



A Touchmark® community



Residents and staff enjoy sunny weather



Message from
Arlene Farnsworth
—Executive Director

Welcome spring! Residents didn't waste any time getting outdoors to walk—some on their own and others in a group. I, myself, have even contemplated stepping up my walking program by walking to work!

A couple of years ago, by the suggestion of the resident council, we placed benches around our campus in order for people to walk a little, talk a little, and at the same time enjoy the sun while getting vitamin D.

If you want to get out and enjoy the benefits of walking but don't want to go on your own, come and join our Stepping Out Walking program. You'll be glad you did.

Celebrate National Senior Health & Fitness Day

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

This year, the President's Council on Physical Fitness and Sports celebrates its 50th anniversary with a campaign titled *Get Americans Moving*. One of the Council's areas of focus has been the impact of physical activity on healthy aging for individuals over the age of 65. Prior to the Council's work in this area, all of the testing norms and protocols used to measure physical fitness and performance were based on college students and Caucasian males around age 40. It isn't hard to see why they didn't apply to other age groups within the population.

Here are a few facts the Council has verified in the last 50 years:

- **Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.**
- **Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing tennis). Additional health benefits can be gained through greater amounts of physical activity.**
- **Thirty to 60 minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has a significant health benefit.**
- **Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers.**

- **Thirty-seven percent of adults report they are not physically active. Only three in 10 get the recommended amount of physical activity.**

As the Council turns 50, the organizers of National Senior Health & Fitness day are preparing for its 13th annual celebration on Wednesday, May 31. More than 1,000 local organizations in cities large and small in all 50 states will host a variety of health-and fitness-related activities based on the interests of their local constituents. We invite you to attend the special day of health awareness and activity being celebrated at Waterford. Life Enrichment and Wellness Director Shawna Dschaak is soliciting participants and volunteers to make May 31 a day to remember. Mark your calendar now and join the celebration for improved health and wellness.

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Waterford to celebrate National Senior Health & Fitness Day

Waterford will host its second annual Health Fair: *Fitness—A Lifetime of Benefits* in honor of National Senior Health & Fitness Day. The event will take place May 31 from 9 am to noon throughout the Waterford campus. Local vendors will include Medicine Shoppe Pharmacy, Medcenter One Home Health & Hospice, Alzheimer’s Association, and many more.

National Senior Health & Fitness Day is the largest health promotional event for older adults in the United States. Approximately 150,000 seniors will participate in health and wellness events May 31 across the country. Waterford would like to invite the public to join the festivities May 31 from 9 am to noon at Waterford.

Come and learn the latest information on maintaining a healthy lifestyle, register for door prizes (grand prize winner will receive Medora Musical tickets), and enjoy a healthy snack.

For more information, contact Life Enrichment and Wellness Director Shawna Dschaak at 323-7000.

What others are saying

“We very much enjoy the monthly newsletter—it has a lot of good information, and thanks for e-mailing it to us. We joined the health and fitness center approximately a month ago, and we really enjoy [it]. At first we thought it [would] be a real challenge to find the time to work out, but it has more or less become a habit with us ... We would recommend the Waterford to everyone.”

Arlene and Ron Volk

—Health & Fitness Club members

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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 May is a story about a fitness routine or sport passion.

Softball, anybody?

by Lucy Tangedahl

—Resident

When we were young kids in our little town, we got together to play ball. We made our own diamond across the street from our homes. After supper and wiping the dishes, we quickly got a game going.

At school throughout the grades, we played ball at recess and noon hour—so much for those informal games.

In high school the real softball games started. Phys Ed was a subject required, and the girls started out with, you guessed it, softball. There we were—freshmen, sophomore, junior, and senior girls—enough for two teams. The teacher named two junior girls to be captains.

Eileen and Janet grasped the bat in turns to the top, and Eileen could choose first. She quickly said a name. What? It sounded like my name; it was my name. A freshman girl picked first! And that’s not all, she said to me. “You pitch.” My goodness! My softball career had really started!

