



A Touchmark® community  
Est. 1980

# Traveling presentations offer glimpse into other worlds

*Colorful flowers bloom on the screen as residents Bernice and Allen Scherer share slides they have photographed during their world travels.*

The Scherer’s presentation launched a Waterford travel series featuring residents and community members sharing their travel stories and pictures. The series is open to the public.

On **Tuesday, Feb. 24** at 2 pm, Tammy Rohde from Satrom Travel will talk about popular, educational day trips in North Dakota. For residents, there might be an opportunity to experience some of the places that will be highlighted in the presentation. (If there’s enough interest, there will be a two-day trip to the Theodore Roosevelt National Park in Medora later in the summer.)

On **Tuesday, March 24**, former resident Bob Keim will share pictures and stories from his trip

to Switzerland. Bob’s family left Glarus, Switzerland, around 1847 and moved to the United States, where they established the city of New Garius, Wisconsin.

April will bring a taste of India, as artist, community organizer, and mother Aruna Seth will tell about her homeland. Aruna has worked with many local clubs and organizations, such as Rotary, American Association of University Women, International Club, and Gandhi Peace Network. She also

holds a yearly Gandhi Peace Dinner to raise funds for children and women’s education in India. Aruna will be at the Waterford **Thursday, April 2**.

There are plans to add additional speakers. Also, residents and members of the Bismarck community, who are interested in sharing their travel stories, can call Life Enrichment Director Kaye Knudson to learn more and apply. ■



**Residents Bernice and Allen Scherer (far right) share colorful pictures they’ve taken during their many travels. The Scherer’s presentation marked the start of a Waterford travel series.**

## Pursuing whole-person wellness



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

Most of us come into the new year with thoughts and intentions for positive change. Some actually make resolutions—usually regarding weight loss, smoking cessation, or some other health-related habit. Sadly by February a number of “resolvers” have abandoned their efforts and returned to previous habits. Perhaps that is why the American Heart association, the Heart and Stroke Association of Canada, and several

(cont.)

(cont.) other consumer health organizations emphasize heart health during February.

Practicing the 10 steps to Whole-Person Wellness shown here is a way to approach positive change from a different perspective. Rather than focusing on the bad habits, the 10 steps emphasize replacing unhealthy activities with those that will improve all six dimensions of wellness: emotional, spiritual, physical, vocational, social, and intellectual.

One of the highlights about this specific list of health practices is that the list benefits the brain as well as the heart. The research on neurogenesis (growth of new brain cells and neurons in the hippocam-

pus and other learning centers in the brain) is most compelling. We now know the benefits of specific cognitive-enhancement activities that promote brain-cell generation and stave off the onset of dementia. “Older adults can make new connections and rewire their brains,” states Robert Winningham, PhD, associate professor of Psychology at Western Oregon University and geriatric wellness instructor who certified Touchmark staff in 2008.

The circular benefits that flow from a good diet, exercise, and social lifestyle choices support the “use it or lose it” theory that has been known to researchers for decades. Improved physical and cognitive well-being is as dependent on lifestyle choices as on genetics. We

don’t get to pick our parents. We can and do choose our habits that can lead to well-being and good health.

(cont.)

### 10 steps to whole-person wellness

1. Each day, participate in stimulating brain activities, such as reading the newspaper and solving puzzles.
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. Exercise 30 minutes a day, using a combination of aerobic exercise and strength training.
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 every day.
9. Continue to give back to your community and the causes you hold dear.
10. Nurture your spiritual self.

## Dr. Marge’s Smoothie Recipe

*Follow Marge’s example. Drink this beverage early in the morning to get a head start on eating five to eight servings of fresh fruits and vegetables each day as well as some of your daily calcium and protein requirements.*

- ½ cup nonfat plain yogurt.
- (Any yogurt that contains acidophilus and other live culture growth will work, including soy or other nondairy options.)
- ¼ to ½ cup fresh or frozen blueberries, raspberries, blackberries, or berries of choice
- (Using two types of berries makes the drink even more tasty and nutritious.)
- ½ banana
- 1 kiwi, peeled and diced
- 4 oz. orange juice (preferably not from concentrate) or 4 oz. combined cranberry and orange juice

Mix everything with a hand blender or food processor. Double the recipe to share with a friend or family member.

