



A Touchmark® community
Est. 1980

Living with intention



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

Wherever You Go There You Are

—Jon Kabat-Zinn, PhD

Is the “science” of living with intention hocus-pocus, or does it make a difference in the quality of life to use focus, positive thinking, and conscious change to create one’s destiny? Actually, there is a large body of research that looks at the whole connection between purposeful living and a life that relies on chance, others, or circumstances.

Most of us know about the famous changemakers who chose mindful responses to life challenges—Gandhi, Buddha, Jesus, and other spiritual leaders. In 2008, however, the scientific community is looking at “ordinary” people and tracking their outcomes and experiences based on journals, interviews, and

interactive technology to see what happens when they face crisis and chaos that comes from circumstances beyond their control.

The research group at Berkley, Tufts, John Hopkins, and the Mayo Clinics all agree that people can become more resilient, happy, and experience whole-person wellness as they age as a result of steering their own course through choices, changes, and intentional decision making. Lynne McTaggart, the author of *The Science of Intention* (Harper Paperbacks, 2003) writes about “harnessing the creative power of our thoughts” and has developed the curriculum for scientifically based training of academics and other health professionals to quantify and qualify the commonly held belief that we can experience happiness and satisfaction at a higher level by purposeful living.

At Waterford, the Life Enrichment/Wellness program focuses on providing social environments where residents, families, and staff can develop relationships and avocations that bring greater life satisfaction and fun. Ultimately, it is up to the individual to choose the activities, events, and relationships that lead to personal contentment and happiness. ■

**Join Waterford for
Active Aging Week
Sept 22 to Sept 28**



How does help with your housekeeping sound?

Living at Waterford enables people to pursue healthy life choices by shedding the responsibilities of home maintenance. In fact, according to the Agency for Healthcare Research and the Centers for Disease Control, older Americans have more to gain than younger people by becoming more active, because they are at a higher risk for health problems.

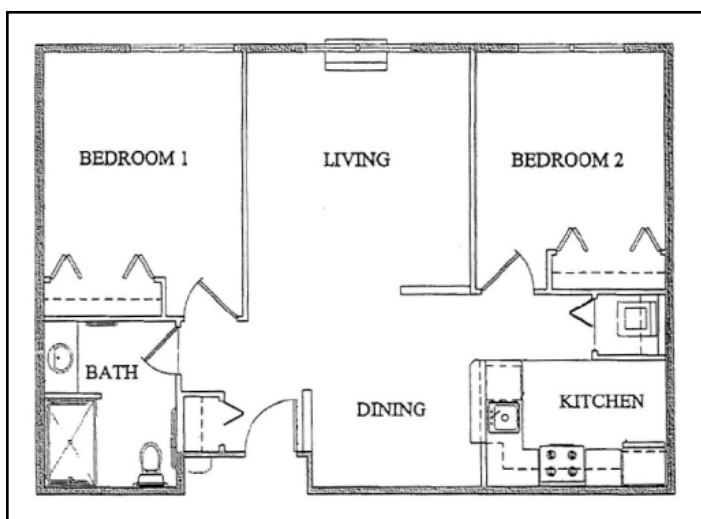
Waterford’s maintenance-free homes offer *(cont.)*

(cont.) housekeeping services. In addition, the lawns are mowed in warm weather and the snow is shoveled in winter. Plus, a variety of amenities and services, like scheduled transportation, are included.

At Waterford, people have the opportunity to fully embrace an active lifestyle. Visit Waterford or call 701-323-7000 today to learn more about this summer's featured homes. ■



The Avondale offers 4,056 square feet, three bedrooms, three bathrooms, a den, and an office. This home features a full basement. Come tour this home today.



Apartment number 334 offers 927 square feet, two bedrooms, and one bathroom. Call for a personal presentation.

Join the excitement at the Waterford Health & Fitness Club

With the addition of new club team members, fresh ideas and classes are being offered. Take a look!

Early bird gets the worm

According to the American College of Sports Medicine, "... in all age groups, adherence to regular exercise and fitness programs is highest among those who work out in the morning." Remember, the club opens at 5:40 am, Monday through Friday. Take advantage of the early hours with Rise and Shine Yoga, which is offered Tuesday and Thursday at 6 am.

Recipe for fun—just add water

The club offers multiple aquatic classes for all skill levels. The JAWS class, offered Monday, Wednesday, and Friday at 10:15 am, is an entry-level, low-impact class designed to increase range of motion and decrease pain due to arthritis or arthritis-like conditions. For a more advanced workout, there are new classes offered Tuesday and Thursday mornings, including Aqua Blast at 8 am or Ultimate H2O at 9 am. Both of these classes offer high-energy, high-intensity workouts designed to improve fitness levels.

Need a little extra motivation?

