

Club director attends international fitness conference

Waterford Health & Fitness Club Director Shawna Dschaak recently traveled to the Fifth Annual International Council on Active Aging (ICAA) Conference in Orlando. "It was so exciting to be with other professionals who believe in the power of staying active and continuously challenging our bodies in order to maintain our independence as long as possible," says Shawna.

Shawna attended some of the 150-plus seminars, received training, networked with fitness professionals, and gathered ideas to enhance the services offered at Waterford Health & Fitness Club. "I was able to attend some great presentations, which included Splash; Functional Water Fitness for Health, Strength Training Benefits for Older Participants, and FallProof H₂O.

The ICAA is a leading authority in the active, older adults industry and collaborated with the Athletic Business Conference & Expo and Medical Fitness Association Conference to produce the Active Aging 2007 conference. "What an amazing experience to be surrounded by thousands of people dedicated to changing lives through physical activity," says Shawna. "People

can look for the Waterford Health & Fitness Club to implement some new ideas into our strength-training programs and aquatics group fitness classes."

If you would like to hear more about the conference or the services offered at the Waterford Health & Fitness Club, call 701-355-1280. ■



Waterford Health & Fitness Club Director Shawna Dschaak recently attended the International Council on Active Aging Conference in Orlando.

The mind-body connection affirmed

"When we first started presenting our findings, people laughed at us. Mainstream scientists, who have a tendency to look at anything new as kooky alternative medicine, wondered why we couldn't just stick with traditional research."

—Neurobiologist David Felten, Rochester Review

Award-winning researcher David Felten just set out to prove that our grandmothers were right. "Our grandmothers knew all along that our minds and bodies were connected, even if the scientific community didn't. We've simply provided irrefutable data showing that it is true."

Felten's field of study is Psychoneuroimmunology (mercifully shortened to PNI) research.

Eighteen years ago, he and his team discovered for the first time the evidence of a hard-wired con-

nection between the body's immune system and the central nervous system of the brain. From then until now the research has grown and received scientific and mainstream acclaim as the pursuit to strengthen the body's resistance to illness and disease continues.

What does this mean to the average person? It means that purposeful exercise, nutrition, and lifestyle choices can help mitigate the chronic stress so abundant in our 24-hour world, which causes immune (*cont.*)

(cont.) system dysfunction and increases susceptibility to illness and infection. The prescription from the American Academy of Family physicians is not to ‘just participate’ in aerobic, strength training, flexibility and balance regimens with the right frequency (at least 30 minutes most days of the week) but to participate with our *whole body*, including our mind and spirit.

Exercise—like dining—should be a celebration of the spirit that leads to increased energy, optimal body weight, and improved sleep and rest cycles. Instead of taking a pill, a dose of mind-body movement is recommended.



At Waterford, our focus for January is *Experience Wellness*. The staff are participating in a total team effort to encourage one another and residents to be partners in wellness in choosing the Life Enrichment/Wellness offerings that will help

support these goals. To obtain assistance and guidance for your personal wellness program contact Health & Fitness Club Director Shawna Dschaak. ■

Caring for a loved one and need extra support?

Residents will have an opportunity to attend the no-charge Family Caregiver Support Program. The group will offer support to people who are caring for a loved one 60-plus years or persons who are 60-plus years and are caring for grandchildren/relatives under 18.

Funded under the Older Americans Act, this program is offered by the North Dakota Department of Human Services' Aging Services Division.

Life Enrichment Director Kaye Knudson received

requests from residents to add the meeting to the many events and activities at Waterford.

“Some people are caring for loved ones and shared that they would appreciate the service and support,” says Kaye, who then connected with LeAnne Thomas, LSW, the Region VIII Caregiver Coordinator, and asked about having a group at Waterford. “LeAnne was very excited to do this for our community.”

Participants will receive helpful information and support from others in similar situations. Speakers will attend meetings to share their expertise on related topics. The Program will provide a workbook at no charge for participants. The group will use the workbook to help spark conversation and guide discussion on a variety of topics, such as feelings, the importance of caring for oneself, and the different stages of caring for a loved one.

