

Celebrating health and well-being

A spirit of wellness and vitality filled the air as Waterford celebrated Active Aging Week, an annual event organized by the International Council on Active Aging to promote healthy and active lifestyles. Waterford's events for the week-long celebration included a variety of offerings focused on whole-person wellness.

The celebration kicked off with a brown bag seminar with Krista Headland from the Alzheimer's Association discussing *Knowing the 10 Signs & Maintaining Your Brain*. The Living in Balance Wellness Fair brought a variety of local vendors to Waterford to share products and services that promote health. The fair, underwritten by Humana, included exhibit booths and health screenings.

The week offered additional brown bag seminars, including *The Value of Volunteering & Discovering One's Talents* with Mary Siverson from RSVP+; *Maintaining and Improving Your Balance* with Nicki Calderwood from Dakota Physical Therapy; and *Managing Activities with Arthritis* with a representative of the Arthritis Foundation.

"Waterford's mission is 'to enrich people's lives,'" says Waterford Health & Fitness Club Director Lindsey Peterson. "Active Aging Week provides us with the opportunity to enrich the lives of residents and members of the Bismarck community. By hosting these

informative sessions we can help promote the idea that everyone can maintain and even improve their health and vitality—at any age." ■



Top: Resident Alan Scherer, Susan Hammer-Schneider with North Dakota State Library, and resident Bernice Scherer pose for a photo at the Living in Balance Wellness Fair. Bottom: Humana representatives Kevin Berger (left) and Jason Smith are pictured with resident Betty A. Smith.

Fall ... a time for change



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

As the days grow shorter, and the leaves blaze with fall colors, it is time to renew body and spirit and to

make commitments and decisions that support healthy living. Many older adults have spent years sacrificing and storing goods and resources for the "autumn years." Yet, when it is time to access those resources, to make positive changes, it feels unnatural for many to focus on their own needs rather than those of their family members or friends and neighbors. In reality, the gift of putting oneself first can be the most important gift to loved ones.

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(cont.) Healthy aging requires evaluating the components that determine the quality of each experience, each day, and each opportunity to thrive not just survive. Most adults admit a desire to maintain control over their lives. In order to preserve control, though, it is important to be surrounded by individuals and environments that support one's goals and resources. Here are a few questions designed to help evaluate your situation.

“Happiness is not something you postpone for the future; it is something you design for the present.”

—Jim Rohn, author, *The Art of Successful Living*

How strong am I? Are you strong enough to get through the requirements of each day? If not, try to determine what it would take to make that possible. Downsizing, taking advantage of available transportation support; assistance with housekeeping or exterior home chores might all be part of the solution. Lifestyle changes also may play a role; exercise, nutrition, and rest are three areas to explore.

How happy am I with my relationships with friends, neighbors, and family? When our peer group changes, we are often left with a schedule void of meaningful interactions, shared confidences and plans, and spontaneous moments. Those valued moments may be replaced by empty hours. If that is the case, it may be time to reach out for new activities, liaisons, and/or social opportunities.

Do I have trusted advisors? Doctors, lawyers, financial advisors, and spiritual leaders are critical to our well-being and informed decision making—not to mention helpful for a good night's sleep. Individuals serving in these roles are not guaranteed a lifetime appointment. Evaluate the results of these important relationships, and don't be afraid to make changes, if needed.

What else can I do to support a healthy aging

process? Sharing your life wisdom and skills is vital to *your* well-being as well as the well-being of those around you. Stay connected. Give back to others. Use your valuable attributes and enrich others' lives ... reach out for those opportunities.

At Waterford, the Life Enrichment/Wellness program provides opportunities to connect with all of the support and services needed to answer these questions with a positive response and outcome. For additional information on opportunities—both to give and receive services—contact Director of Life Enrichment/Wellness Autumn Edwards. ■

Pumpkins, tricks, and treats. Oh, my!



During last year's Halloween celebration, children and residents, including Catherine Seidler and her great-grandchildren Aurora and Trenton (pictured), enjoyed plenty of treats and fun. The children will return Saturday, October 31 for the “hallowed” tradition. Residents have several opportunities to get into the Halloween spirit this year, including a visit to Papa's Pumpkin Patch, followed by the transformation of the lobby into the Waterford Pumpkin Patch, a place to display all the pumpkins decorated by residents. If things that go “bump” in the night tickle your fancy, stop by the Prairie Sitting Room every night during the week of Halloween as classic monster movies are shown.

