

## Recalling memories from the farm

At a recent Affinity Luncheon, 18 residents reminisced about their days living and working on a farm. Everyone shared their story, including where they grew up and how they got into the business.



From left: Grace Miller, Hilda Gruebele, Joe Pleines, Bob Berg, Elsie and John Walker, Betty Miller, Lucille Burke, Bertha Anton, Judith Hettved, Dagney Ellingson, Catherine Seidler and Leo Callahan reminisced about days on the farm.

While some were born into farming and others married into it, everyone had stories of long hard days, where every year of farming was a gamble. Some families raised grains while others raised cattle, milked cows, and raised feed.

Even the luncheon place settings, which featured a tractor, brought back memories of the extreme shift in farming when work horses were retired and big machinery came to the business. The farming industry in North Dakota has indeed witnessed dramatic change over the years. In 1920 there were over 75,000 farms in the state. By 1997, however, there were just over 20,000 individuals who listed farming as their primary occupation.

Everyone agreed that farming was a profession that took the whole family, and that the women worked just as hard as the men. ■

## Make daily deposits in your bank of well-being



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

On a recent vacation I took a small boat to the Isola San Giulio on Lake Orta and did the “walk of silence” around the monastery and surrounding stone streets. In the midst of all the chaos of traveling, shopping, dining, hiking, and a total cacophony of noise of all kinds and levels, those moments of inward focus and integration became the highlight of my trip.

It occurred to me as I walked from signpost to signpost that the stillness needed to hear the bird’s song, the water lapping on the shore, the rain on the treetops, or a child’s spontaneous laugh is an inside job. It is not about the external chaos over which I have little or no control. It is about the internal quiet that allows the soul to rest and reflect.

We live in a society that is filled with noise: media messages, signage, unsolicited mail and phone calls, television, car radios, and more. Planes, trains, cars, and other motorized vehicles pollute the silence as we walk or cycle. In all public places, people stand right next to us and speak freely on their cell phones to someone we have never met. Assaults on our quiet come too often to count. *(cont.)*

(cont.) If we are going to maintain the equilibrium in our lives, we must make a commitment to well-being each day. Whether it is reading familiar passages, listening to music that reaches into the heart, meditating, doing yoga, walking in the early morning, or talking to a special friend—there is an activity for each of us that can define the day as one of good memories and contentment. As we go forward into the day, we will be busy doing tasks and activities, solving problems, and finding solutions, but the deposit in the bank of well-being can carry us through those busy moments in spite of the many demands we face.

***“The silence allows you to listen to the wind, your step, the fragrance of love.”***

*—Signpost along the “walk of silence” at Lake Orta*

At Waterford, the Life Enrichment/Wellness program is designed to allow each resident to find his or her moments of well-being. Contact Director of Life Enrichment Kaye Knudson for information on the program opportunities that will provide meaningful moments throughout your day. ■

## Enjoy the season without the worry

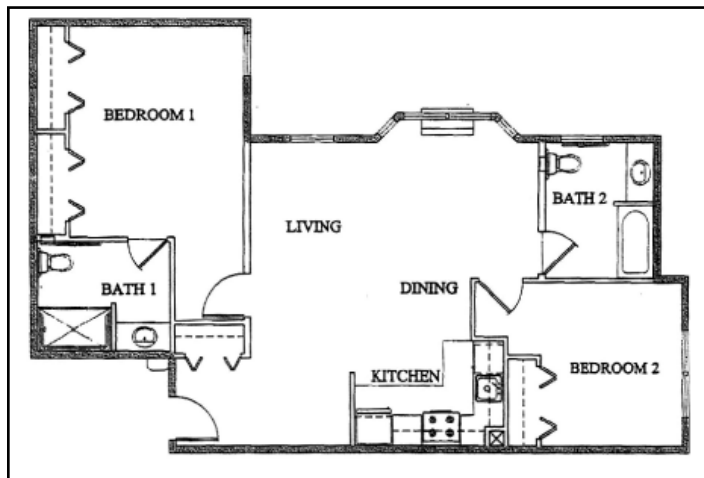
The National Oceanic and Atmospheric Administration predicts this winter to be warmer-than-normal to near-normal temperatures and precipitation throughout the United States. For many, “normal” winter weather consists of heavy snow, ice, and rain, which often makes it difficult to travel from place to place.

Avoid the sometimes-precarious driving conditions and the tedious work of clearing snow and ice. Waterford offers snow and ice removal and scheduled transportation.

Visit Waterford or call 701-323-7000 today to learn more about this winter’s featured homes. ■



With 4,056 square feet of living space, there is plenty of room for both entertaining and living in the Avondale. Featuring a full basement, this home also offers three bedrooms, two bathrooms, a den, and an office.



**Apartment 300 is centrally located and offers two bedrooms and two bathrooms. Call today for a personal presentation.**

## “Merry fitness” from the Waterford Health & Fitness Club

It's holiday season when family and friends come together to celebrate. While the celebrations and traditions may vary, one thing remains constant—food (and not necessarily of the healthy sort.)

“Many worry about the extra pounds they will gain over the holidays, and with good reason,” says Waterford Health & Fitness Club Director Lindsey Peterson. “According to the National Institutes of Health, holiday eating, beginning with Thanksgiving, can result in an extra pound or two every year. While this may not seem like much, most people who gain those extra pounds do not shed them with the new year. Over a lifetime, the cumulative weight gain from holiday eating can add up to over 20 pounds.”

