



A Touchmark® community



Activities are full of color at Waterford



Message from
Arlene Farnsworth
—Executive Director

In February, our monthly event centered around heart health. June Kraft joined us from the North Dakota State University Extension Service to talk about “what color is your food?” and shared how a variety of color in our diet each day is healthful as well as needed. Our meal, prepared by our own chef and dining services, was a fantastic arrangement of color and health. I know we all left planning to add more color to our diets.

This month, we are inviting several “Red Hat” groups in the area to join our “Waterford Red Hats” for tea, petit fours, and fun. If you’d like to join us for our Red Hat tea party on March 30 at 2 pm, please call the Waterford at 323-7000 as seating is limited.

A life in balance: simplicity

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

We live in a 24-hour, complete-access world. Via cell phone, fax, computer, telephone, pager, e-mail, GPS, and more, almost anyone can find us anytime. Along with all the benefits of enhanced communication technologies, there are additional expectations of getting back to everyone—and if we miss the call, maybe even a new task or assignment left on voice mail (another amazing feature of our modern world).

To add to the din, we are constantly inundated by the advertising world to buy “new and improved” versions of everything; sign up for extended cable TV (that we have no time to watch); and subscribe to endless magazines and newspapers that may be stacked in the corner waiting to be read. The net effect is more responsibilities, more expectations, and, in general, more “stuff” in our lives and living spaces. Maybe it’s time to simplify. Here are a few ideas to consider:

1 Just say “no.” Give yourself permission to refuse those things that do not bring you life satisfaction and inner peace. Spend time with people, causes, and activities that you choose—not those that others choose for you.

2 Spend time creating joy. It is important to make appointments with yourself to do whatever brings the most joy and happiness. That may be time alone, time with special friends, time with a good book.

3 Don't hang onto things you don't want or need. Clean out the closet and drawers and throw or give things away. If it's broken, and you need it, fix it or replace it.

4 Stop spending time to save money. Time is the only commodity we have any control over—spend it well. Given the price of gas today, are you really saving anything by going to three stores to save 50 cents?

5 Take a moment (or more) each day to be grateful. Gratitude makes the heart smile.

A major focus of the Life Enrichment program at Waterford is to assist residents and their families in creating a life that makes sense. For support with setting goals that will simplify and clarify your choices and preferences, contact Life Enrichment and Wellness Director Shawna Dschaak. It's never too late to simplify and make choices for well-being and a life in balance.

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Residents share photography collection



Residents Allen and Bernice Scherer presented a flower slide show in the chapel in February. "Through the years, starting in 1960, we began growing a large variety of flowers and taking pictures of them. Our travels have taken us to many countries abroad, where we continued photographing flowers and plants. It was gratifying to share with the residents of Waterford the beauty of the flowers we have captured on film over the years," say Allen and Bernice.

Upcoming events

Thursday, March 16, 2 pm—Shoulder Dysfunction. Chad Bergan, PT, from Dakota Physical Therapy.

Friday, March 17, 2 pm—Animal slide show by residents Allen and Bernice Scherer. Enjoy a variety of animal photos that the Scherers have collected from their travels.

Thursday, March 30, 2 pm—Red Hat High Tea. Must RSVP at 701-323-7000 by March 24 as seating is limited.

Looking ahead! Join us for dessert and coffee April 20 at 7 pm for a special speaker on financial planning.

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 March is Humor and Life Balance.

Birthday surprise!

by Clara Lee

—Resident at Touchmark's resort-style retirement community in Fargo, North Dakota

I was taken a little by surprise to get a box of Jell-O for my birthday. But then, I guess I really wasn't ready for all of the surprises on my eighty-fifth birthday.

I turned 85 last May and was excited to know that both of my daughters were going to be at Waterford to help me celebrate. It's not that often that the three of us are together these days, so I was looking forward to their visit. Little did I know what they had planned.

It all started innocently enough when my daughter Sue arrived midday on a flight from Chicago. Her sister Janet was driving from Minnesota and got to Fargo late in the afternoon. Sue and I had had dinner together, and we were visiting when Janet got to the apartment. I warmed up some food for her, and we enjoyed catching up with each other while she ate. At that point Janet asked Sue to help her bring in her luggage. They came back with much more than I expected!