New massage therapist joins club

Waterford Health & Fitness Club is pleased to welcome Barb Pease, LMT. Born and raised in Newburg, North Dakota, Barb recently moved to Bismarck after living in Minot for the past 13 years. She learned the practice of massage therapy nearly four years ago at the Skin & Bodywork Institute in Grand Forks.

Barb is very passionate about her work. “I enjoy massage because it has so many benefits to offer people in so many different ways,” she says. “Not only does massage offer relief from muscle- and joint-pain, but it also can be beneficial for those who suffer from arthritis, fibromyalgia, and headaches.”



**Barb Pease,
LMT**

Massage also can increase blood circulation to help aid in the healing of damaged or injured muscles, helps relieve stress and tension, and promotes relaxation and an overall sense of well-being. “Massage is a great way to keep people physically, emotionally, and mentally fit,” says Barb.

Pat King raves about her massage sessions with Barb. “I have fibromyalgia, which means that I have degrees of pain in my muscles all of the time. This week I put extra stress on my muscles and opted to have a massage. Barb was very knowledgeable, grounded, and tuned into what I needed. She knew exactly what pressure to use to ease the soreness. I felt better immediately and was very relaxed during the massage. I plan on visiting her again very soon.”

To schedule an appointment with Barb, please call the Waterford Health & Fitness Club front desk at 701-355-1280. ■

You said it!

A message for the Life Enrichment team ... “You gals are the best thing since sliced bread. There’s just all sorts of things happening from Ping-Pong® to plays. You keep us so busy!”

Arlowene Lakowski

—Resident

Recent happenings



Dr. Ken Johnson and Sheila Robinson look over the selection during Waterford’s book drive. The event, which included a root-beer floats sale and penny drive, raised more than \$250 for the Alzheimer’s Association. Waterford donated the remaining books to Pam’s House, a shelter for women and children seeking refuge from domestic violence.

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Resident Catherine Seidler enjoys the festivities at the Volunteer Appreciation Luau.



Residents and staff don costumes for the Waterford production of *Greater Tuna*. Top, from left: Life Enrichment Coordinator Tara Williams, Pat King, Shirley Martz, Betty Miller, Marian Meyer, Life Enrichment Director Autumn Edwards, Jeanne Wulf, and Doris Hickle.



Residents and guests gathered to visit with and hear Touchmark Founder and CEO Werner G. Nistler, Jr. speak.

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Coming Events

Friday, Oct. 9, 10 am

Enjoy a visit to Papa's Pumpkin Patch. Cost: \$2 plus the cost of pumpkin(s).

Saturday, Oct. 10, noon

The Metropolitan Opera presents a live broadcast of Puccini's *Tosca* at the Grand Theatre.

Monday, Oct. 12, 4 pm

Waterford's Got Talent.

Wednesday, Oct. 14, 11 am

Lunch out at Olive Garden.

Thursday, Oct. 15, 7:30 pm

Little Shop of Horrors presented by Dakota Stage Ltd.

Friday, Oct. 16, 3 pm

Fall foliage drive.

Monday, Oct. 19, 1 pm

Tour of Assumption Abbey in Richardton.

Tuesday, Oct. 20, 2 to 3:30 pm

Oktoberfest. Lobby.

Wednesday, Oct. 21, 11 am

Men's Lunch Out at Buffalo Wild Wings Grill & Bar.

Saturday, Oct. 24, 1 pm

Murder Mystery Party. Mind Body Spirit Room.

Starting Monday, Oct. 26, 7 pm

Monster Movie Marathon. See Life Enrichment/Wellness

calendar for details.

Monday, Oct. 26, 10 am

Trip to Prairie Knights Casino. Transportation cost: \$10.

Tuesday, Oct. 27, 3 pm

The Red Hat Club visits Cappuccino On Collins.

