



A Touchmark® community
Est. 1980

Memory Care manager shares insight and experience

Memory Care Manager Wendy Schrag, RN, has a lifelong passion for serving older adults and enriching their lives. She started as a Certified Nursing Assistant at age 16. In early February, Wendy will share her passion and insight at a community workshop, hosted by the Touchmark community in Oklahoma. The community is launching its new Memory Care services this spring. Wendy and other Touchmark Resident Care managers will participate in a public workshop. They will discuss *Whole-Person Wellness for People with Dementia*.

Wendy joined Waterford as a wellness nurse in 2002. Two years later, she moved to a management position, overseeing the Memory Care neighborhood. Wendy attended Dakota Wesleyan University and received her associate's degree in Nursing and bachelor's degree in Behavioral Science, with an emphasis in Psychology. Prior to joining Waterford in 2002, Wendy worked for Sioux Valley Geriatric Psych as a mental health specialist. While



Waterford Memory Care Manager Wendy Schrag, RN, recently traveled to the Waterford community in Vancouver, Washington, to present with Touchmark Vice President of Wellness and Programs Marge Coalman, EdD, (not pictured) at a two-day workshop. Team members from the Waterford communities in Vancouver and Spokane gathered to sharpen their skills, share tips with each other, and learn from Wendy and Marge's experience.

there, she began researching ways to work with people experiencing dementia. As a result, today Wendy uses redirection and behavior modification to help residents. She has won several awards relating to program development, and she

designed a Reminiscing book that earned national honors. Wendy enjoys playing volleyball and softball as well as reading, spending time with her dogs, family, and friends, and gardening. ■

This is the life!



Who says you have to leave home to go on vacation? Apartment home 403 can be your year-round base camp for relaxation and adventure. Large windows allow natural light to fill the living spaces, and a washer and dryer are conveniently located in the home. This 642-square-foot home offers one bedroom and one bathroom. Call today for a personal presentation, and let the vacation begin.

Hearts a beatin' and minds a buzzin'

February celebrates more than romantic notions: it is **American Heart Month**. It's well known that exercise helps maintain a healthy heart. But now there is additional evidence that exercise is good for the brain as well as the heart. A study conducted at the University of Washington School of Medicine and Veterans Affairs Puget Sound Health Care System further demonstrates that aerobic exercise helps improve mental function.

Noting the recent study, Marge Coalman, EdD, Touchmark vice president of Wellness & Programs

comments, "This study adds to the growing body of evidence that physical fitness helps maintain and improve mental function. It is especially exciting for Touchmark, as we currently offer many classes and activities that build the brain and the body. I look forward to working with team members to continually expand our offerings in light of new research."

If you'd like to learn more about Waterford's fitness classes and Brain Builders class, talk with a member of the Life Enrichment/Wellness team. ■

In honor of American Heart Month and Valentine's Day, may this month's humor feature warm your heart and entice you to eat more fruits and veggies.

A Food Valentine

Cabbage always has a heart;
Green beans string along.
You're such a Tomato,
Will you Peas to me belong?
You've been the Apple of my eye,
You know how much I care;
So Lettuce get together,
We'd make a perfect Pear.

Now, something's sure to Turnip,
To prove you can't be Beet;
So, if you Carrot all for me
Let's let our tulips meet.

Don't Squash my hopes and dreams now,
Bee my Honey, dear;
Or tears will fill Potato's eyes,
While Sweet Corn lends an ear.

I'll Cauliflower shop and say
Your dreams are Parsley mine.
I'll work and share my Celery,
So be my valentine.

www.basicjokes.com



Lessons from our elders



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

"I'm 87 years old, and when I was a child, men worked, women kept house and we children were left to our own devices. We built kites from sticks, newspapers and string; scooters from a piece of 2-by-4 and old roller-skate wheels; stilts from leftover lumber. We played hide and seek, Come My Good Sheep, Red Rover, marbles and jacks. We played baseball and football with our own rules and changed them if we wanted to. And what happened to us? We grew up to be the Greatest Generation!"