**Ready for the good news?** Sticking to a regular workout routine, especially during the holiday season, will aid you in maintaining your weight. The Waterford Health & Fitness Club is your source for managing your weight this holiday season. Take a break from the stressful holiday shopping and relax with a yoga class. Strengthen your muscles in the club's specialized exercise room. Check out one of the club's evening aquatic fitness classes to improve your cardiovascular system.

### Give the gift of health

This holiday season, give a friend or family member a Waterford Health & Fitness Club gift certificate for massage therapy, personal training, specialty classes, and more.

For more information, contact Lindsey at 701-355-1280. ■



**HYDRO-FIT creator Craig Stuart leads a comprehensive weekend training for local aquatic fitness instructors, personal trainers, physical therapists, and allied health and fitness professionals. Waterford Health & Fitness Club hosted the training.**



**Winners of the 2008 Waterford Health & Fitness Club Volleyball Tournament are the Go-Getters. From left to right: Paulette Muth, Ruth Woodrow, Bruce Mikkelsen, Jackie Schmeichel, and Charmaine Miller.**

## Keeping your body—and brain—fit in 2009

The latest research concludes the same healthy habits that keep the body fit also protect the brain. To maintain, and in some cases improve the brain's function, Associate Professor of Psychology at Western Oregon University Rob Winningham, PhD, encourages people to follow these steps:

1. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
2. Eat a diet rich in fruits and vegetables, as the antioxidants can decrease damage to cells.
3. Get at least seven or eight hours of sleep each day, even if it requires a nap.
4. Manage stress levels.
5. Maintain social relationships and engage in social activities.
6. Participate in stimulating brain activities each day, such as reading the newspaper and solving puzzles.
7. Eat fish containing omega-3 fatty acids at least twice a week, as the omega 3s are good for the brain, mood, and memory ability.
8. Try to learn something new everyday.

This year, make a resolution to incorporate some of these healthy habits into your life. ■

	6				5	7		2
		4		9	6		1	
8	7	1	3		2			
5				7	1	3		
	3			5			7	
		7	8	2				5
			5		9	6	8	7
	8		2	6		1		
7		6	4				2	

© 2005 KrazyDad.com

*This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of [www.krazydad.com](http://www.krazydad.com).*

**Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9. See page six for answers.**

## Recent events



The Waterford Quilt show featured over 50 quilts. The chapel was a sea of color. Standing by her quilt is Resident Freda Grace, who loves horses and showed several of her quilts. *(cont.)*

*(cont.)*

Florence Lenhardt (left) and Iris Ellwein enjoyed viewing the quilts and reading of their origins. Some of the quilts had unique stories behind them, and many were over a hundred years old.



Catherine Seidler was in the Halloween spirit as her great-grandkids, Aurora and Trenton, stopped by to do some trick-or-treating on Halloween.



Residents, family, friends, and Waterford staff pose for a photo.

## Support local families in need

Are you stumped about what to give someone who already has everything? Looking for a gift idea that can make a difference in the lives of others? Over the past several years, the Touchmark Foundation has joined with Touchmark and Waterford communities around North America and others to create hundreds of food boxes for families in need over the holidays. Depending on the community, each box contains enough food for a complete holiday meal or meals over three to five days. The cost of each box can be more than \$40. The food boxes are then donated to nonprofit agencies and area churches to be distributed to help families in need over the holidays. Read what one recipient said:

“I received a food box from Touchmark. I appreciate it so much I want to thank you and all those involved in preparing it. Thanks is so small for such nourishing contents, but please accept this GREAT BIG THANKS. It was so unexpected, such a great variety of food, and so much help for me. I was so touched by it that I could not help but cry.”

If you'd like to join the Touchmark Foundation *(cont.)*

(cont.) in this joy-filled project, please donate online (TouchmarkFoundation.org) or send a tax-deductible check (payable to the Touchmark Foundation) to:

Touchmark Foundation  
Attn: Holiday Food Box Project  
Care of Waterford on West Century  
1000 West Century Avenue  
Bismarck, ND 58503

3	6	9	1	8	5	7	4	2
2	5	4	7	9	6	8	1	3
8	7	1	3	4	2	9	5	6
5	4	2	6	7	1	3	9	8
6	3	8	9	5	4	2	7	1
1	9	7	8	2	3	4	6	5
4	2	3	5	1	9	6	8	7
9	8	5	2	6	7	1	3	4
7	1	6	4	3	8	5	2	9

Answers to  
the puzzle  
on page 4

## Coming Events

### Tuesday, Dec. 2, 6:45 pm

Elks Chorus will perform in the chapel.

### Saturday, Dec. 6, 1 to 3 pm

Waterford Christmas and Holiday Social. Four Seasons Dining Room. Residents, staff, and families are invited. Please RSVP at the front desk.

### Saturday, Dec. 13, 1 to 3 pm

Swim with Santa: fun for the whole family. Treats will be served after swimming. Waterford Health & Fitness Club. Please RSVP by calling 701-355-1280.

### Saturday Dec. 20, 2 pm

Bus leaves for Emter Family Christmas Show at the Emter Theater. Cost is \$10 per person.

### Thursday, Dec. 18, 9 am to noon

Waterford Health & Fitness Club presents a Cookie Exchange with a "healthy" twist. Share the holiday spirit and cookies with friends. Enjoy a morning of hot apple cider and a sampling of delicious cookies. All items must contain at least one fruit or vegetable. For more information or to RSVP, call 701-355-1280.