



A Touchmark® community



Summer activities in full swing



Message from
Deb Magnuson
—Executive Director

I have warned everyone for months to rest up for all the summer activities. Now is when we find out who paid attention! We are booked with RedHawks baseball games, trips to the lake, picnics, and outside activities. Mary has even added “Norwegian Golf” to our calendar. I don’t have a clue what that is, but you can bet I’ll be there to find out!

On July 4, Earl and I would like to invite you to our lake place for a picnic, and the Garvey’s have extended another invitation to their lake place in August. Good food, good friends, and a little summer sun are healthy for us all. Sign up at the front desk to reserve your spot.

More visible activity has started on our new building project. We’ve had power and phone lines marked, soil samples taken, and architectural drawings posted. It’s a very exciting time for us all to plan for new growth. Thank you for your interest and support. More homes will give us the opportunity to meet more new friends!

Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

“The wisdom of the elders has built a life worth living for us all.”

—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an

opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we

will also remember all of the patriots who have served in days gone by.

To participate in the Waterford celebrations and observances, contact Life Enrichment Director Mary Tvedt—and support and honor the birthday of our country.

The spirit of volunteerism makes Waterford a vibrant community

by Mary Tvedt
—Life Enrichment Director

As a community of active adults, residents continue to give back to this community and the city in which they live, and in many cases, worked. They come from varied backgrounds: teachers, nurses, businessmen and -women, farmers, ministers, and homemakers, to list a few.

We are very blessed at Waterford, because their spirit of giving and helping makes them the perfect volunteers. Many residents are on committees that help keep our community active, focused, and a source of pride for residents and employees. They run our convenience store “Stop-N-Shop,” they call bingo, read to other residents with impaired vision, play the piano weekly for residents and for chapel services,



Pictured are the Helping Hands volunteers who meet weekly. They are shown with the blankets that they made for Project Linus, a volunteer organization that provides homemade blankets to ill and traumatized children.

lead devotions in Devonshire, make blankets for needy children, and even feed the fish in our common area on a daily basis! The list goes on and on. When a special project comes up, I put the word out that I need assistance, and the special helpers appear.

We appreciate all their efforts and want to recognize these residents who, along with the wonderful people who live in the Fargo area, volunteer at Waterford.

We will be hosting a Day of Volunteer Recognition Thursday, July 20. At 11:30 am we will have a special outdoor barbecue lunch for all residents and volunteers. At 1 pm, we will have special musical entertainment in the foyer.

Residents share hobbies and talents

by Molly Landecker
—Administrative Assistant

We sure had a great time last month during Hobby Day. Residents and family members shared their many talents and keepsakes. Residents brought artwork, doll collections, carvings, quilt work, crochet work, and bottle painting. It was a great way to learn about each other’s talents and hidden hobbies. Everyone had a chance to participate, and we look forward to doing it again next year. So keep your wheels turning and get those collector items out of their boxes. We enjoy learning more about each and every one of you!



Resident Marlys Sell showing her famous carvings!

What others are saying

“The friendly staff and welcoming residents have made Waterford a great place to live and to call home.”

Bernice Braseth
—Resident

Let Your Spirit Soar

Writers, photographers, and poets live and create in Touchmark communities, and Touchmark is featuring some of this talent and creativity in each newsletter. The Let Your Spirit Soar theme for July is “Patriotism and Community Service.”

Patriotism and sacrifices

by Vivian Garvey
—2nd LT. Army Nurse Corp, WWII European Theater of Operation, 1944-1945, and Waterford resident



Vivian Garvey is a veteran of World War II.

a better way to settle differences than through the horror of armed combat.

Our young people show such bravery, honor, and courage on the battlefield that we should be so proud of them all. We should also be very careful about the reason we call on them for such sacrifices.

For August, please submit a recipe with a story. Deadline for this issue is July 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.

Upcoming events

Tuesday, July 4, 10 am to 3 pm—Patriotic Celebration. Deb’s lake cabin.

Tuesday, July 11, 7:05 pm—RedHawks game at Newman Field.

Sunday, July 16, 11 am to 3 pm—Sunday Brunch in Prairie Rose Dining Room.

Thursday, July 20, 11:30 am to 1 pm—Volunteer appreciation barbecue in Prairie Rose Dining Room.

Call 701-476-1200 for more information or to register.

Imagine yourself living here

Looking for a carefree lifestyle? Enjoy the convenience of living in the Waterford community. Waterford has a lovely single-level home for sale. Experience the convenience of using the services at the commons building yet have the privacy of your own home.

The Avondale home has a beautiful kitchen layout. In the mornings enjoy your coffee and newspaper in your kitchenette area. For dinner, sit in the formal dining room and sip a glass of wine. This home is 1,860 square feet and includes two bedrooms with two bathrooms and a den/study room.

To schedule a tour, please contact Serena Jiskra or Molly Landecker at 701-476-1200.



The Avondale home offers this spacious and open kitchen.

Waterford's National Senior Health & Fitness Day celebration—fun and informative

by Molly Landecker
—Administrative Assistant

For National Senior Health & Fitness Day we had a wonderful health fair in the early afternoon and concentrated on good health for your feet. Sole & Reflexology Massage gave residents and staff foot massages, Pro Rehab gave out information on keeping good balance, and other booths offered great literature on keeping active and healthy.

Hawkey, the mascot from our favorite baseball team in the Fargo area, came to visit. Hawkey, of course can't talk, so a couple of the players from the team came along to kick off our Stepping Out walk. The players and Hawkeye even took the walk with us. We had such a good time enjoying the sunshine, the ice cream, the autographs, and of course all the pictures! The day was a success, and we are looking forward to next year's big event!



Resident Evelyn Gilmore, a centenarian, with Hawkeye.



Arline Hudson enjoys a foot massage during the National Senior Health & Fitness Day health fair. Vendors from Good Feet of Fargo, Linson Pharmacy, MeritCare Home Health, and ProRehab offered timely information and great services, such as massages.



Waterford's day-care group and Hawkeye from the F/M RedHawks go on a walk despite the rain!