The club's personal trainers are able to help you reach your individual health and fitness goals. They can customize your workouts based on your individual needs, making the workout fun and effective. To schedule a personal training appointment, call the club at 701-355-1280.

Reward yourself with a massage

Schedule a massage with licensed massage therapist LeiLani Haack. Massage can help

(cont.)

(cont.) alleviate lower-back pain, improve range of motion, increase joint flexibility, and improve circulation. Appointments can be made at the club's front desk or by calling 701-355-1280. Both club members and members of the Bismarck community are welcome.

For more information on the club's new classes and services, call the Waterford Health & Fitness Club Director Lindsey Lauf at 701-355-1280.

Member survey results

Recently, members took part in a Member Satisfaction Survey.

"I want to thank everyone for taking the time to fill out the surveys. We appreciate the feedback," says Lindsey.

Highlights from the survey include:

- Fifty-eight percent of the surveys returned rated the staff as "exceeds my expectations" in the category of professional, helpful, available, and friendly.
- Ninety-nine percent of responders said "yes" when asked if they would renew their membership when it expires.
- One-hundred percent of respondents answering the final question said "yes;" they would recommend the Waterford Health & Fitness Club to a friend. ■

You said it!

"I've lived at Waterford for over a year and have adjusted well to a different style of living. No cooking, no weekly cleaning; it's all done for you. I enjoy the exercise programs: Sit to Be Fit, Posture & Balance, and the Silver Sneakers®. They all help to keep you healthy and active. Entertainment is brought in by singers, dancers, musicians, and others that we enjoy. The residents are friendly, and it's up to us to make the most of

it by taking part in the activities that are offered. We can't 'bloom in our room.'"

Dagny Ellingson,
—Resident

Excerpts from *How to Maintain a Good Memory Ability with Advancing Age*



Rob Winningham,
PhD, Associate
Professor of
Psychology at
Western Oregon
University

Rob Winningham, PhD, will lead Cognitive Training workshops for Touchmark/Waterford staff and invited guests at the Waterford communities in Fargo, North Dakota, in August and then again in September in Spokane, Washington. Following are excerpts from his article *How to Maintain a Good Memory Ability with Advancing Age*. To read the complete article, visit Touchmark.com/article/maintain-good-memory-in-old-age.htm.

- "The old adage 'use it or lose it' has been shown to be very accurate when it comes to maintaining memory and cognitive ability in older adulthood. Researchers are also finding evidence that other lifestyle variables such as nutrition, physical exercise, reducing stress, and getting adequate sleep are all associated with better memory ability and a reduced likelihood of developing dementia."

- "Numerous studies have reported that older adults who engage in a greater number of cognitively stimulating activities are less likely to develop Alzheimer's Disease."

- "Other studies have found support for the 'use it or lose it theory.' For example, we know that the more time people spend engaged in educational (cont.)

(cont.) pursuits, the less likely they are to develop dementia (Stern et al., 1992). People who know two or more languages develop Alzheimer's, on average, over four years later in life than people who only know one language (Bialystock et al., 2007)."

- "People who walk or do other physical exercise on a regular basis are less likely to have memory problems, and it increases people's ability to pay attention (Colcombe & Kramer, 2003), which decreases as we age." ■

Coming Events

Evening Concert Series

A group from Waterford is planning to attend some of the community concerts at the Mandan Band Shell. The bus will leave at 7 pm for this no-charge, community event. Bring a lawn chair. Shows start at 7:30 pm. **Thursday, Aug. 7** – Something Nu, featuring Life Enrichment/Wellness Director Kaye Knudson. **Thursday, Aug. 14** – Big Al's Big Band.

Thursday, Aug. 14, 8 am to 3:30 pm

The 23rd-annual Senior Wellness Sensation. Best Western Ramkota Hotel. Please preregister by Aug. 7 by calling 888-328-2662. Cost: \$16.

Tuesday, Aug. 19, 2 to 3:30 pm

Ethnic food fair. Sample the taste of five different countries. Residents and guests will be asked to judge each table on food, decorations, and dress. Guests please RSVP by calling 701-323-7000. Lobby.

Save the date!

Tuesday, Sept. 23, 9 am to noon

Experience Wellness Health Fair. Gather useful information from health experts, enjoy refreshments, and more!

More than 80 gather to celebrate America



Waterford Transportation Technician Dick Jose sings a solo as part of the AMVETS quartet performance during the Waterford Fourth of July celebration, which also included an ice-cream social, a flag-folding ceremony by the AMVETS honor guard, and rides in a hummer.



Matt Gartner (right) with the U.S. Army Reserve takes Gloria Fuhrer (front seat), Leona Schmitt, and Paul Bibelheimer for a ride in a military humvee.



Vernie Cederstrom (left) gives Joyce Farnsworth a handmade, patriotic pin.