—Harold Duckett, Oconomowoc, Wisconsin, "Inbox," *TIME* magazine, December 14, 2009

I have never met Harold. I also did not read the article he was responding to from a previous issue. That article, written by Nancy Gibbs, discussed the phenomenon (and much-debated) topic of overparenting. I have witnessed what I would refer to as overparenting in restaurants, grocery stores, sporting events, shopping malls, and even cars I may be next to in traffic.

For me, this 21st-century word describes parents who have taken away the privilege and responsibility of their children making—and living with the consequences of—their own decisions. It is true that the immature brain lacks good judgment about certain things, like needing to rest midday or not overeating sweets during the holidays. Yet, the whole notion of empowerment is about making informed decisions based on our

preferences and life experience. Even a 6-year-old has a frame of reference for right and wrong, following the conventions of good manners, respecting elders, and living with everyday choices, such as wearing mittens (or not) in the snow.

In the later decades of life, older adults have stories and life lessons to share that can provide in-sight and practical advice. These suggestions can touch on the daily choices as well as the more important decisions facing us. Touchmark is committed to honoring, respecting, and enriching the lives of residents, families, team members, and guests in structured and spontaneous programs and activities that support the legacy of our elders. To find out more about the Lifelong Learning opportunities at Waterford, contact any member of our Life Enrichment/Wellness team or one of the resident Friendship Ambassadors. ■

2010

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Make a list of what you're thankful for.
- Sing a song.
- Skip dessert and go for a walk.
- Try a new vegetable.
- Clean out the messy catch-all drawer.
- Take a "power nap" to review your energy.
- Plug a parking meter for someone else.
- Tell a joke.
- Do wall push-ups in a slow, controlled manner.
- Put on some music and dance.

Snapshots of 2009



Resident Rosemary Peritz participated in the Waterford Adopt-a-Pot program this past summer. She and other interested residents adopted flower pots, which sat on the Sunset Pavilion for everyone to view and enjoy. Residents selected and planted flowers of their choice and cared for the flowers throughout the summer.

Helen Jorgensen (center) shares her talents by leading a bead-making class.



From left: Bob Atkins, Dale Ling, and Ray Swift root, root, root for the home team at a Sioux Falls Canaries baseball game.



Waterford's Chili Cookoff is a much-anticipated event every year. Verna Moreland (left) and Charline Smith discuss their favorite chili.



All Saints residents greet members of the Fargo community during a welcome tea. Waterford at Harwood Groves is located a few blocks from the Red River in Fargo, and when the river flooded this past spring, the city of Fargo ordered precautionary evacuations. Two Waterford buses transported 18 residents and four caregivers to Waterford at All Saints.

Brain Builders



Word Mine Activity

Inside the phrase “You’re my hero” are several words, using two or more letters. Two examples are below. Find as many as you can.

You’re my hero

emyr

hey

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

	eye	ye	home
rumor	myrh	rumor	homer
rum	more	no	or
her	myer	hour	you
moon	moon	oh	hey
rhyme	hurry	rye	here

Answers (other answers may be possible):

Coming Events

Sunday, Feb. 7, 2 pm

Depart for the South Dakota Symphony’s Mahler Celebration. RSVP required.

Thursday, Feb. 11, 1:30 to 3:30 pm

Dessert Extravaganza and Open House. Sample a variety of desserts. Tours will be available. Residents and invited guests are welcome. Please RSVP in advance. Imperial Dining Room.

Saturday, Feb. 13, 10:30 am

Alzheimer’s Support Group. Second-floor Family Room.

Friday, Feb. 26, 1 to 3 pm

Chili Cookoff. Heritage Room.

Sunday, Feb. 28, 1:30 pm

Drawing with Lucy. Creative Arts Room.