



A Touchmark® community
Est. 1980

Celebrate Active Aging

Join Waterford Sept. 27 for a day of whole-person wellness, including healthy snacks and refreshments.

Learn about stroke and fall prevention

- 9:30 am—*Stroke Prevention*, presented by Jolene Engelhard, FNP-C, with the Clinics of St. Alexius
- 11 am—*Fall Recovery*, presented by co-owner of Dakota Physical Therapy April Bergan, RPT.

Visit local vendors and take health and wellness tests

From 9 am to noon:

- Physical therapy screenings with Dakota Physical Therapy. Please sign up at club front desk.
- Foot and ankle screenings with Brian Gale, DPM, FACFAS, of Dakota Foot & Ankle. Please sign up at club front desk.
- Blood sugar, blood pressure, heart rate, and cholesterol testing. Professional Pharmacy will provide these tests for a small fee.
- Memory testing with St. Alexius Medical Center. Please sign up.

From 9 am to noon and 1 to 4 pm:

- Balance testing. Mark Minette, director of the Waterford Health & Fitness Club in Fargo, will lead people through functional and balance activities to assess your balance capacity and fall risk.
- Senior fitness testing. Waterford Health & Fitness Club team members will give participants a series of standardized physical fitness tests, which measure upper- and lower-body strength, upper- and lower-body flexibility, balance and agility, body-fat percentage, and cardiovascular fitness. Waterford is the only club in the area that is certified for this specific senior fitness testing.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.



Cool treats on a hot day



Residents make ice cream for a recent social. The machine ran for well over an hour making delicious vanilla ice cream, which was a huge hit.

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(cont.)



The Kitchen Fun group makes ice cream in a bag, a welcome treat on hot summer days.

New name. Same community.

Waterford has always been part of the Touchmark family. For decades, Touchmark has supported two brand names: Waterford and Touchmark. By the end of this year, all Waterford communities will change their name to Touchmark.

Touchmark named its first six retirement communities Waterford because of the strong association with fine quality and craftsmanship. Today, though, the name Waterford no longer is unique and has numerous uses.

As Touchmark turned 30, the senior management team, with input and support from Waterford executive directors, made the decision to use the Touchmark name for all of its communities and affiliates.

The transition is under way and will continue to be phased in throughout the year. Remember, only the Waterford name changes. The Touchmark ownership, management, and outstanding service remain the same—just as it has for 30-plus years. ■

Barbara Juhala Frey

Member since August 2008
Waterford Health & Fitness Club

Meet Barb Frey

“One of the staff kept saying that for me to get the most out of the fitness club, it wouldn’t hurt to have a personal trainer. And so I tried it. And since I’ve had a trainer it has made a big difference.”

For 24 years, Barbara Juhala Frey was a reading specialist and taught computer technology at a private Native American school in Bismarck. She absolutely loved the kids and her job.

For about 20 of those years, she participated in a

morning water aerobics class. When the pool’s cold water got too hard on her arthritic joints, Barb became a regular walker. She exercised, watched her diet, and kept her diabetes under control for almost 15 years.

From sickness to retirement to couch potato

Toward the end of her teaching career, Barb contracted pneumonia and whooping cough at the same time. She was sick for six months.

“What that did was end my physical activity, because I couldn’t even walk across the street.” Barb’s autoimmune system had been compromised, so when she finally returned to work, she got sick again with everything her students had.

“I never went back to exercising, because I just (cont.)

(cont.) never had any energy,” she says. “I was just worn out. Even for a year after I was retired, I didn’t do anything. I just sat around. I became a true couch potato—it was just awful.”

Barb’s self-described “couch-potato” status exacerbated both her diabetes and her arthritis. She ended up being put on insulin and began having a hard time going up and down the basement steps. “I just didn’t do anything!”

The turning point

In the meantime, a couple of Barb’s friends who were members of the Waterford (soon to be Touchmark) Health & Fitness Club kept encouraging her to join. Finally, Barb took the plunge and signed up.

“I started with their [warm]water aerobics class,” says Barb. “Then I joined the SilverSneakers Muscular Strength and Range of Movement class.” In fact, she continued in the SilverSneakers class twice a week and the water aerobics class three times a week for about a year-and-a-half.

Making a commitment to her health

“I knew that if I wanted to live any longer, I had to commit to this.” So Barb established a routine.

“I told my family and friends not to bother me or call me or expect me to do anything else [during my exercise times],” says Barb. “I just blocked that time out of my schedule.”

“I made the Waterford Health & Fitness Club my life,” she says. “And it still is!”

Working with a personal trainer

One of the staff encouraged Barb to sign up with a personal trainer. Barb kept thinking, “I don’t want a trainer; I already know it all!”



Barb follows Nick Henkelman, ACSM certified personal trainer, as he demonstrates arm and leg exercises.

Barb laughs at herself and then continues, “But she finally convinced me that for me to get the most out of the fitness club, it wouldn’t hurt to have a personal trainer. And so I tried it. And since I’ve had a trainer it has made a big difference.”

