



A Touchmark® community
Est. 1980



Projects move forward



Message from
Deb Magnuson
—Executive Director

Excitement is growing by the day! Our building project is moving along at a fast pace. So much has been done, and the quality of the work has been excellent. We have been so impressed with the work crews. They are considerate and thoughtful, and we have been kept informed at every turn. I'm not sure we are going to be ready to let Barry go when the project is complete! Working with Weis Builders has been great.

As spring arrives, we will see the landscaping take shape. Although the terrain has changed, I think the plans to complete the grounds will be very attractive. I'm especially looking forward to seeing the new green space outside the dining room.

Spring and early summer will bring the start of several other projects, also. We need to improve the drainage in the courtyard, and we will begin the remodeling for our new multipurpose room. What a year!

New condo-style homes will open this fall and already are being reserved. We look forward to meeting many new friends. If you know someone who has talked about moving to Waterford, this is the time for them to pick out their floor plan!

The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts, photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”

—*High/Scope Educational Research Foundation*

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother's house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for connecting generations and building relationship-based,

real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Waterford and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Waterford Life Enrichment/Wellness Director Mary Tvedt.

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Model condo-style home to open soon

by **Serena Jiskra**
—Community Relations Manager

The homes in our new phase are quickly taking shape! We expect the model home to be complete sometime this month. The wall colors, trim, flooring, cabinetry, etc. have been selected, and we are excited to see it all come together.

There are seven different floor plans in our new phase, and we are currently taking reservations. The homes will be ready for occupancy this fall. If you are considering a move later this year, now is the time to visit Waterford. Stop in to view the plans and model home and make your reservation! Please contact me or Molly at 701-476-1200 for further information.

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“Men Only” Pool Party now a monthly event

by **Mary Tvedt**
—Life Enrichment/Wellness Director

What do you get when you mix together a group of men, a pool table, some beer, pretzels, and friendly competitive spirit? Well, I’d like to tell you about the “Men Only” Pool Party that happened in late February.

What started out as a suggestion from Roger Stroh, PT,

to get some men together to socialize turned out to be a huge hit!

Eleven men turned out for the socialization, refreshments, and sport. Most men hadn’t played pool in years, but that didn’t stop them from agreeing to partner up and try their hand at hitting the pool balls around. Everyone had a fantastic time and agreed that they would like to do this on a regular basis. It is now a monthly activity.

To add to the fun, some “renegade” women practiced their pool skills and challenged the men to a tournament. We heard lots of giggling and joking when the ladies were practicing. And the tournament was fun!



The Waterford ladies recently challenged the men to a game of pool. Housekeeping Supervisor Marlys Witt (in white) works with Clara Lee to make the perfect shot for the women’s team.



Roger Stroh (right), PT, helps Don Barnard prepare to score for the men’s team while the women watch the competition.

“Care at memory unit loving and sensitive”—family shares thanks to Waterford

Mary Herrick Nelson, Ron Schulz, and Kathy Magness wrote a letter to the editor about Waterford’s Devonshire, which was published in the Fargo Forum in February as well as shared with staff.

“Over the past month, our family has been blessed with seeing our mother and grandmother pass from this life with dignity and love.

“A resident of Devonshire (the memory care unit at Waterford at Harwood Groves), she started to decline in health shortly after Christmas. The caregivers (we can’t call them “staff”—they are so much more than that) would stop in her room not only to meet her needs, but also to visit, share a story or just sit and hold her hand.

“In mid-January, Hospice joined the ‘team,’ and her level of care increased even more.

“Waterford, Hospice, and family members were with her around the clock the last five days of her life. Whenever a shift ended, those leaving would stop in to give her a kiss and tell her they loved her.

“How fortunate we are in this community to have a place like Waterford at Harwood Groves, where our loved ones receive the tender loving care that we are unable to provide for them at home.

“How fortunate we were to have the services of Hospice of the Red River Valley available, so Mom could live her last days in her Waterford home.

“As a family, we are grateful for these wonderful people who loved Mom as much as we did and allowed her to enter into eternal life with dignity.”

What others are saying

“After living alone for 10 years, I am happy and content at Waterford. I’ve made some good friends. I am continuously amazed at the kindness and loving care the staff make for each person. Being alone, it gives me a sense of security knowing there is someone who cares. That I think is the best part of living here; plus I love my apartment!”

*by Lucy Bachman
—Resident*

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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 April is an intergenerational story.

My granddaughter

*by Becky Thompson
—Resident*

I have a very special grandchild in my life. Her name is Hannah, and she is 8 years old. Hannah is a spunky, energetic second grader who has Cerebral Palsy. During her early years, I helped out in their home. My late husband and I actually moved into a house across the street from Hannah and her family.

Hannah is amazing! She loves the computer and especially Nancy Drew mysteries; she has gone to summer camp and Spanish camp and even goes to a Spanish immersion school! Hannah speaks wiser than her years and is truly a remarkable girl.

One afternoon Hannah and her mother came to visit me at Waterford. I was in the exercise room, and we were in the middle of exercise class. Hannah came in with her wheelchair and started doing the arm exercises with us, never thinking twice about it. If I am sitting on the floor playing toys with Hannah or watching her sing a solo on a big stage all alone, I am reminded how lucky I am to have this special little girl in my life.

For May, please submit an article about active living—



Save the date!
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**National Senior
Health & Fitness Day
Wednesday, May 30**

sports/fitness theme. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

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Playing the parachute game

by Ashley Hartung
—Administrative Assistant

In late February, residents received a visit from Shannon's Day Care. Shannon Thompson and the children come to Waterford about once a month with songs to sing and smiles to share. Each time, the children do a different activity with residents. In the past, they have made popcorn balls and played Norwegian Golf.

During this visit, residents and the children gathered in our Heart Smart Exercise Room and played the parachute game. Residents helped the children get in their spots and grab ahold of the parachute.

The children had a great afternoon, laughing and giggling the whole time. As the parachute would go up in the air, they would run under it and sit in a new chair. They loved it when resident Helen Larson ran underneath with them.

It was a fun morning; we always have a good time with these cute children around!



Children from Shannon's Day Care and residents play the parachute game during a recent visit.

Upcoming events

Wednesday, April 4, 1:30 pm—Beanbag Tournament. Riverview Place.

Thursday, April 5, 5 pm—"Dining with Deb." Mystery destination.

Thursday, April 12, 4 pm—*Tiptoe through the Tulips*, presented by Master Gardener Bill Pallasch. Chapel.

Tuesday, April 17, 1 pm—Educational Series. Sleep Disorders and Treatments, presented by Rizan Hajal, MD, FCCP, from North Dakota Center for Sleep.

Thursday, April 19, 6:30 pm—Monthly birthday party with Mexican theme. Joseph DeMasi performs vocals and guitar. Foyer.

Sunday, April 22, 2 pm—FM Symphony.

Thursday, April 26, 4 pm—"Men Only" Pool Party. Second-floor Cue Room.

