



A Touchmark® community



## It's a new year



Message from  
**Arlene Farnsworth**  
—Executive Director

Happy new year! How exciting to be in the year 2006. This month we have new faces joining us—new friends we can meet. And we're adding new events.

In 2005, our parent company, Touchmark, celebrated its 25th Anniversary. To mark this momentous anniversary, we held an event 10 of the 12 months on the 25th of each month. These events were so well received we decided to continue them again this year. Our theme for 2006 is Let your Spirit Soar, with an emphasis on lifelong learning. One of the most exciting aspects of this year's program is featuring residents' creativity through original artwork, writing, and photos. Waterford residents are excited to share their works. Watch for selected pieces to be published in future newsletters this year.

I hope you have a safe and wonderful new year—and I look forward to seeing you at upcoming events.

## Mind, body, and spirit: solutions not resolutions

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

What is all this fuss about “mind, body, and spirit?” If one goes online to check it out, there are several pages of information, suggested resources, and, of course, products for sale to promote “holistic health” and well-being. Most of us over the age of 50 have experienced the giant pendulum that swings back and forth in this area. There is always the latest and greatest in “for sale” remedies and tools—theoretically to help people be more connected to their essential selves.

In fact, the notion of holistic goes back to the beginning of written works and is discussed and described by Aristotle, Galileo, and Buddha as well as referenced in the Holy Bible, the Koran, and numerous other valued sources. From childhood, we are aware of our inner being that provides a conscience; a feeling of love and warmth provided by those who love and care about us; and our own individual palette of human emotions and desires. Most adults know whether they are in well-being or ill-being—physically and emotionally—based on real markers of appetite, sleep, and overall good health.

As January comes, it is a good time to review the status of your individual state of well-being. Instead of making “New Year's resolutions” it might be more productive to look for “New Year's solutions” to any and all concerns that create a feeling of ill-being, discomfort, or pain. Doing an individual inventory can be supported by the wellness professionals here at Waterford. If health care providers need to be involved, Life Enrichment staff can help with that referral or contact. This year do an *internal*

check-up, and let us help you find the resources you are seeking to make 2006 a year of good health, happiness, and well-being.

.....

## “Is laughter really the best medicine?”

The start of a new year is as good a time as any to begin including daily doses of humor and laughter in your life. According to Marge Coalman, EdD, Wellness & Programs director for Touchmark, drawing on these two free coping mechanisms daily can make a real difference in the quality of our lives.

“Laughter is a physical phenomenon, while humor is a perceptive belief,” says Marge. She points out that laughter causes individuals to enter a positive emotional state that can boost the immune system by elevating antibody levels in the body. On the other hand, humor provides mental stimulation that can improve one’s mood, sometimes lasting for a prolonged period.

Marge reviews the research in this area and highlights the difference between these two resources for well-being in an article just published in the *Journal of Active Aging* (vol. four, issue six). For a copy of her article, visit [touchmark.com/MAC-IsLaughterReallyTheBest.pdf](http://touchmark.com/MAC-IsLaughterReallyTheBest.pdf).

.....

## What others are saying

“The best thing about Waterford is I am well taken care of. The staff is most helpful, regardless of any minor problems you may have, and it’s always done with a smile. The food is good, and the apartments are clean and beautiful. The view of the hillside out of my window makes it feel so at home.”

Elizabeth “Betty” Lech  
—Resident

.....

## Renew your vows to a healthier lifestyle

**Shawna Dschaak**  
—Health & Fitness Club Director

It’s that time of year when we decide to make some healthy changes within ourselves. Join us in setting realistic goals for a healthier lifestyle. As we all know, some of the goals we set for ourselves become obsolete as our commitments and priorities change. Setting healthy new goals should be a top priority for a successful new you. If you would like

to become healthier, join others like yourself and become a member of Healthy Dakotans.

The Healthy Dakotans program will take place over the next six months. Each month, there will be a meeting to weigh-in and/or take measurements and to offer support to others. In addition to the weigh-in meetings, the club will host a series of educational opportunities to learn about various topics, including eating a proper diet for weight loss (and the latest information about “diet-enhancing supplements”); how to properly use exercise as an aid to weight loss; menopause; and osteoporosis. Each participant will also receive a chair massage to help relieve stress.

If you are interested in joining the Healthy Dakotans, contact the Health & Fitness Club front desk at 355-1280.

## Upcoming events

**Thursday, January 19, 2 pm**—Back Pain, presented by Chad Bergan of Dakota Physical Therapy. Chad holds a master’s degree in physical therapy and will address various aspects of coping with back pain. Chapel.

**Friday, January 27, 7 to 8:30 pm**—Family Night Splash. Bring your water toys and enjoy an evening at the pool. Guest must be accompanied by a Waterford resident or staff member. Cost: \$5 per family (family is defined as a parent with his/her children). Health & Fitness Club.

## Calling all photographers, writers, and poets ...

Remember when baseball bats were made of wood, and coffee creamer was ... real cream? Nostalgia is one of several themes identified for Touchmark’s 2006 Let Your Spirit Soar program.

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark would like to feature some of this talent and creativity in each newsletter.

Starting in February, at least one resident’s submission will be published in the monthly newsletter. Since February is often known as “heart month,” residents are encouraged to submit a heartfelt story, experience, or testimonial that portrays the topic “Heart-to-heart.” Deadline for this issue is January 5.

For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Shawna Dschaak.