The door to the apartment opened and the fun began! While singing "happy birthday," they wheeled in a large

suitcase and plopped it in front of me. I wasn't quite sure what was happening, but they wanted me to open the suitcase. My birthday present was inside, they said. That was an understatement! There were 85 birthday presents inside! Yes, they had gotten me 85 gifts—one for each year! I know I looked confused, because it was almost hard to comprehend that I had so many gifts to open. As I unwrapped each gift, I giggled a little and occasionally checked with them to make sure they were really all for me. (After nearly 90 minutes I actually had to have some help with unwrapping!) It was a night I'll never forget!

So, yes, I got a box of Jell-O for my birthday, but also slippers, jewelry, stamps, tea, lotion, pens ... well, you get the idea!

For April, submit a story with a photo. Deadline for this issue is March 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment and Wellness Director Shawna Dschaak.

Painted memories

by Shawna Dschaak

—Life Enrichment & Wellness Director



Aldeen with her watercolor painting overlooking Hawktree Golf Course in Bismarck.

Dakota. Aldeen taught for three years in Breckenridge, Minnesota, and decided it was time to move back to

Bismarck to raise her family. After her move to Bismarck, Aldeen found a love and passion for creating original art. The State Historical Society and City Recreation Department held an art show and provided teachers for art classes. Aldeen started the classes and created many beautiful pieces.

In 1955, Aldeen became the director of the annual art show. While director, Aldeen wrote to President Eisenhower and asked him for one of his paintings to be displayed at the annual art show. He sent a letter declining the offer because he felt his painting was not adequate to be shown. Aldeen served on every North Dakota Art Gallery Association committee and also as the vice president on the board of directors.

Aldeen has studied many art mediums, including oil painting, watercolors, leather tooling, wood carving, and pottery. Her favorites include watercolors and oil painting. In 1963, Aldeen was selected as the artist of the year by the Bismarck Art Association. She was also honored by the Bismarck Arts and Gallery Association in 1983 for her contributions of time, talent, and skill given for the advancement of visual arts in the Bismarck area.

When asked if she has a favorite painting, Aldeen shared that one time she painted in the Badlands right after it rained. The scoria were extra red from the rain, which created the most beautiful picture. She sold the painting at an auction and now wished she had kept it.

Health & Fitness Club offers services to fit your needs

The Waterford Health & Fitness Club offers many ongoing services. Personal training is available to residents, members, and staff. This one-on-one relationship provides support, guidance, and direction for each unique client. The club is offering a personal training special in March: purchase 10 one-hour personal training sessions and receive the eleventh at no cost, which is a \$25 savings.

Additionally the Health & Fitness Club offers many aquatic and land-based classes. We have classes and offerings that include Yoga with a Chair, Yolates, Aqua Arthritis, Deep Water Walking, and Basic Water Aerobics. Find out more about the professional services that are offered by calling 701-355-1280 or stopping by for a visit.

Medicare Part D is in place, but many still have questions

by Winona Phelps, RN

—Medicare Manager, Touchmark

Beginning January 1 of this year, Medicare began offering the new prescription drug insurance program—Medicare Part D—to people who enrolled in 2005. Over the past several weeks, media stories, cartoons, and talk-show programs have highlighted various aspects of the new program and its implementation. Many eligible people still have questions and haven't enrolled, which is understandable, given the program's complexity. In spite of this, the Senate recently voted down an amendment that would have delayed the enrollment deadline.

May 15 is the last day to join a plan and receive coverage for 2006—and avoid financial penalties. Those joining after May 15 will have to pay a penalty as long as they have a Medicare drug plan. (The next enrollment opportunity will start November 15 for coverage beginning in 2007.)

There are several Web sites with helpful information. At the top of this list is the www.Medicare.gov site. In the center of the main page is a link titled “BenefitsCheckUpRX, which takes you to a helpful resource prepared by the National Council on Aging. By answering the questions here, you'll learn:

- ▶ **“How your current insurance or other prescription drug coverage affects your options and rights under the new Medicare Prescription Drug Coverage.**
- ▶ **Whether you qualify for extra help with your costs under the new Medicare Prescription Drug Coverage.**
- ▶ **If you are likely eligible for additional government benefits that can save you money on your medications.**
- ▶ **If it makes sense for you to start comparing the plans that are available in your area.”**

Once you complete the questions, you can print out a personalized report that lists programs, phone numbers, and directions to enroll in the programs.

Another helpful resource is www.SocialWorkers.org. And, of course, Touchmark staff are always available to help clarify information, guide people through the Web sites, and answer questions. Let us know if we can help you.