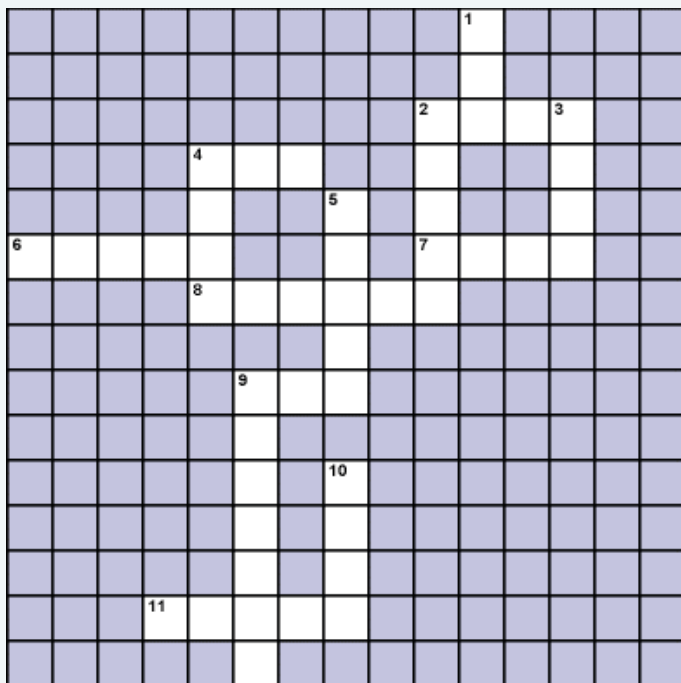
Thursday, Oct. 29, 10 am

Halloween party. Lobby and Country Store.

Saturday, Oct. 31, 6:30 pm

Neighborhood children stop by Waterford for trick-or-treating. Lobby.

Crossword Homophones



Find the word that has the same sound as the clue but is spelled differently.

Across

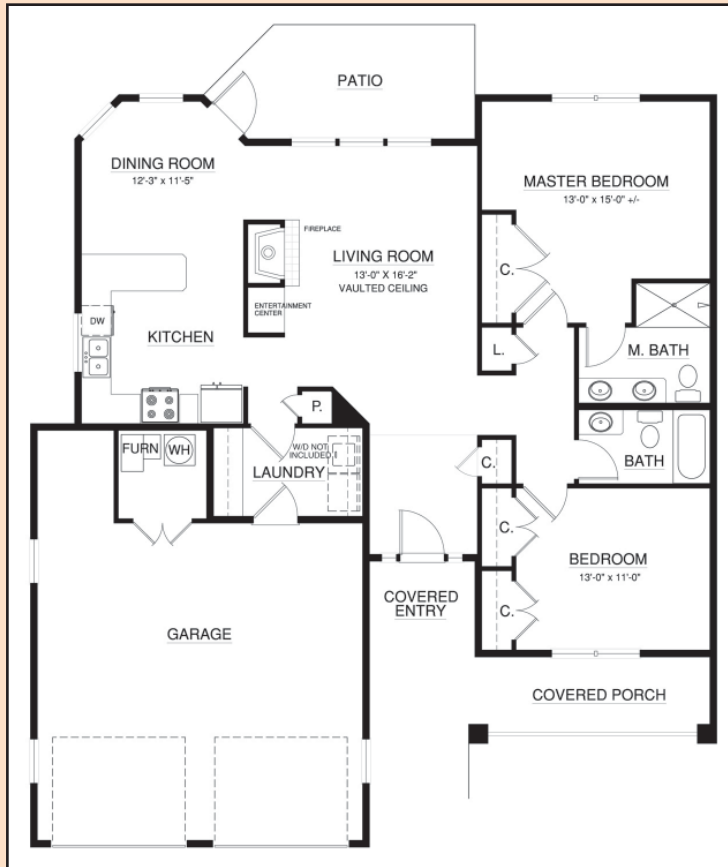
- 2. red
- 4. by
- 6. clothes
- 7. our
- 8. wait
- 9. aunt
- 11. there

Down

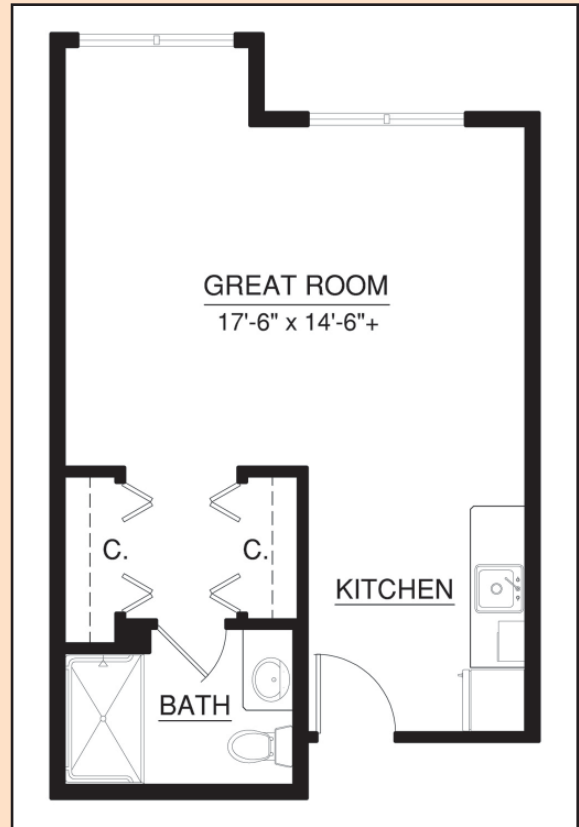
- 1. sea
- 2. write
- 3. dear
- 4. blue
- 5. knight
- 9. aloud
- 10. for

