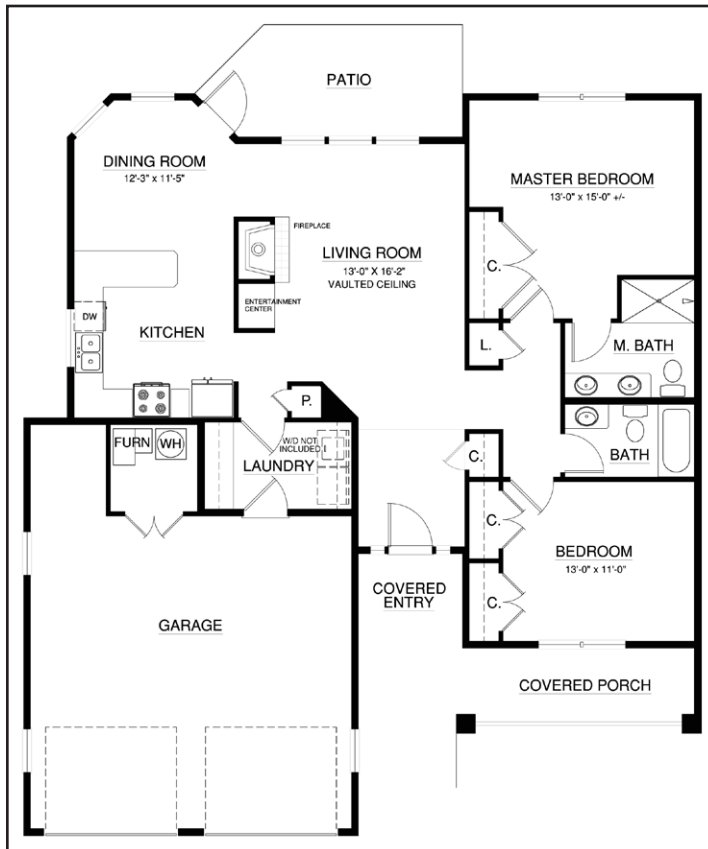
This Valentine's Day, give the gift of

Relaxation

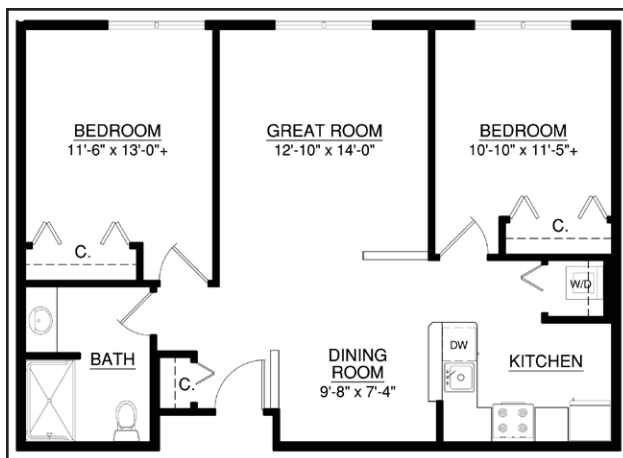
Show your appreciation for the person who means so much to you—surprise him or her with a Waterford Health & Fitness Club gift card for a relaxing massage. Visit the club for details or to purchase a gift card.

~ 701-355-1280 ~

Opportunity's knocking



Located at 919 Waterford Drive, this 1,326-square-foot Amherst cottage home is your ticket to a fabulous retirement lifestyle!



Apartment 304 features cathedral ceilings, one bedroom, one bathroom, and 685 square feet. Call or stop by today for a personal presentation.

Reflections on nurturing your heart



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

*“Recipe for a happy heart:
2 cups of Love
1 cup of Friendship
1 cup of Gratitude
Add a dash of Laughter
Pour into any Soul”
— Martha Denise*

There is a lot of knowledge gleaned through research that results in recommendations and resources to deal with heart disease—the number one killer of men and women worldwide. Physicians, pharmacists, and other allied health professionals recommend both prevention and intervention strategies that are often anchored in common sense and good choices and decisions about exercise, nutrition, sleep, stress reduction, and medications, as appropriate and needed.

But beyond all the traditional information, there is a significant amount of credible research that shows that unresolved sadness, depression, loneliness, isolation, and fear are risk factors that affect heart health—possibly as much or more than a sedentary lifestyle, poor diet, and inadequate sleep.

(cont.)

(cont.) Nurturing your heart with positive influences may take as much time and resolve as the physical requirements of doing exercise, maintaining a healthy weight, following heart-healthy dietary guidelines, and making changes in leisure habits. Compassion, joy, love, and humor are essential ingredients of heart health. Time spent daily on this side of the heart-health equation requires deliberate decisions about relationships, time spent giving and receiving, a sense of humor (even when stressful life situations occur), and laughter—“out loud” and often.

One way to emphasize the positive aspects of life choices is to make a “joy” list—a list of the times in your life when you feel the most joyful, connected, and positive. The essence of the experience is what you bring to it. It might be passion, commitment, curiosity, or energy. To contrast this, make a “no joy” list that represents the things you do that deplete your energy and diminish your joy. This list may have people, places, and things, but your emotions are the key. Is it possible to replace the “don’t want to’s” with the “do want to’s?” Try it and see.

