

Celebrating the positives

For Waterford, as well as the whole nation, 2009 has offered many challenges. The past year also has offered many opportunities for growth. To meet the recession head on, Waterford took active steps to ensure our continual growth. Many new families are now calling Waterford home. This year alone, we have seen a nine-percent growth in the resident population. I believe this reflects positively on the outstanding lifestyle we are able to provide at Waterford at All Saints.

In 2009, our award-winning Life Enrichment/Wellness program expanded to include personal training, and in 2010, we are launching the Waterford Walking Challenge (see page two for details). In this newsletter, enjoy the pictures of events and read

the listing of upcoming happenings. Throughout the upcoming year, let us know if you would like to come and experience life at Waterford.

My hope for 2010 is peace and a sense of security for all. I look forward to an exciting and fun year.



Angie Rabon

Angie Rabon
Executive Director

Enjoying the season



Left: Bob Locken and Verna Moreland participate in the Christmas Tree Scavenger Hunt. More than 30 trees sparkled and shined through the holiday. Right: Gladys Bredeson poses with Santa at the Christmas and holiday social.

(cont.)

(cont.)



From left: Eugene Otto, Helen Jorgensen, and Donna Quinn make holiday ornaments.



Elizabeth Balcer and her daughter Beth make krumkaka, which is a Norwegian waffle cookie made of flour, butter, eggs, sugar, and cream.



Jean Lowary helps make radish roses for the annual Christmas and holiday social.

Waterford's Walking Challenge '10

Lace up your walking shoes and prepare for the 2010 Waterford Walking Challenge! Kicking off **January 3**, this year's challenge promises to provide plenty of opportunities for fun, fitness, and friends.

"The idea behind the 12-week walking challenge is to motivate residents to get up and do physical exercise, and for those already exercising, to continue on that path and have fun while doing it," says Life Enrichment/Wellness Director Krista Musser. Through March 27, participants will keep a record of the number of miles they walk daily. A 30-minute exercise class is the equivalent of one mile, a 45-minute class is the equivalent of one and a half miles, and those (cont.)

(cont.) logging 2,000 steps on the NuStep machine can record one mile walked. A variety of biweekly prizes will be awarded. The winner of the grand prize at the end of the challenge will be awarded a gift certificate for a custom-fit walking/exercise shoe. ■

20in10: What's on your list today?



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

"Your ability to discipline yourself to set clear goals, and then to work toward them every day, will do more to guarantee your success than any other single factor." — Brian Tracy, author and speaker

We live in an age of shortcuts and innovative tools—electronic, mechanical, and structural—that support spending less time doing more “things.” In fact, it is almost an obsession for some ... How many gadgets, strategies, and partners can I enlist to make my job easier and more efficient but also more productive? It's certainly not a concept without merit in today's seven-day-a-week/24-hour-a-day schedule of tasks and duties.

So why not apply those same principles to our health and well-being? How many small actions and activities can I do in 10 minutes or less that will make a deposit in my bank of good health? As it turns out, there is a long list of simple and effective things that an individual of any age can do to enhance well-being and obtain positive, whole-person benefits.

As Touchmark enters its 30th anniversary year, team members and residents are gathering and sharing wellness tips for moments of engagement that can be

done in 10 minutes or less throughout the busy schedule we all experience most days. These tips cover all six dimensions of wellness—physical, social, intellectual, emotional, spiritual, and vocational—that are needed to nurture the whole person:

Central to this campaign for enhanced well-being is the philosophy that, “If it is going to be, it's up to me!” No one can do it for someone else. It is an individual and personal commitment.

Look for the flyers, posters, and other information for Touchmark's 20in10 campaign. Share your tips with Life Enrichment/Wellness Director Krista Musser. Make this year *your* year for achieving those personal goals that can positively affect your life and the lives of those who love you. ■

20in10

20 Tips to Wellness You Can Do in 10 Minutes™

Bend your mind

1. Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
2. A woman shoots her husband. Then she holds him under water for over five minutes. Finally, she hangs him. But five minutes later, they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?

Answers:
1. Yesterday, Today, and Tomorrow
2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry
3. Charcoal

There's "snow" place like home!



Leave behind worries about frozen pipes and shoveling snow as you enjoy the Waterford lifestyle. Offering two bedrooms and two bathrooms, apartment 342 is only missing one thing—you! This 933-square-foot home, complete with vaulted ceilings and a cozy gas fireplace, can be your base camp for the retirement of your dreams. The cold winter weather doesn't lead to hibernation at Waterford—the national award-winning Life Enrichment/Wellness program provides plenty of year-round opportunities. Call today for a personal presentation.

Coming Events

Thursday, Jan. 14, 11:30 am

Book Review & Luncheon, featuring *Sarah's Key*. Seating is limited. RSVP required.

Friday, Jan. 15, 2:30 pm

Welcome Tea. Come and welcome the newest members of the Waterford family. North Dining Room.

Thursday, Jan. 21, 5 pm

January Birthday Night. Surf & Turf. Imperial Dining Room. Please stop by the front desk to make reservations for guests.

Monday, Jan. 25, 2:30pm

2009 in Review. See all the fun we had in 2009. Second-floor Family Room.

Tuesday, Jan. 26, 2 pm

Dakota String Quartet performance. All Saints Chapel.

Friday, Jan. 29, 3 pm

Piano duet by Bev Hallstrom and Resident Velma Johnshoy. Chapel.

A sampling of captions



Touchmark introduced a humor feature in the newsletters last month. Team members and residents submitted their funny captions for the photo to the left. Here's a sample of some. Enjoy the creativity and fun!

"Trying for a hole in ten."

~ Resident Stella Mae O'Connell, Vancouver, Washington

"Hah! Bet you didn't even notice my shoes are different colors!"

~ Resident Gail Kristensen, Sioux Falls, South Dakota

"One mixed up dude!"

~ Resident Eve Brouard, Appleton, Wisconsin

"FORE!"

~ Resident Frank Battershill, Edmonton, Alberta

"Arnie Palmer could do it!"

~ Resident Daniel Reitan, Fargo, North Dakota