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(cont.) At Waterford, we offer a range of opportunities to participate in physical activity, cognitive enhancement programming, and social events through our Life Enrichment/Wellness programs. For information or to provide suggestions and support, contact Kaye Knudson, who directs our program here. The notion of a new year, new you does not need to end in February. Make a commitment to positive health changes today. ■

## Recent events



Crafters (from left) Pat King, Dagney Ellingson, Freda Leno, Dorothy Foster, Betty Lech, and Jo Emter model the flowers they made for the Waterford Hawaiian Luau.



Bridget Hineman (left) and Dining Services staff member Sarah Laszewski perform violin duets for residents before the dinner hour.

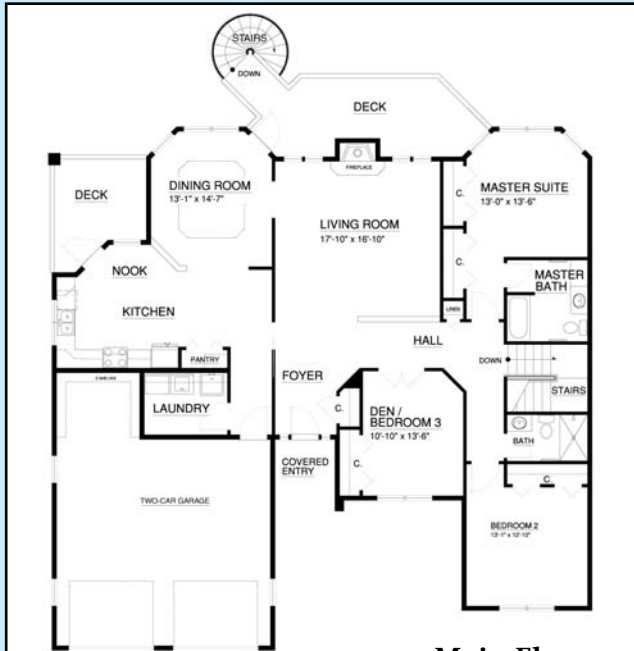


From left: Adele Johnson, Freda Leno (winner of the best-dressed contest), and Irene Springan model their island wear at the Hawaiian Luau. Freda's outfit came from Hawaii.

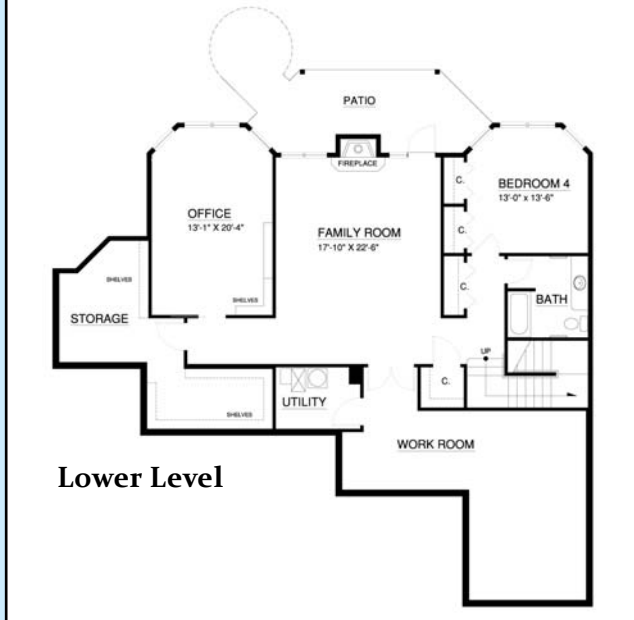


Lorraine Graves (left) and Rose Reinbold joined the crafting group to make chocolate turtles and waffle cookies. Each participant took home a plate of goodies to share with friends.