The initial meeting is set for Thursday, Jan. 10 at 1 pm in the Waterford Library. During this meeting, people will decide how often they would like to meet and what day and time works best for the group. ■

You said it!

“I have enjoyed my stay at the Waterford, as they have a great staff of workers and helpers in all areas. My apartment is very nice, and it’s wonderful to be able to stay here. The residents here are all so caring to one another. We’re one big family. I made it a point to greet them all. We have had so many nice visits with so many. They have so many nice activities for all of the residents. I know I have met some very nice people. I like Waterford’s lunches, and they ... make all meals attractive, and [they are] served so nicely. All I can say is: ‘how great it is!’”

Lois Gregory, who stayed at Waterford for a short time

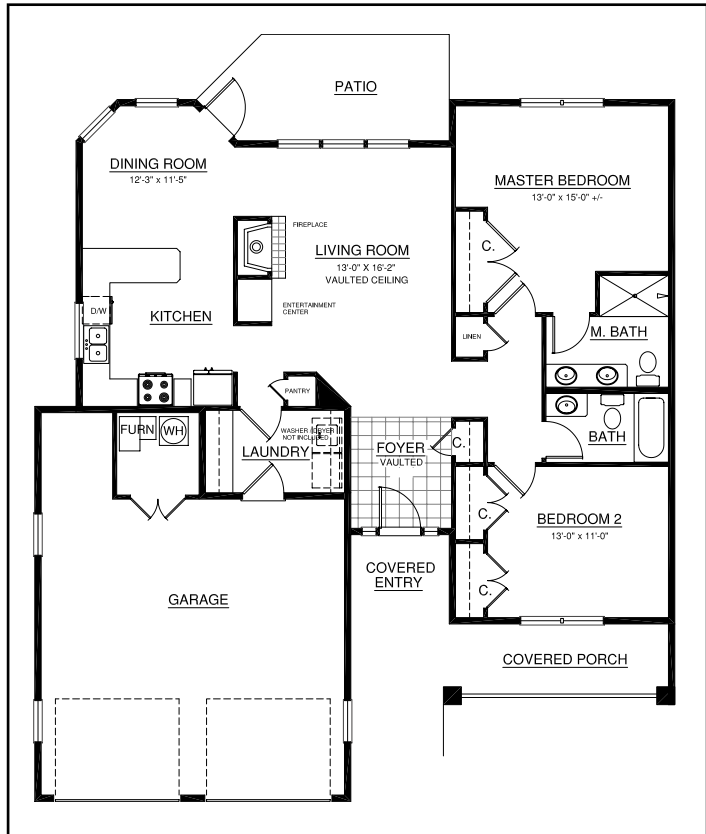
Fitness—a way of life at Waterford

Ask a fitness expert about the benefits of exercise, and you'll receive a plethora of information confirming that fitness equals enhanced well-being. You can strengthen your heart and other muscles. You can improve your balance and maintain a healthy weight. What's more, you can socialize with friends while working out.

Waterford's Life Enrichment/Wellness program offers classes to enrich people's life, including a new Posture and Balance class being introduced during the first quarter of 2008. Staff can work with individuals to create a personalized fitness program. Part of an initial assessment includes use of a new Web-based tool approved by numerous professional organizations, including the American College of Sports Medicine, Centers for Disease Control and Prevention, National Council on Aging, and The Canadian Centre for Activity and Aging.

The Easy Exercise and Screening for You tool (www.easyforyou.info/index.asp) can help people decide if they're ready to start an exercise program or should first consult with their health care provider.

To learn more about the many Waterford services and amenities, visit or call today.



The Amherst home, located on 919 Waterford Drive, contains two bedrooms and two bathrooms with 1,326 square feet. You can enjoy the warmth of the fireplace and the convenience of no steps. The home also features high ceilings.