Barb is currently working with Nick Henkelman, ACSM certified personal trainer, who is helping her with specific issues.

“When I started with Nick, I had a torn rotator cuff. He’s adapted my training program to fit my own personal limitations and strengths,” she says.

“I also have trouble with balance because of my medications. So Nick is helping me concentrate on strengthening my body core and my legs. For instance, I couldn’t go up and down the basement stairs properly when I started with Nick. Now I can, because he has helped me strengthen those leg muscles. He’s had me work on the right way to go up and down stairs. That was a big accomplishment!”

Barb admits that these are the type of issues that probably wouldn’t get addressed if she were working on her own without a trainer.

(cont.)

(cont.) Nick agrees. “Barb’s success is a great example of seeing results from working with a personal trainer consistently,” he says.

A friendly, comfortable place to work out

When Barb first started going to the club, she was working out with friends from high school. Then she made new friends. “I’ve made more friends here than ever before. They have been the most awesome support group for me,” she says.

“You know what I love best about the place? I don’t have to compare myself with young skinny bodies. I think Waterford is the only place in Bismarck that caters to people around my age group.”

This is my place!

“I’m 68 years old this fall. And since I’ve joined the

health club, I honestly feel that I’m in better physical shape than I’ve ever been—I really feel better. And I can do more things than I used to be able to do.”

Barb adds, “The staff has been phenomenal. I think they’re all great. People have a positive attitude and are extremely encouraging.

“I never thought I’d like a health club, and I’m finding out that it has become a way of life for me. I visited other places, and honestly, Waterford is for me. It’s heaven sent.

“I’m finding that it’s ‘my place. It fits my needs. This place was made for me.” ■

Imagine the possibilities



Located at 927 Waterford Drive this 1,370-square-foot home features a gas fireplace, private patio, and high ceilings. Call or stop by today for a personal presentation.



Apartment 316 is a 450-square foot studio apartment with access to all the services and amenities that make Waterford Bismarck’s premier retirement community.

Recent events



Outdoor cooking at its finest! S'mores are a tasty summertime treat.



Ashley (left) and Cynthia Snyder, granddaughters of resident Janet Snyder, share stories about their mission trip to Haiti.



It's always fun at the Crafters' Corner! Jo Emter (left) and Freda Leno show off their creations.



Residents tapped their toes to the live music at a recent Mandan Band Shell concert.



Coming events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Tuesday, Sept. 6, 2:30 pm

September Birthday Celebration. All are welcome. Four Seasons Dining Room.

Saturday, Sept. 10, 2 pm

United Tribes International Powwow. Cost: \$8 admission fee. Please sign up at the front desk.

Tuesday, Sept. 13, 2 pm

Judge Robert Wefald, member of the North Dakota Sub Club, shares information about the USS North Dakota, a Virginia Class submaring that will be named after the state of North Dakota. All are welcome. Chapel.

Thursday, Sept. 29, 2 pm

Enjoy iced coffee and time with friends. Bring your favorite coffee mug. Creative Arts Room.

Friday, Sept. 30, 10 am

North Dakota Heritage Center outing. All are welcome. No charge. Please sign up at the front desk.

Club news

Welcome, Caroleene!

Waterford Health & Fitness Club is pleased to welcome Caroleene Jorgensen to the team. Caroleene is a familiar face in the club, as she has been a club member for many years and now brings her energizing personality to the training staff. Prior to entering the fitness profession, Caroleene worked for many years in the school system. She will be teaching the Monday, Wednesday, and Friday Silver Splash classes at 8 am and filling in on occasion for other classes. Please welcome Caroleene to the team!

The club wants you!

The Waterford Health & Fitness Club encourages you to help shape the future of your club by serving a nine-month term on the club's new committee. Your involvement in the meetings can help influence positive change. If you would like to be a part of this committee, please contact Steve Metzger, club director. Specials thanks to the members who served on the inaugural session of the committee: Rita Charlebois, Don and Irene Jensen, Caroleene Jorgensen, Diane Schaeffer, Jackie Schmeichel, and Susan Williams.

Let us know what you think

Please take a minute to stop by the bulletin board and complete a survey pertaining to personal training and group fitness classes. Your involvement in this survey will help to ensure that you are getting everything you need from your club. ■

You said it!

“What I particularly appreciate about Waterford is the caring staff, who do all they can to make living here a wonderful experience.”

Mary Ellen Woodmansee

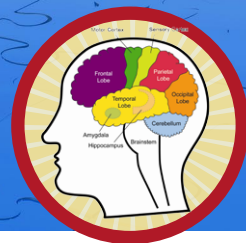
—Resident

Just for laughs!

Answers from students on music exams:

1. A virtuoso is a musician with real high morals.
 2. Probably the most marvelous fugue was the one between the Hatfields and the McCoys.
 3. A harp is a nude piano.
 4. Refrain means don't do it. A refrain in music is the part you'd better not try to sing.
- from www.basicjokes.com*

Brain Builders



In one minute, think of as many possible uses for a dime.