## Look what's available at Waterford!

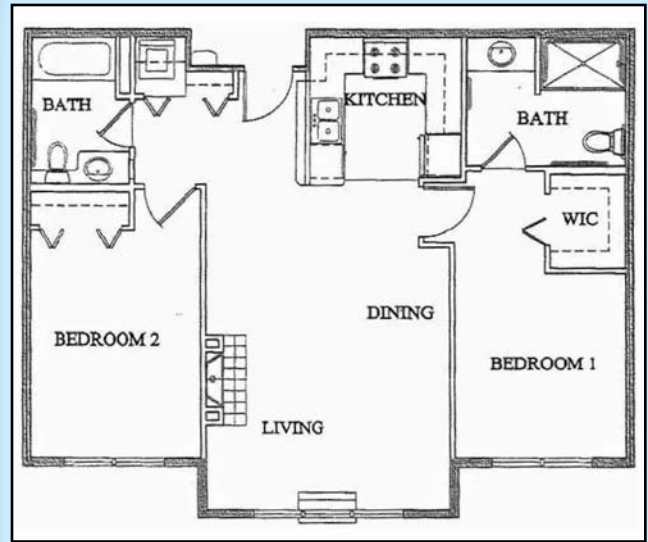


Main Floor



Lower Level

Enjoy the spacious comfort of this 4,056-square-foot Avondale home, located at 1021 Waterford Drive. High ceilings, a gas fireplace, and large living and dining rooms are highlights of this open floor plan. The roomy kitchen is an entertainer's delight.



Apartment 347 offers 967 square feet, two bedrooms, and two bathrooms. Call today for a personal presentation.

## Coming Events

**Thursday, Feb. 12, 7 pm**

Musical entertainment by Dick Hipple. Chapel.

**Friday Feb. 13, 2 to 3:30 pm**

Chocolate Extravaganza. Come enjoy delicious treats and entertainment. Lobby.

**Friday, Feb. 13, 6 to 9:30 pm**

Bus leaves at 6 pm for AMVETS dinner and dance. Starting at 8:30 pm, dance to the music of Rocky Top, which plays a variety of country western music. Dinner lasts until 9 pm. Sign up at the front desk by 4 pm on Wednesday, February 11.

**Thursday, Feb. 19, 7 pm**

Windwood Trio from University of Mary. Chapel.

## Celebrate “Heart Smart” month at Waterford Health & Fitness Club

Not only is it a chance to celebrate romantic matters of the heart, but this month is a time to concentrate on matters of the physical heart.

According to the American Heart Association and the American Stroke Association ...

- Coronary heart disease is the “largest major killer of American males and females.”
- “About every 26 seconds, an American will suffer a coronary event, and about every minute someone will die from one.”
- “When considered separately from other cardiovascular diseases, stroke ranks No. 3 among all causes of death, behind diseases of the heart and cancer.”

To reduce your risk factors for cardiovascular disease, visit your health care provider and learn your numbers, such as blood pressure, cholesterol, triglycerides, glucose, body mass index, and waist circumference. Eat a healthy diet full of fresh fruits and vegetables, whole grains, low-fat dairy, and lean protein. Also, try to participate in at least 30 minutes of physical activity on a daily basis.

Bring a heart-healthy dish to the “heart smart” potluck **Monday, Feb. 16** at 11:30 am. Heart Smart Bingo will follow the potluck. Members are welcome to bring a friend.

The Club is continuing its referral program. Now called “take your friends and family to heart.” Refer one friend or family member and receive a water bottle stuffed with prizes. Refer two or more friends and receive one month membership at no charge with each new member you refer. During February, your friends will receive \$10 off the orientation fee. Call today! 701-355-1280. ■

## Build your brain

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

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*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.**

# Learning about vision



Thirty-plus people listen as Mike Beck, a vision specialist with the North Dakota Department of Human Services, shares methods for dealing with deteriorating vision and what services are available to persons with visual impairments. Mike explains that specialists are available to come to people’s homes and provide information and aid devices, so that people can remain independent. This presentation launched a support group that will meet the first Friday of each month at 2 pm in the Creative Arts Room.

Participants can share ideas on how to remain physically, mentally, and emotionally active. The presentation and support group began after a resident talked with the Life Enrichment/Wellness team about learning more about vision health and suggested Mike as a possible speaker. “We love to hear people’s ideas for events,” says Life Enrichment Director Kaye Knudson, who invites people to offer their event and activity suggestions.

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

Answers to the puzzle on page five