

Building on an award-winning year

Happy new year to you and your loved ones! As we start another year, I'm excited to build on the achievements and growth of last year. During 2008, we were honored to receive some awards, which underscored our mission—to enrich people's lives.

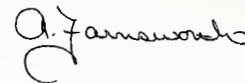
Our parent company, Touchmark, received a Best Practice award for Let Your Spirit Soar, a component of Touchmark's Life Enrichment/Wellness program, from The Health Promotion Institute, which is part of the National Council on Aging.

In addition, Life Enrichment Director Kaye Knudson, Waterford Health & Fitness Club Director Lindsey Peterson, and Life Enrichment Coordinator

Tara Williams received their two-year certifications as Geriatric Wellness instructors.

With these team-built achievements as the foundation for 2009, I look forward to growing as a community and continuing to serve residents, their families, and the Bismarck community.

Join us for another exciting year!



Arlene Farnsworth
Executive Director

Enjoying a “splashing” good time with Santa Claus

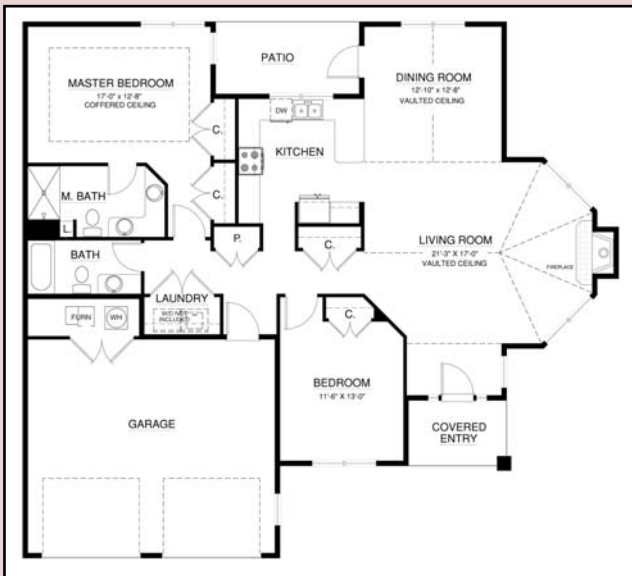


The young and the young at heart swam in the warm pool and visited with Santa Claus at the Waterford Health & Fitness Club's holiday event.



People brought their cameras to capture holiday pictures and enjoyed swimming and refreshments, including candy-cane reindeer and holiday cookies. A local television station stopped by the club to record video clips for the news.

Tour these homes today!



This 1,587-square-foot Wakefield cottage home features two bedrooms, two bathrooms, and an attached two-stall garage. The open floor plan is an entertainer's delight with its high ceilings, gas fireplace, and large living and dining rooms.



Apartment 150 offers ground-floor living with one bedroom, one bathroom, and a den. Call today for a personal presentation of this 850-square-foot home.

Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program. Now beginning its fourth year, Let Your Spirit Soar showcases the strengths, talents, and skills of Touchmark residents and staff in the area of lifelong learning and creativity.

Vice President of Wellness & Programs Marge Coalman, EdD, interviewed the authors. "I was surprised by the number of authors we discovered once we announced the project," she says. "Literally, there are dozens of published authors living at Touchmark communities."

Last year, the Health Promotion Institute—a part of the National Council on Aging—presented Touchmark with a Best Practice award for Let Your Spirit Soar. The award recognizes a program, initiative, or service that enhances the health and wellness of older adults. Touchmark was one of three organizations selected from more than 100 nominations throughout the United States.

To read about all of Touchmark's resident authors, visit Touchmark.com/authors-in-residence. ■

Ring in the new year with the Health & Fitness Club

Whether it is to quit a bad habit or to start a good one, many people are ready to make a change at the start of a new year.

“I love the fresh clean-slate feeling that comes with the new year,” says Lindsey Peterson, Waterford Health & Fitness Club director. “People are planning their resolutions for the new year and are motivated to make this year different from all the rest.”

For most fitness clubs, January is typically the busiest time of year with people finally ready to shed those extra pounds, improve their balance and coordination, or walk their first 5K.

“Whatever your fitness resolution may be, I encourage you to make it a realistic one,” says Lindsey. “Set small goals first. Instead of saying ‘I’m going to lose 100 pounds this year,’ start out with a smaller goal, like losing five pounds to start. Setting attainable goals in shorter time frames will give you positive reinforcement and encourage you to keep going.”

While you’re planning your new year’s resolutions, think about partnering with the staff at the Waterford Health & Fitness Club. Waterford’s fitness professionals are available to assist you with your goals and help turn them into reality. Waterford Health & Fitness Club is the only health and fitness club in Bismarck that is entirely geared toward those 40 years and older.

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

Celebrations!



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

We have declared 2009 as the year of “Celebrations!” in all Touchmark communities. What does the theme “Celebrations!” denote for a company of communities that provides home and lifestyle options to people ages 55-plus in the USA and Canada?

“I still find the day too short for all the thoughts I want to think, all the walks I want to take, all the books I want to read, and all the friends I want to see.”

