



A Touchmark® community



## Sharing heartfelt stories



Message from  
**Arlene Farnsworth**  
—Executive Director

Our theme this month is “Heart Health.” We’ve asked residents to share heartwarming stories they have experienced over the years. This newsletter will feature one of those stories. This has been a wonderful way to learn more about each resident. A few times each month, we also have a reminiscent time to learn more about each others’ lives, hear stories, see photos, and share information. Then we have a “who’s who” where both residents and staff talk about themselves, a great way to get to know each other better. Come share your stories with us. It’s amazing what we may have in common.

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## The heart of the matter

**Marge Coalman, EdD**  
—Wellness & Programs Director, Touchmark

In our culture the word heart has multiple meanings. Consider this, according to the American Heritage Dictionary: **“heart:** n. **1.** The chambered, muscular organ that pumps blood received from the veins into

the arteries, maintaining the flow of blood through the circulatory system. **2.** The vital center and source of one’s being, feelings, and emotions.” How did one word get to be so “bipolar” in its definitions? Anthropologists debate the source for the designation of the human heart being the control center for emotions and feelings, but many believe that it is due to the critical nature of this important organ in regard to sustaining life.

**“The best and most beautiful things in the world cannot be seen or touched ... but are felt in the heart.”**

—Helen Keller

In today’s world we know the importance of good heart health. With the advances in medical science and research, physicians can accurately determine the condition of the heart and its supporting network of veins and arteries through a variety of tests, scans, and blood work. High cholesterol, obesity, smoking, inactivity, and a host of other less

prominent risk factors all contribute to the viability of the body’s most important organ in sustaining life. Further, there are multiple medications, surgeries, and treatments to improve the function of this hardworking muscle. Rating one’s “heart health” via an annual physical exam is not only prudent but critical to healthy aging.

February is heart month in the United States and internationally, and it has far more to do with education and well-being than Valentine’s Day and chocolates. The offerings and activities of Waterford’s Life Enrichment and Wellness program focus on providing educational and physical opportunities for residents, their families,

and guests to know how to have a heart-healthy lifestyle. Our goal is to support optimal aging and well-being for every resident every day.

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### *Let Your Spirit Soar*

*Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for February is Heart-to-heart.*

## True love travels

Lucy Tangedahl  
—Resident



### The author and her husband, Thor.

The time setting is World War II. We were married in 1941, and in a short time we felt the draft was breathing down our necks. So Thor enlisted. He was classified at Fort Snelling, Minnesota, and sent on to the Air Force in Sheppard Field, Texas. Here, after a series of tests, he was assigned to Moody Field, Georgia, in the Weather Squadron.

It was common for wives to follow their husbands in the states. I was one of them. When I was ready to board the Empire Builder, along came a friend of mine, who was joining her husband in Pennsylvania. We appreciated the travel together as far as Cincinnati. Then she went east, and I took Southern Railway to Valdosta, Georgia.

Now a whole new life begins. Mrs. Wills, a dignified southern lady, rented us a room in her home. When she heard our name was Tangedahl, she said, “Oh, I will never be able to say that name so I’ll just call you ‘Tadpoles.’”

In spite of that introduction, we fared quite well. An interesting couple from New York also rented a room, and we became good friends.

Army pay for awhile was \$21 a month. So you can be sure we weren’t extravagant. Our favorite meal was at the USO, where we could have a ham sandwich and a malted milk for 25 cents.

Time passed interestingly by for us. Mrs. Clements, another gracious southern lady, offered us her apartment, and we also enjoyed our time there. You can be sure that peaches and watermelons were [on] our lists.

A couple from Florida put us in the rumble seat of their roadster and took us across the border into Florida. Things changed. Orders moved him to the Pentagon, and of course I followed. Talk about interesting! I’m sure we explored all the important and historic spots on foot or by bus. I immediately got a job with the War Production Board offices in midcity. That, too, was an experience! We feel much richer for having lived there several months.

But we are nearing the end of this experience. Thor was detailed back to Moody Field in preparation for overseas. We journeyed together to Chicago. He boarded a troop train for the West Coast, and I went for the Empire Builder back home.

I had been home a few days when the school board president came to our house. He said they needed a 7th and 8th grade teacher and asked if I would take the job. He was somewhat taken aback when I said I would be having a baby in January. But he persisted, and “yes” I would. My mother, also a teacher, substituted for me and all went well. Little Tim was born, and he was the darling of the neighborhood.

Meanwhile Thor was halfway around the world in India. He couldn’t tell me where he was, but he sent me gifts that gave me a clue. He had much to do with the weather station in Shamshanager, where planes flew “over the hump” to Japan. It took two weeks before he knew he had a son, and almost two more years before he saw him. It was a happy reunion. The war was over, and we were a family!

*The theme for March is Humor and Life Balance. Deadline for this issue is February 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Shawna Dschaak.*

## It's time to make your reservation!



If you're interested in participating in Touchmark's Fall Foliage cruise, which sails October 21, 2006, it's now time to make a \$250 deposit to hold your room and guarantee the price.

The cruise is open to all Waterford residents, family, friends, investors, and staff. The special group rate is based on availability and is per person with double occupancy in each cabin:

- Outside cabin-\$1,585
- Outside cabin with balcony-\$1,785

The cost includes insurance, taxes, and round-trip transfers. (Travel to and from New York not included.)

The Star Princess will depart New York City for a stunning seven-night cruise that will take in the fabulous fall foliage of the eastern seaboard. Travelers will visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island. Brochures are available at Waterford with more details.

Sign up now for a colorful and memorable cruise. For more information and to make your deposit, call Edwards LaLone Travel at 800-288-3788.

## Meet Waterford's Health Service Manager

**Connie Brandner, RN**

—Waterford Health Services Manager



I have worked for Waterford for just over six months and have really enjoyed getting to know all of the new faces and personalities.

I was born in Montana but raised here in Bismarck, North Dakota. My family had an unexpected visitor on a short trip just over the border; imagine my mom's surprise! I attended school here in Bismarck and graduated from Bismarck High School. After high school, I went on to work for Bismarck Public Schools as a teacher's aide for children with disabilities. It was during this time that I decided to pursue a career that would allow me to continue caring for people and their families. I chose to go to nursing school and started college in 1991 at Bismarck State College. After graduating from BSC, I went on to complete my bachelor's degree in nursing from MedCenter One College of Nursing in 1995. Shortly after college, I accepted a position in Big Spring, Texas. The position offered me a wonderful opportunity to work in a hospital setting, mainly the emergency room, intensive care unit, and obstetrics. I loved the action but missed my home. We moved back to Bismarck in 1999, and I continued nursing, working in a clinic, nursing home, and most recently, a basic care home for people with mental illness in Wilton.

I have two wonderful children, a daughter named Jordann, 12, and a son named Jaden, 10. I love spending time with my family—family dinners, soccer, football, basketball, choir, movies, fishing, and camping during the summer months, and of course, spending time with my fiancé Mike. I'm fortunate to have my mom, Vi Heinz, and my nephew, Brent, here in town, and, I spend time with them whenever I can.

I appreciate the opportunity to know each of you and to be part of the team at the Waterford!

## Upcoming events

**February 12, 2 pm**—Sunshine Singers. Chapel.

**February 12, 7 pm**—Old Country & Gospel Variety Show with Dick Hipple. Chapel.

**February 25, 12:30, 1:30, and 2:30 pm**—Violin recitals under the direction of Kathy Murphy. Chapel.