Well, we kept the same sides all fall, and needless to say, it was great! We even played other teams in the county on Play Day. And high school went on; then came college and more Phys Ed. What I can say is that my grades there

matched the high grades I earned academically.

We got married, and my husband still reminds me how proud he was of me playing ball on his team at his office picnic. Then came our sons: one, two, and three. It wasn't long before they had bats and balls in their hands. Mom and Dad spent hours playing catch and fielding flies—to say nothing about all the hours of cheering for them at their games. To this day, our boys are on softball teams.

I have not finished. Then came the grandkids. We played ball with the two in Missoula, Montana, and the two in Bismarck, and with the three in Temple, Texas. One day I was in Texas at our son's home, and the three kids and I played ball in their big yard. We were cooling off in the house when the doorbell rang. It was the neighbor boy—"can I play ball with you? Can the kids come out now?" He grinned widely and he pointed to me—"and you come too!" My softball was still appreciated.

What did I get from softball? Good exercise, good memories, and an occasional sprained finger.

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

Touchmark cruise winner sets sail May 26

Spokane-area resident and Touchmark's 25th Anniversary Life Enrichment cruise winner P.J. Brenden and her husband depart for Europe May 26. Once arriving in Athens, the couple will travel 15 days on the ms Rotterdam of Holland America Line and will visit Rome, Monte Carlo, Paris, Lisbon, Barcelona, and other "grand European capitals," which is the title of the cruise they selected.

A self-proclaimed art enthusiast, P.J. knew Europe would present an enriching experience. "The biggest draw was Paris. I literally tear up when thinking about standing in front of the Mona Lisa," says P.J.

P.J., who is an avid quilter, visited Waterford on South Hill in Spokane, Washington, during its popular quilt show last year and signed up for Touchmark's 25th Anniversary Life Enrichment cruise drawing. "This is really a coveted trip for me," says P.J. "I started dreaming about the trip at 17.

... I'm just very grateful [to Touchmark]. ... It will be life enriching—a once-in-a-lifetime gift."

To follow the couple's cruise adventures, visit touchmark.net/com/cruise/index.aspx.

Waterford CNA donates hair to Locks of Love

Selfless acts oftentimes go unnoticed. For those of you who know Ashley Balkowitsch, CNA, she has been walking around with a new, much shorter hairdo. Ashley recently gave 11 inches of her beautiful blond hair to Locks of Love, a nonprofit organization that provides hairpieces to financially disadvantaged children under age 18 who are suffering from long-term medical hair loss.

Ashley found out about the organization after a friend had gifted her hair the previous year. "This is an easy way to make someone else smile," says Ashley.



Waterford CNA Ashley Balkowitsch, before cutting her hair for Locks of Love.



Ashley, after cutting her hair.

Upcoming events

May 19, 2 to 3 pm—Amherst Cottage Home Open House at 1009 Waterford Drive.

Wednesday, May 31, 9 am to noon—Waterford Health Fair: *Fitness—A Lifetime of Benefits* and National Senior Health & Fitness Day. Enjoy an informative health fair with a variety of vendors and an open house.

Meet Kerri Southam, RN



Kerri Southam

I am a registered nurse who took the position of Assisted Living Resident Care manager. I am very excited to continue my nursing career at Waterford. I graduated from the University of Mary in Bismarck, North Dakota, with a Bachelor of Science degree in nursing. I am originally from Jamestown but have been living in Bismarck since 2003. I am engaged to Rhett Benning, and we will be getting married July 1, 2006.

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Too much yard work?

If yard work and outside maintenance of your home makes you dread summer, then come and see the beautiful homes available at the Waterford. You'll enjoy activities and casual visits with friends while the staff take care of the cooking, cleaning, and yard work.

Call Reva today for your personal tour at 323-7000.

