



A Touchmark® community  
Est. 1980

# Celebrate active aging with Waterford

In honor of Active Aging Week, Waterford invites people to experience wellness at Waterford's Health Fair Tuesday, Sept. 23 from 9 am to noon.



Attendees will have lots of activities:

- Exhibit booths by local vendors, including AAA, Bismarck Parks

and Recreation District, Arthritis Foundation, Humana®, Medcenter One, and North Dakota Interagency Program for Assistive Technology, promoting all dimensions of wellness.

- Entertainment by North Dakota Troubadour Chuck Suchy from 10 to 11 am.

- Health screenings: memory; hearing; vision; bone density; cholesterol and glucose; and blood pressure.

- Chair massages.

- Used-book sale. All proceeds will benefit the Alzheimer's Association locally.

"We designed these events to help people gather useful information that can assist them in achieving healthy, fuller lives," says Waterford Health & Fitness Club Director Lindsey Peterson.

For more information, call Lindsey at 701-355-1280.

*Now in its sixth year, Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles. ■*

## Recent events



Center: Jean Wulf and Lyda Del Kessler work with friends to dip strawberries during Crafters Corner.



Sheila Robinson, Aldeen Taylor, and Dagny Ellingson make delicious dipped strawberries.

(cont.)

*(cont.)*

**Kathryn Dressler and Les Blake play a round of pool at a recent pool, pretzel, and beer party. Les beat all three of his opponents and was the champion for the party.**



**From left: Roy and Lorraine Gregware, Betty Morris, Jo Emter, Irene Klein, Elaine Blake, and Bertha and Shirley Von Eschen cheer pool players to victory and enjoy red beer, pretzels, and pop.**

## Waterford Health & Fitness Club participates in Osteoporosis research study



Four doctoral students from the University of Mary Physical Therapy program are working with women in an osteoporosis study. Participants are past menopause, diagnosed with either osteopenia (low bone mass) or osteoporosis, and meet other screening criteria.

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. In fact, it is often called a “silent disease,” because bone loss occurs without symptoms. Eighty percent of those affected by osteoporosis are women.

“People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump, or fall causes a vertebra to collapse or a bone to break,” says Mary Dockter, PT, PhD, associate professor and director of clinical education at the University of Mary. Dockter also is director of education for the physical therapy organization Section on Women’s Health and is serving as advisor to the research project.

The purpose of the 12-week study is to determine the effect exercise has on mobility, posture, function, and quality of life in females with osteopenia or osteoporosis.

According to Dockter, modified Pilates programs have been created for individuals with osteopenia and osteoporosis that incorporate positions of spinal extension. “However, no randomized controls have validated the effectiveness of a modified Pilates program,” she says. *(cont.)*

(cont.) “Waterford Health & Fitness Club is pleased to be participating in this important study,” says Health & Fitness Club Director Lindsey Peterson. “This work will help advance the knowledge about treating women who have osteoporosis.” All classes will be held at the Health & Fitness Club.

The Health & Fitness club is open to anyone over 40 and features a variety of fitness options—including pool and therapeutic spa—with exercise equipment and classes designed specifically for older adults.

The University of Mary department of physical therapy is accredited by the Commission on Physical Therapy Education (CAPTE). Graduates of the doctoral program work as physical therapists in a variety of roles and practice settings. ■

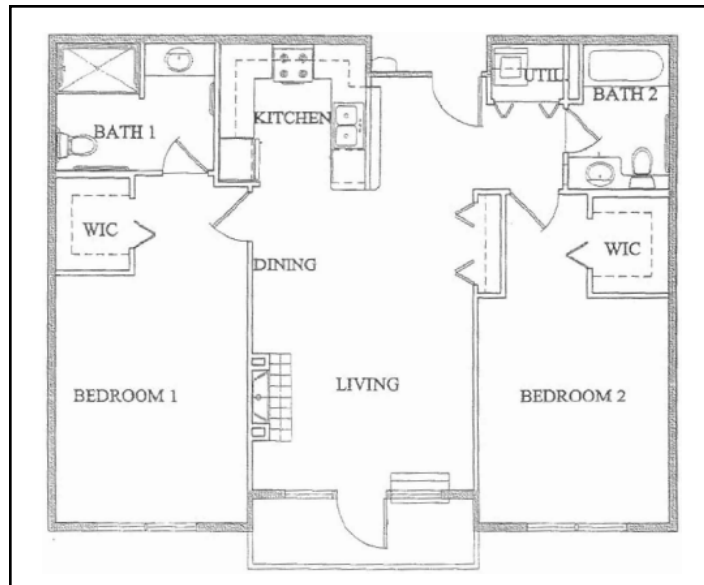
## Enrich your life

Waterford features a lifestyle where individuals are able to become personally involved and engaged. The award-winning Full Life Wellness & Life Enrichment Program offers opportunities to nurture the body, mind, and spirit and celebrates and supports the expression of individual talents, artistic endeavors, and intellectual and spiritual discovery.

