



A Touchmark® community



Summer fun and learning all year round



Message from
Arlene Farnsworth
—Executive Director

September is here already! Boats are being towed out of the water, local pools have been drained, and swimsuits are on the clearance rack. Yellow school buses are on the streets, and the notebook sales are soaring! Yes, it's that time of the year when students are back in school.

We at Waterford thought you might like to know that our pools stay filled; we're always looking for good deals on swimsuits; and we have resident students eager to attend classes. Our newest class offering is at the computer lab. This class is for those who want to learn e-mail and the use of the Internet. We're constantly receiving e-mails for residents through our Web page; now residents can send and receive e-mails directly. Already several residents have Internet service in their homes and are often seen helping another navigate the Web. There is much out there for us to learn—and now with the Internet at our fingertips, we have so much more. Recently resident Ruth Kirschenmann said, "...this place is so busy, I wish I could do it all."

Longevity and learning

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

In spite of the track record of the illustrious elder thinkers throughout world history, the myth of the media in our current culture is that old age is synonymous with intellectual and emotional decline. In addition to Hollywood's and Madison Avenue's stereotypical image of sagging

“Brain research has dispelled the presumption that humans undergo a steady decline.”

—*Laura Carstensen, PhD,*
director of the Stanford University Center on Longevity Life-Span Development Laboratory

muscles, lowered energy, and impaired senses, there is a persistent belief that old age is associated with cognitive decline and brain cell death. However, experts around the world continue to gather hard data and compelling evidence about the abilities and gains associated with the aging process. Dr. Carstensen notes, “Most of what we hear about in the media and scientific literature is about the areas of cognition that decline. You hear very little about areas that improve.”

A number of experts are redefining aging by focusing on lifespan development not decline. Brain research shows that although some areas do diminish, others—notably general knowledge, vocabulary, and emotional-psychological regulation—improve over the years. If the goal is to teach the alphabet, numerals, and sight and sound recognition, the preferred age is two years. “But if you want someone to solve a complex cultural or political problem,

that calls for people who are 70, 80, 90, or beyond,” Dr. Carstensen explains. Neural investigators confirm that older brains operate differently, activate bilaterally, and solve complex problems that younger brains are unable to decipher. In addition to the scientific community, advocates and providers have confirmed that the desire and ability to participate in lifelong learning is consistent in both genders and all income levels of today’s over-55 population. [MetLife study, 2005]

At Waterford, we focus on how people want to live, what defines engagement and well-being for each person, and how the staff and residents can support those personal choices. Opportunities for new learning and shared experience provide the substance for the Life Enrichment/Wellness offerings provided both inside and outside the community. To join in planning, preparing, and participating in lifelong learning events and activities, contact Life Enrichment/Wellness Director Tina Kambeitz.

Upcoming events

Tuesday, September 12, 10 am—Satrom Travel presentation, presented by Sales Representative Myra Bitterman. Chapel.

Tuesday, September 19, 2:15 pm—Herb Wilson, MD, presents Current Issues among Fort Berthold Native Americans. Chapel.

Thursday September 21, 2 pm—Dakota Physical Therapy presentation on hips, presented by Physical Therapist Chad Bergan. Chapel.

Thursday, September 21, 2 to 4 pm—Creative Art Display/Book Sale, including wine and cheese social, tours, and door prizes.

A home for your lifestyle

Waterford currently has apartments available. There are many different floor plans and sizes, but choices are going fast, so please schedule your tour soon. Or investigate the option of building a single-level home just for you!

For more information, contact Reva Kautz at 701-323-7000.

Silver Sneakers® and Waterford provide complimentary fitness services to Medicare-eligible participants

by **Shawna Dschaak**

—Health & Fitness Club Director

Waterford Health & Fitness Club is pleased to announce that we are the official host site for the Silver Sneakers® program that was developed by Axia Health Management to improve the health and well-being of Medicare-eligible members.

Those Medicare-eligible participants who are insured through Humana® can call their representative to verify eligibility requirements.

