



A Touchmark® community
Est. 1980

Girl Scout troop and Waterford community help those in need



Waterford team members and residents worked with the Girl Scout troop from Miller and Northridge elementary schools to prepare food boxes for families in need. The collection began at Miller Elementary, where the Girl Scouts and volunteers from Waterford collected food from the school neighborhoods. They then returned to Waterford, where residents packed the food into boxes for distribution. The group collected enough food to make 16 boxes.

Find sugar and spice at Gingerbread Junction

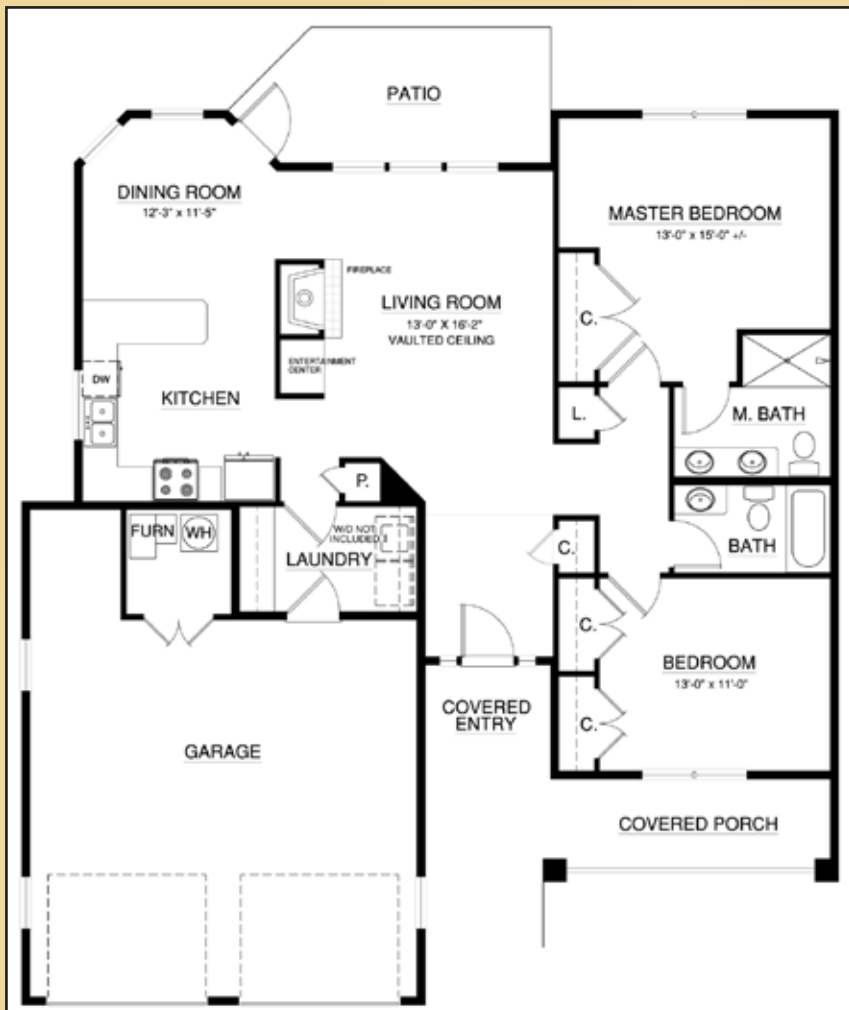


Join us for the grand opening of
Gingerbread Junction

December 7 at 3 pm

See page five for details

Ring in the new year in your new home!



Immerse yourself in the Waterford lifestyle from the comfort of this Amherst cottage home at 1009 Waterford Drive. This 1,326-square-foot home offers two bedrooms, two bathrooms, and the retirement of your dreams! Call today for a personal presentation.



Leave behind worries about frozen pipes and shoveling snow as you live the good life at Waterford. Apartment 371 offers two bedrooms, one bathroom, and 862 square feet of living space. When the weather outside is frightful, you'll feel delightful by the cozy gas fireplace. You'll also enjoy cathedral ceilings and washer/dryer hookups.

Nurturing our spiritual selves



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

“The spiritual is not one dimension among many in life; rather, it permeates and gives meaning to all life. The term spiritual well-being, therefore, indicates wholeness in contrast to fragmentation and isolation.”

—Thorson and Cook, 1980, National Interfaith Coalition on Aging

In balancing our time, energy, work, recreation, family responsibilities, community commitments, and daily tasks, sometimes the last priority is the nurture and care of our spiritual selves. In fact, sometimes we run out of day before we run out of “have-tos” that are all outside the domain of spiritual nurturing.

How important is it for us to nurture our spiritual selves? According to David Moberg and other prestigious researchers who are part of the National Interfaith Council on Aging (NICA), “spiritual well-being is the affirmation of life in a relationship with God, self, community, and environment.”

How is it that we don't quite get around to the self-support of that important leg of the mind, body, spirit triangle? For many, it is simply too difficult to schedule personal spiritual enrichment as a “must.”