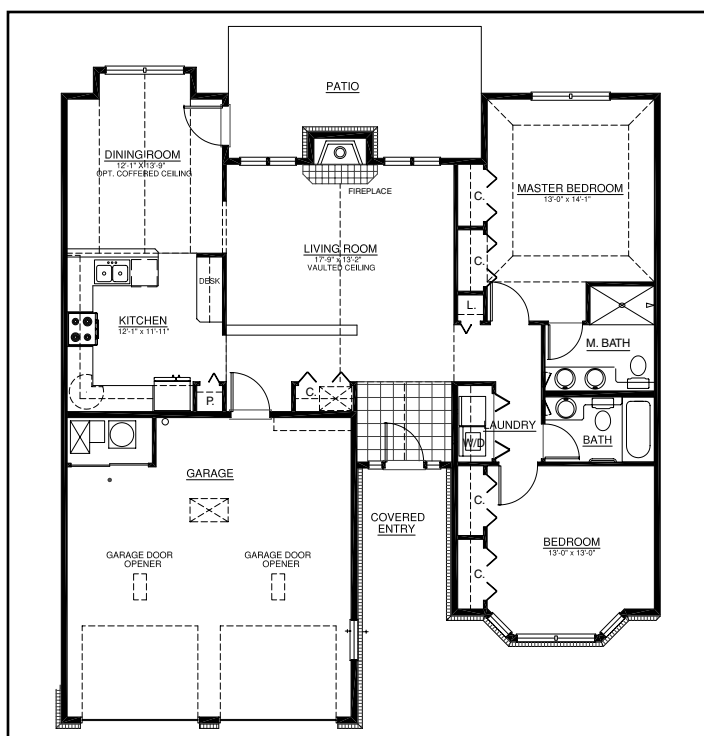
For example, residents can express their artistic side through painting, writing, or crafting. They can take part in the vibrant volunteer program or participate in a Posture & Balance class.

Waterford offers multiple opportunities for people to participate in a life that continues to provide meaningful opportunities for engagement.

Call 701-323-7000 today to learn more about the Waterford lifestyle and dynamic Life Enrichment/Wellness program—and the fall’s featured homes. ■



**Apartment 301 offers 1,084 square feet, stackable washer and dryer, and high ceilings. This home features a balcony with spectacular views of Bismarck and is located within convenient walking distance to many amenities in the building.**



**This Wakefield cottage home provides 1,587 square feet, a large master bedroom, and an attached two-stall garage. High ceilings, a fireplace, and large living and dining rooms are some of the features.**

## Use it or lose it— redefined!



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

“Older adults can make new connections and rewire their brains. The process is called neurogenesis.”

*—Rob Winningham, PhD, associate professor of Psychology, Western Oregon University, geriatric wellness instructor at workshop for Touchmark, August 4, 2008, Fargo, North Dakota*

The call to action in the phrase “use it or lose it” has been around for at least four decades. In the past, we have associated it with the importance of physical activity over the life span. New in the theory is the importance of doing certain types of cognitive enhancement activities that can delay—and even interrupt—the onset of mild cognitive impairment (MCI), which is always a precursor to Alzheimer’s disease or some other type of an age-related dementing illness. We know this from research done by Ronald C. Petersen and others at the Mayo Clinic.

Touchmark, the parent company of all Touchmark and Waterford communities in Canada and the US, made a decision to provide training for wellness professionals from every location in 2008. Dr. Rob Winningham’s 11-hour training provides the latest research and information and then offers certification to the attendees.

Some of the highlights from the training curriculum are:

- Many independent older adults are not getting enough cognitive stimulation.
- Declining cognitive abilities are the primary reason individuals are unable to stay in their own homes and subsequently move from independent living to assisted living; from assisted living to memory care or skilled nursing.
- Older adults can improve their memory ability with regular cognitive exercise. The “use it or lose it” theory is now widely accepted by scientists.
- Cognitive enhancement activities are not “one size fits all needs,” and the selection and instruction of the sessions are critical to success.