Members receive a complimentary basic membership to the fitness club, including water aerobics, group fitness classes, cardiovascular machines, Keiser strength-training machines, locker rooms, and towel service. For a reasonable fee, members can purchase personal training, massage therapy, and participate in fee-for-service classes and clinics.

If you are interested in becoming a Silver Sneakers® member, call 701-355-1280 or stop by for a tour.

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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 September is “my favorite book.”

Reading group

by **Audrey Dura**

—Resident at a Touchmark community in Fargo, North Dakota

As a retired school teacher, I’ve always loved reading and sharing my love of books with others. For the last 30 years, I’ve volunteered at Bethany Homes, a skilled care facility in Fargo. During the spring and summer months, I used to walk three miles one way to volunteer. My job is to pick

up books and deliver them to the nursing-home residents. I've established relationships with many residents over the years. I look forward to my weekly visit as much as they do. Through our relationships I've learned to know many of their author and subject preferences and am able to suggest books for them.

I will have lived at Waterford six years this October. As a result of several residents with vision loss asking me to read their mail to them, I thought they may also enjoy hearing a good book. Thus I talked to Mary Tvedt, our Life Enrichment director, about establishing a reading group. We meet three times per week in a social room in assisted living where coffee and treats are available. The atmosphere is casual, and I read for approximately one hour.

The first book that I read was *Dakota Dawn* by Lauraine Snelling. I thought this would be of interest because the setting is in rural North Dakota in the pioneer days. The group is not limited to residents with vision loss but is also open to anyone wanting to enjoy a great story. The group is given several choices, and they decide on the next book that I will read. We are about to finish our third book. The author of our last book is Danielle Steel.

I enjoy reading and am willing to share my love of books as long as there is an interest. I guess that is the school teacher in me!

For October, please submit a poem highlighting the fall harvest or life wisdom. Deadline for this issue is September 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Tina Kambeitz.

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Residents and staff enjoy Bismarck trolley

by Tara Williams
—Life Enrichment/Wellness Coordinator

In the distance you could hear the trolley's bell ring as it made its way to the loading ramp. Residents were eager to board. A few minutes, and we were on our way; the tracks clanged as the trolley moved along.

The conductor explained the three different kinds of bridges we would cross and shared other fun and interesting infor-

mation. Our destination was Fort Lincoln State Park, and after a stop there, we were on our way again. Some sun, a light breeze, lots of laughter, and conversation made for a perfect afternoon.



Residents enjoy a fun ride on the Bismarck trolley.

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Resident Bob Keim attends Education Assembly as volunteer



Resident Bob Keim and friend Dolores Green were RSVP volunteers, assisting the delegates who attended the North Dakota Silver Haired Education Assembly this summer.

The North Dakota Silver Haired Education Assembly concluded its 14th session in July with meetings held at the State Capitol House Chambers in Bismarck. Many from this area serve as delegates.

Delegates served on committees reviewing bills and reso-

lutions that affect the quality of life of older adults. The process of preparing bills and resolutions was reviewed in each committee. Committees included Senior Services Committee, Long-Term Care, Human Services, Education, and Medical and Geriatric Services.

The Assembly provides legislators with grassroots input on aging issues. The first North Dakota Silver Haired Session was held in 1982 and has since been held during even years prior to the state legislative session. The Assembly is under the Silver Haired Education Association, a nonpartisan and a nonlobbying organization focusing on training for older adults.

Share your books—and benefit others

“Books are the carriers of civilization ... They are companions, teachers, magicians, bankers of the treasures of the mind. Books are humanity in print.”

—Barbara W. Tuchman,
historian and author

Support programs for seniors throughout the Bismarck area by donating books, CDs, DVDs, and audio books during September. A book sale will be held later this fall, and all proceeds from the sale will benefit Touchmark Foundation programs in this area.

For more information about the book sale, contact Life Enrichment/Wellness Director Tina Kambeitz at 701-323-7000. For information about the Touchmark Foundation, call Janet Plummer, Foundation executive director, at 800-796-8744.