In all research conducted in the area of spiritual well-being and healthy aging, the results show less isolation, loneliness, despair, hopelessness, sadness, and unresolved grief in individuals who self-report they have a spiritual

connection. Overall, they also report better health and daily function. Depressive disorders are less prevalent in this same population.

During this busy holiday season when commitments and activities often accelerate, Waterford on West Century encourages you to nurture and care for your spiritual self and join us for any and all of our spiritual events and offerings. For more information on scheduled classes, services, and special events, contact Life Enrichment Director Autumn Edwards. ■

What's the caption?



Touchmark is introducing a humor feature in the newsletters. This month's selection requires some creative thinking. Write a funny caption for the photo above and submit it, along with your name, to the Life Enrichment/Wellness team. A few captions will be selected to run with the photo in next month's newsletter.

Here's a sample caption: Hey, I can't lose! If my score is low, I'll say I was golfing. If it's high, I'll say I was bowling. I'll win every time!

Club update

Improve your balance and mobility

The Center for Successful Aging at California State University, Fullerton is conducting a 12-week study at Waterford Health & Fitness Club to investigate the effectiveness of a specially designed aquatic balance and mobility program. This program is designed for individuals who have a history of falls or are very concerned about their balance and mobility. There is no charge to participate in the program, which begins on January 4, 2010.

Program benefits:

- Improved balance and mobility.
- Development of strategies that will help you improve your ability to recover from a loss of balance.
- Increased confidence in your balance.

Eligibility requirements:

- Men and women 60-plus years;
- Able to walk 200 feet independently.

Please call 701-355-1280 or stop by the club for further details about the study.

Club gift certificates ... what better gift than the gift of health? With gift certificates for personal training, massage, and even memberships, you needn't look further for the gift that will bring your loved ones joy—and health.

The gift of personal training

ACSM Certified Personal Trainer Nick Henkelman can design a fitness program to help your loved one (or you) improve their strength, balance, cardiovascular fitness, and flexibility.

The gift of relaxation

A massage therapy session can help alleviate stress, lower blood pressure, and increase circulation. This is a particularly timely gift during the hectic holiday season and is a great way to begin a new year.

The gift of a membership

And if that special someone is hoping to find a supportive environment as they pursue their fitness goals, a gift certificate for club membership may be just the ticket. Members enjoy access to group fitness classes, the aerobics studio, exercise room, and the spacious—and warm—pool.



Give the gift of health this season. Stop by Waterford Health & Fitness Club front desk for holiday membership and personal training specials.

*Find sugar and
spice at
Gingerbread
Junction*



Join us for the grand opening of
Gingerbread Junction

December 7 at 3 pm

and enjoy refreshments and
the award celebration.

Take a stroll through a gingerbread town
made by the Waterford community
and friends.

Gingerbread Junction
will be on display
from Dec. 7 to Dec. 28.

All are welcome. No charge.

Waterford lobby.



The Corridor of Time



A group of residents received a backstage tour of the paleontology lab at the North Dakota Heritage Center Museum. Everyone posed for a photo in *The Corridor of Time* exhibit.

Coming Events

Contact a Life Enrichment team member for additional details, including registration information.

Friday, Dec. 4, 10 am

Be creative and make gingerbread houses, which will be displayed at Gingerbread Junction. General Store.

Saturday, Dec. 5, 1 to 3 pm

Holiday Social for residents, employees, and families. Lobby.

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Monday, Dec. 7, 10 am

Outing to Washburn to see the winter quilt show and the traveling Smithsonian exhibit, Journey Stories.

Wednesday, Dec. 9, 11 am

Men's Lunch Out at Blarney Stone Pub.

Thursday, Dec. 10, 4 pm

Resident Christmas Show. Chapel.

Thursday, Dec. 10, and Friday, Dec. 11, 6:30 pm

Bus departs for a tour of the Showcase of Trees and local light displays.

Saturday, Dec. 12, 2 pm

Emter family theatre outing. \$10.50 per person.

Tuesday, Dec. 15, 4 pm

Traditional Christmas musical featuring Ruth Kelley and guests. Chapel.

Wednesday, Dec. 16, 11 am

Lunch Out at Carino's Italian Restaurant.

Thursday, Dec. 17, 1 pm

Teddy Bear Tea with First Steps Child Center. Hoyle Room.

Thursday, Dec. 17, 2:30 pm

Senior Center Singers. Chapel.

Friday, Dec. 18, 7:30 pm

Central Dakota Children's Choir Christmas Concert at the Belle Mehus.

Saturday, Dec. 19, 1 pm

Boy Scouts gift wrapping. Hoyle Room.

Monday, Dec. 21, 1:20 pm

Simle Middle School Christmas Concert. Chapel.

Friday, Dec. 25, 11 am

Merry Christmas and Happy Holidays! Holiday buffet in the Four Seasons Dining Room.

Thursday, Dec. 31, 2:30 pm

New Year's Eve Party in the Lobby.