As we celebrate Active Aging week, September 23 – 28, we will be sharing information about how to enroll and participate in a number of “brain game” classes and activities at each of our communities. For additional information on classes, scheduling, and participation, contact Waterford on West Century Life Enrichment/Wellness Director Kaye Knudson. ■

## You said it!

*“The staff is very friendly, the service is very good, and everyone is very helpful. The food is very good, and the rooms are very nice. It’s a beautiful place, clean, and quiet, and I am enjoying my stay here.”*

— By Michael Fitterer,  
resident

## Vice president writes for recent issue of The Journal on Active Aging

In the July/August issue of The Journal on Active Aging, Touchmark Vice President of Wellness &



*At a Touchmark community in the Boise, Idaho area, resident Mary Knudson (left) and Grace Hyle (right) are busy with making cookies for a group activity. Knudson, chair of the community Volunteer Committee, was recognized this spring by the local Revised Senior Volunteer Program (RSVP) chapter for receiving the most volunteers.*

**Read on to learn about the positive impact of giving back and how to start civic engagement work with older adults in your setting**

*By Marge Coalman, EdD*

As defined by the American Society on Aging (ASA), civic engagement with older adults encompasses individual and collective actions designed to identify and address issues of public and personal concern that are both life-enriching and socially beneficial. “Late life civic engagement can take many forms,” observes ASA, “from individual volunteerism to paid part- or full-time work to

organizational involvement in electoral participation. A community can be a neighborhood, city, county, nation or a world.”

The importance and benefits of older adults participating in volunteering—specifically in civic engagement—have been well documented by a number of premier researchers and affiliated organizations. In 2006, the Harvard School of Public Health’s Meta-Analysis of Civic Engagement and Health (MACE) report released *Retirement Aging: Policy Issues and Civic Engagement*, a report that highlights key issues and recommends key actions for tapping the Reserve opportunities. The report points

(cont.)

(cont.) Programs Marge Coalman, EdD, highlights the benefits of social involvement, provides several examples, and offers tips to supporting civic engagement work.

“Individuals engaged in the greater good of all ... are experiencing a better quality of life as they age,” writes Marge.

Read the full article online at [WaterfordBismarck.com/common/pdf/civic-engagement-enrich-lives.pdf](http://WaterfordBismarck.com/common/pdf/civic-engagement-enrich-lives.pdf). ■

## Physical activity improves your memory

According to a study done by Neuroscientist Arthur F. Kramer and Stanley J. Colcombe, people who participate in moderate physical exercise improve their memory and ability to live independently for a longer period of time. Keep the body physically and mentally healthy by exercising on a regular basis.

To learn more, contact Waterford Health & Fitness Club Director Lindsey Peterson, who also is a certified Geriatric Wellness Instructor. ■

## Life Enrichment/Wellness program receives national award

The Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for its Let Your Spirit Soar campaign, a component of the Touchmark Full Life Wellness & Life Enrichment Program.

The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Award-winning entries are evaluated based upon need assessment, innovation, collaborative partnerships, implementation procedures, and outcome evaluation. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States. The winners were recognized at the 2008 annual conference of National Council on Aging and the American Society on Aging in Washington, DC.

The Let Your Spirit Soar program is designed to showcase the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity. Several elements make it unique and innovative.

“As part of our ongoing Life Enrichment/Wellness program, Touchmark makes a concerted effort to reach out to community

partners in the broader community. These partners include professionals from local universities and colleges, senior centers, park and recreation districts, and other resources. Of course, our primary partners are the residents who live in Touchmark communities,” says Touchmark Vice President of Wellness & Programs Marge Coalman, EdD. ■



**The Let Your Spirit program was created as an outgrowth of Touchmark’s Life Enrichment/Wellness program, which was developed by Marge Coalman, EdD (right). Jan Montague is vice president of Community Life, Wellness and Applied Research at Lakeview Village in Lenexa, Kansas, and a member of the Health Promotion Institute advisory board that reviewed all nominations for the Best Practice award.**

## LET YOUR SPIRIT SOAR

*Writers, photographers, and poets live and work in Touchmark communities, and Touchmark regularly features some of this talent and creativity in the newsletter.*

### Stories from my life

By **Bob Keim**, Resident

**MY WIFE CALISTA AND I MOVED INTO WATERFORD IN NOVEMBER 2002** and became a part of the family already here. I'm Bob Keim, and it wasn't long before we became active in the many things planned at Waterford. Calista passed away in November of 2003, and in less than a month, my brother, Vern, moved from Phoenix after 37 years to make his home with me in my apartment. We lived together here until May of 2007, and he needed to move to receive more care than I was able to provide.