Answers
Across: 2. Read; 4. Buy; 6. Close; 7. Hour; 8. Weight; 9. Ant; 11. Their.
Down: 1. See; 2. Right; 3. Deer; 4. Blew; 5. Night; 9. Allowed; 10. Four.

Cozy up to the Waterford lifestyle



As the days get shorter and the nights get longer, this Amherst cottage home is the perfect place to spend the cool days of fall. With 1,324 square feet, two bedrooms, and two bathrooms, you'll have plenty of elbow room while experiencing the worry-free, independent retirement lifestyle that Waterford residents love. The soaring ceilings, private patio, attached two-car garage, and gas fireplace are the finishing touches on this lovely home.



This studio apartment is ready for you to make it a home. Apartment 117 offers 472 square feet of living space just steps away from services and amenities galore. And with Waterford's exciting Life Enrichment/Wellness calendar, you'll have plenty of enriching opportunities to get out and about as you live the good life at Waterford. Call today for a personal presentation.

It's flu season

—Winona Phelps, RN
Touchmark Nurse Consultant

It seems like every day brings news about influenza. This year, there is even more heightened awareness due to the emergence and news coverage of H1N1 flu.

The symptoms of seasonal flu and H1N1 are similar and include fever, headache, fatigue, cough, runny or stuffy nose, sore throat, body aches/chills. Some people who have H1N1 may also experience nausea, diarrhea, vomiting, and sudden dizziness.

We are recommending vaccination against seasonal flu and H1N1 as outlined by the Centers for Disease Control (CDC) vaccination priority lists. We also

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(cont.) encourage you to stay informed of any new information. Two good Web sites are www.cdc.gov or www.flu.gov

At all times, it is important to practice healthy lifestyle habits, such as:

- Cover your nose and mouth if you cough or sneeze—viruses spread person to person through droplet infection.
- Avoid touching your eyes, nose, and mouth.
- Wash your hands thoroughly and often. Alcohol-based hand gels also are effective against the flu virus, and it's helpful to have those on hand—and to use them.
- Eat a balanced diet and drink plenty of water.
- Get enough sleep, typically seven or more hours each night.
- Stay home if you are sick and wait at least 24 hours

after fever is gone without the use of medications before you return to work or socialize with others.

- Avoid contact with sick people.

Check with your doctor if you experience any of the flu symptoms listed above. Seek medical treatment at once if you experience more severe symptoms, such as shortness of breath, difficulty breathing, signs of lower respiratory illness, or worsening symptoms.

There are antiviral medications your doctor may decide are appropriate for you that can help to shorten the duration as well as the severity of symptoms and can help prevent complications, including pneumonia.

Above all, remember that most people recover from a flu illness after a few days. Take care of yourself and be well! ■

Dedication to employing aged 55-plus workers wins Waterford state award



talents to share, and we feel fortunate to be able to partner with Experience Works,” Arlene says. Waterford currently employs one Experience Works team member. Barb Burgad (pictured left) works in the Dietary department, after a lifetime of jobs ranging from prep cook to soccer coach. Barb is pictured with Waterford Food Service Manager Doreen Koppang.

Experience Works, the nation’s largest nonprofit training and employment organization for older workers, named Waterford the 2009 Employer Experience Works Champion for North Dakota. The Employer Champion award recognizes Waterford’s dedication to hiring and retaining older workers. Waterford has hired several Experience Works employees over the years, according to Waterford Executive Director Arlene Farnsworth. “This truly is a win-win program for everyone involved. We know that people of retirement age possess invaluable gifts and