—John Burroughs, *naturalist and essayist*

The intent is multifaceted. Of course, we’ll promote the idea of parties, merriment, and revelry; these special events are fun to plan and attend and are scheduled in all Touchmark communities throughout the year. The theme of the 2009 Touchmark Full Life Wellness & Life Enrichment Program, however, is much more personal and more in keeping with what John Burroughs wrote about in his essays and books. The celebrations of life are those moments each day that bring pleasure, contentment, and connectivity to our wishes, hopes, and dreams—days that leave us wishing for more hours to have those personal desires fulfilled.

Celebration of the day can be as simple as a quiet moment of contemplation or as complex as a formal event to mark a special holiday, anniversary, or milestone in the life of a friend or family member.

In the broader scope of celebrations in 2009, the yearlong “author in residence” series will celebrate authors living in Touchmark communities who have published books. Part of Touchmark’s ongoing Let Your Spirit Soar activities, the series will be featured in newsletters and on the Touchmark Web site (Touchmark.com).

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(cont.) Life Enrichment/Wellness staff and residents work together to plan and organize multiple opportunities to celebrate moments of pride and personal accomplishment. To be a part of the planning and promotion of the Celebrations! in 2009, contact Life Enrichment Director Kaye Knudson at 701-323-7000. The talents, time, energy, enthusiasm, and support of each resident and team member will highlight the 12-month emphasis on personal and community celebrations. ■



Taking part in the Sit-to-be-Fit class are (from left) Shirley Martz, Esther Froelich, Doirs Hickel, Jean Jordan, and Florence Lenhardt.

Well-being all around

[“A bodily disease, which we look upon as whole and entire within itself, may, after all, be but a symptom of some ailment in the spiritual part.”](#) — Nathaniel Hawthorne, *The Scarlet Letter*

Through the ages, writers and healers alike have proclaimed the connection between an individual’s mind, body, and spirit. Many believe that the three are interconnected in such a way that a weakness or stress in one may negatively affect another. An individual facing considerable stress, for instance, may find that stress translating to physical ailments or deterioration in their spiritual health.



Cottage resident Arloene Laskowski leads the daily devotions group of (from left) Adele Johnson, Janet Snyder, Karina Singer, Betty Miller, Hilda Grueble, Jo Emter, and Freda Leno. The devotions group meets weekdays at 10:45 am in the library.



Residents (from left) Mary Eckholm, Betty Miller, Sheila Robinson, Dagny Ellingson, Bertha and Shirley Von Eschen, Lorraine Graves, and Leo and Rose Reinbold participate in a brain enhancement activity.

Waterford’s Life Enrichment/Wellness staff provide residents many options that help promote mental, physical, and spiritual health.

“We want to provide an environment that takes into account the whole-person perspective to a well-balanced, healthy style of living,” says Life Enrichment Director Kaye Knudson. “We provide some fitness classes, like Sit-to-be-Fit, and we work with the team at the Waterford Health & Fitness Club to provide a variety of aquatic and fitness programs and classes.” Kay further explains that there are other activities, like Bible studies and brain-building classes, to help people achieve whole-person wellness. ■

Build your brain. Solve a puzzle.

Unscramble the following letters to discover a new phrase. The topic is new year.

1. repay pay when = _____
2. a eyeliners town sour = _____
3. weathering rye inn = _____

Answers:
1. happy new year 2. new year resolutions
3. ring in the new year

Coming Events

Friday, Jan. 9, 2 pm

Mike Beck, a vision specialist from the North Dakota Department of Human Services, will provide information on strategies, assistive equipment, activities, and support group for those who are visually impaired. Mind Body Spirit Room.

Thursday, Jan. 15, 2 to 4 pm

Hawaiian Luau. Join us for Hawaiian drinks, cuisine, and music. There will be a prize for best island attire, so dress for "island life." Lobby.

Saturday Jan. 17, 1 pm

Concert featuring the Mike Piper Band. Mike and his wife play a mix of gospel, bluegrass, and Country Western music. Chapel. No charge.

Friday, Jan. 23, 7:30 pm

Enjoy the music of Something NU, a local trio featuring Life Enrichment Director Kaye Knudson. Bismarck Elks Lodge lounge. Transportation provided.

Recent events



During a special visit at Waterford, residents joined mothers and their toddlers from a local Kindermusik class for special music and movement activities. Kindermusik inspires children and their families to grow self-awareness, self-esteem, and develop a sense of music and rhythm. Residents joined the fun by playing instruments and singing along to some favorite children's music. Residents (from left) Doris Hickel, Catherine Seidler, Irene Schafer, Leonoa Schmitt, and Eshter Froelich join Kindermusik moms and toddlers Jennifer and Julia Schmidt and Erika and Ryan Ussery in shaking up some musical tunes.



Residents of the Devonshire made dog-bone wreaths to give to four-legged pet therapy visitors during the holidays. Maggie Weisbeck displays her wreath.

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Residents (from left) Marianna Bader, Jean Wulf, Dorothy Foster, and Lorraine Graves stop for a break from their Christmas and holiday shopping at the Pride of Dakota Holiday Showcase. The annual shopping event features gift items, clothing, accessories, food and condiments, decorative items, and much more. All items are made in North Dakota.



Waterford hosted a Christmas and Holiday Social for residents, families, and staff. Dr. Ed (left) and Arloene Laskowski enjoy the tasty buffet, music, decor, and socializing with friends and family.