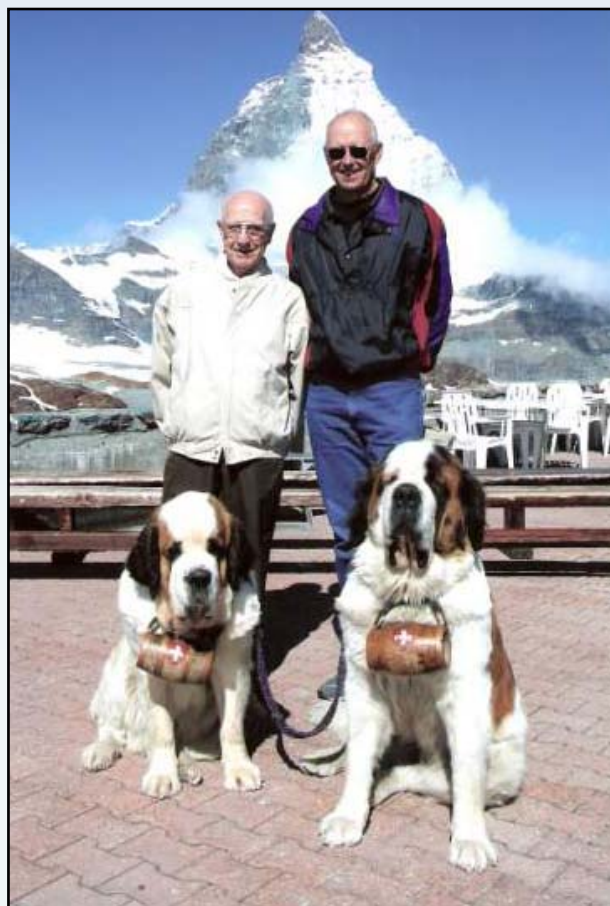
Guess it's my nature, but I need to be doing something, and so residents here see me doing many things. I am most satisfied when it involves others. I love to garden, and the major project has been the large perennial garden at the entrance to the Waterford complex. A former resident was a lover of birds, and he maintained several bird feeders, which he could see from his home. As his health failed, I started filling the feeders for him. Since his passing, I now continue feeding the birds with the help of others residents helping with the cost of feed.

Many years ago, a cousin of mine and I were classmates at Jamestown College. We often talked about how meaningful it would be to go to Switzerland to see the area where our parent's family emigrated from when they first came to America to settle in Wisconsin. The Legler family left Glarus, Switzerland, around 1847 and established the city of New Garius, Wisconsin. My cousin and I talked about this every time we met. She passed away in the spring of 2007, and my dream died with her, or so

I thought, until last winter when my wife's nephew suggested we go to Switzerland.

Plans were made, and we left for Switzerland on July 4, 2008. Dave and I joined a tour group of 37 others from many other countries. Our tour guide was a native of Switzerland, so she managed to show us the best tourist spots, shops, restaurants, and the best scenery as we traveled through many cities. We saw the Matterhorn, rode a cable car, toured ancient churches, and experienced the electric train systems. To me the scenery was "out of this world," and I soaked in as much as I possibly could.

The best part of all, the reason why we both took the tour was to see and be in the area of my mother's ancestors. Our tour guide arranged a special (*cont.*)



**Bob Keim with Dave in Switzerland .**

(cont.) afternoon for Dave and me to spend time with a resident of Glarus and neighboring town of Dies Bach. We toured the cloth factory still in operation; an industry, which our guide told us, was started by the Legler family. We were at a museum, which had items from the Legler factory, and we were able to see the factory buildings still standing in almost perfect condition after all these years. I spent my 82nd birthday in Luzern, and needless to say, I'll never forget this birthday, because that's a whole different story of this trip. Aging isn't all that bad, yet!

*October's focus is harvest/life wisdom; the deadline is September 18.*



**The Legler family cloth factory.**



**Bob in Switzerland**

## Coming Events

**Thursday, Sept. 11, 7 pm**

Dick Hipple performs. Chapel.

**Friday, Sept. 12, 10 am to noon**

Downtowners Street Fair. Arts, crafts, food, and fun for all ages.

**Tuesday, Sept. 23, 9 am to Noon**

Experience Wellness Health Fair. See article on page one for more information.

**Thursday, Sept. 25, starting at 2:30**

Singer Center Singers performing in Chapel. Wine social following. Lobby.