Waterford is featuring apartment 319, which includes 1,037 square feet of living space, two bedrooms, and one bathroom. Each window offers a fantastic view, and the living room features a high ceiling.

Destination ... Discovery



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

This year, all Touchmark communities will focus on Destination ... Discovery. It sounds terrific, but what does it mean? For all of the dedicated staff, it means a renewal of our efforts to help every resident find that unique experience, opportunity, or challenge that will lead to new learning, meaningful relationships, and enhanced satisfaction. *(cont.)*

(cont.) Previously in this column, I've referred to the interviews I conduct in my travels to Touchmark communities. I ask residents what the most important elements of their lifestyle are since moving into the community. The answers vary, but here are two common comments.

"If I can keep discovering things in my old age, I think you go on forever ... and I am discovering new things all the time."

—Ann Davlin, dancer at 93 years of age

"I didn't realize how lonely and isolated I had become until I moved in and started participating in the activities and events. I made new friends and found others that I had known over the years but lost track of." This particular conversation highlighted one of the most important and concerning aspects of living alone in our older years. Although active, this person recounted the challenge of keeping social contacts and dining with friends as being more and more challenging as skills in driving declined. With family members in other states, the opportunity for special connections was limited. Now, this person's days are highlighted by friends, event choices, transportation to shopping and other opportunities, along with private moments in the apartment home.

"There are so many things to do all the time; it's hard to choose one." It is hard to make choices when there are many things competing for our time and participation. The Life Enrichment/Wellness program is developed recognizing that there is a lot of diversity in interests as well as preferences in times, days, and locations.

A great deal of planning, time, and consideration are spent developing Waterford's various events and offerings. To support your development of new "destinations of discovery," contact Kaye Knudson, director of Life Enrichment.

May 2008 bring you good health and much happiness. ■

Coming Events

During January, the Waterford Health & Fitness Club will list daily health and wellness tips on the boards in the lobby and club. Make sure to watch for these useful tips.

Thursday, Jan. 10, 1 pm
Caregivers Support Group. Library.

Thursday Jan. 24, 4 pm
Hawaiian Luau. Scott Preby's jazz trio Caribbean Groove performs. Hawaiian dress encouraged. Seating is limited. Call 701-323-7000 by January 21 to RSVP. Lobby.

Friday, Jan. 25, 2 to 3 pm
Cottage Open House.

Tuesday, Jan. 29, 1 to 3:30 pm
Waterford Offers Wellness. Take part in sampler classes of Qi Gong, Yoga, and Posture and Balance. Listen to presentations on travel and aromatherapy. Attend the ribbon-cutting celebration for the new Mind, Body, and Spirit Room. Enjoy tasty, healthy snacks. Talk with a member of the Life Enrichment/Wellness team to learn more.

Celebrating the holidays



Residents and staff decorate the chapel with festive holiday décor. Norma Metzger and Barb Froelich provided poinsettias for each of the windows in the chapel, the piano, and the organ.

Celebrating the holidays (cont.)



People attending the Crafter's Corner make candy-cane reindeers to fill their Christmas and holiday cups. Joan Benz (standing) comes every Tuesday and volunteers her time as a craft project leader.



Waterford adopted five families from the Abused Adult Resource Center for the holidays. The needs of the families were written on decorative stars and placed on trees. Residents then chose a star and bought and wrapped presents according to the need. The families received the gifts for the holidays. Betty Lech (from left), Lyda Dell Kessler, Ruth Kresbach, Rose Reinbold, and Gloria Fuhrer help decorate one of three beautiful trees throughout the community.



From left: Bernie Bosch, Alice Ewine, Sheila Robinson, Life Enrichment Director Kaye Knudson, and Delton and Jean Wulf take part in a High Tea at the First United Church of Christ during a trip to the 14th annual Dickens Festival in Garrison, North Dakota. The group had lunch at the chili feed, toured a Victorian bed and breakfast, enjoyed entertainment at the theater, and walked and shopped the English Market.