Touchmark is committed to the personal journey of each resident in regard to heart health. If you would like support in achieving your personal goals, contact Life Enrichment Director Amy Miller. Helping you with your goals for heart health is important to our mission of enriching people’s lives. ■

Coming Events

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

Monday, Feb. 14, 10 pm

Not-So-Newlywed Game. Stop by for a morning of fun and see if couples that have been married for decades know everything there is to know about each other! Chapel.

Tuesday, Feb. 15, 1 to 3 pm

Cottage open house.

Thursday, Feb. 17, 11 am

Mardi Gras Buffet. Four Seasons Dining Room.

Wednesday, Feb. 23, 3 pm

New Resident Mixer and Coffee Time. Mingle with your neighbors while you meet the newest residents of Waterford. Learn about them and share some fun things about yourself! Hoyle Room.

Recent happenings



CNA Rebecca Bohrer runs the player piano as residents Jo Anderson and Frances Kuntz relax and enjoy the soothing music. The piano was donated in memory of former resident Lois Very.



Maintenance Assistant Kendrick Becker gives his best Elvis impression to resident Pat King during an afternoon gathering full of Elvis music, food, and trivia. The food included some of “The King’s” favorites, including peanut butter and banana sandwiches, fried chicken, and pork rinds.



Norman Kenney speaks to a group of Waterford residents about Australia.

Norman, who lives “Down Under,” was in Bismarck visiting friends. He also stopped by Waterford on Christmas Day dressed as Santa, earning him the nickname, “Santa from the South Pole.”



Just for laughs!

First Football Game

A guy took his girlfriend to her first football game. Afterward he asked her how she like the game.

“I liked it, but I couldn’t understand why they were killing each other for 25 cents,” she said.

“What do you mean?” he asked.

“Well, everyone kept yelling, ‘Get the quarter back!’”

From www.basicjokes.com

Club notes

Zumba® Gold is going strong! Our Zumba Gold class is an aerobic workout with a Latin-dance twist, specifically designed for those over 60. Sign up for a complimentary week of classes.

Qigong ~ Stressed? Tired? Overweight? Need balance improvement? Qigong may be just the workout for you. This ancient exercise technique is a balanced program incorporating balance, strength, and breathing techniques for stress reduction. Participants experience overall health improvement unlike any other program.

Personal Trainer Clinic ~ On Feb. 25, 26, and 27, the club is hosting a clinic for individuals aspiring to be personal trainers. The Aerobic and Fitness Association of America will teach this certification course, which is open to the public. This is a very challenging program, including both written and practical components in the exam. Please call Health & Fitness Club Director Steve Metzger at the club for further details.

In addition to these exciting offerings, the club continues its popular personal-training packages, aqua fitness, and yoga classes. Stop by today and try a complimentary week-long membership. ■

The winner is ...



Waterford Health & Fitness Club recently held its third annual water volleyball tournament. Staff members made up one team and club members made up the other three teams. “The tournament was a blast,” says Club Director Steve Metzger. “This marks the first time the employee team has ever been victorious. I’ve already heard that the members are looking to win next year.” Here are the teams:

- 1st Place: Steve Metzger, Nick Henkelman, Miranda Peterson, and June Fischer.
- 2nd Place: Don Jensen, Bruce Mikkelson, Jackie Schmeichel, Danya Hilts, and Lynsey Britz.
- 3rd Place: Lewis Thompson, Ken Sokoloski, Char Miller, Dee Thompson, and Carol Lenertz
- 4th Place: Julie Tiedman, Tom Schmeichel, Bob Lenertz, Irene Jensen, and Ruth Woodrow

To screen or not to screen ... an ethical debate

—Marge Coalman, EdD, Touchmark vice president of Wellness & Programs


Over the past several months, the topic of Alzheimer’s disease has been in the headlines, including the cover of *TIME*. Many of the stories have focused on the debate about expanding the number of brain images in the population. ...

Read the rest of the article online at touchmark.com/common/pdf/alzheimers-to-screen-or-not.pdf. ■

Governor recognizes Waterford resident in inaugural address

Waterford volunteer Bob Keim received an honorable mention in *The Forum* newspaper’s recent 8 over 80 feature, which highlighted eight North Dakotans over 80 years who still are working and serving their community. Bob recently attended the address at the state capital and was recognized for his volunteer efforts that were highlighted in the newspaper article. ■

Brain Builders



Do these math problems as fast as you can.

1) $2 + 3 =$ _____	7) $12 + 2 =$ _____
2) $7 - 2 =$ _____	8) $20 + 9 =$ _____
3) $8 + 4 =$ _____	9) $16 + 11 =$ _____
4) $1 + 9 =$ _____	10) $15 - 10 =$ _____
5) $10 - 4 =$ _____	11) $30 + 30 =$ _____
6) $5 - 0 =$ _____	12) $19 - 5 =$ _____

Answers: 1) 5 2) 5 3) 12 4) 10 5) 6 6) 5
7) 14 8) 29 9) 27 10) 5 11) 60 12) 14