



A Touchmark® community
Est. 1980



Outdoor fun is coming!



Message from
Deb Magnuson
—Executive Director

Summer is finally here. We've got to be very intentional about getting all the fun outside activities in while we have sunshine and warm temperatures.

The construction activity has really increased on the grounds. New projects are being started, and several are being completed. We are still pinching ourselves! This will be a year we will never forget. I must once again thank the residents and staff for their ongoing patience. There is no question that there are times when the noise, equipment, and construction have been an inconvenience. One must never underestimate the optimism of people who live in North Dakota. We always are looking at the positive end result!

Later this month, we'll be asking you to sign up for a trip to the lake for a Fourth of July barbecue. Earl and I love having residents down to spend the day. Waterford Executive Chef Jayson Powers has agreed to come and cook, and driver Jean O'Malley is willing to drive the bus. I know many residents have family plans, but if you are free, we'd love to have you!

Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with oth-

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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—*Maya Angelou, poet*

ers he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

During my travels as vice president of Wellness & Programs, I visit all of Touchmark's communities in the US and Canada and talk with the residents who live there and the staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**

- Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.
- People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.
- The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment/Wellness Director Mary Tvedt. You are invited to be an architect of this intentional community.

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Discover a new home—and lifestyle

by **Serena Jiskra**
—Community Relations Manager

Did you know that at Waterford you can enjoy a beautiful cottage home with all of the amenities and services of the main building? Living in a cottage home at Waterford is truly a lifestyle without worry associated with the upkeep of a home. With one monthly payment, everything is taken care of. No more writing checks for your utilities, taxes, maintenance, lawn care, etc. You enjoy your home, and we take care of it!

Soon there will be even more to enjoy while living in a Waterford cottage home. Participate in an aquatic fitness class, relax in the spa, or work with a trainer. Stop in today and discover a new home and lifestyle at Waterford at Harwood Groves.

Have questions about the Waterford Health & Fitness Club?

by **Mark Minette**
—Health & Fitness Club Director

Health and wellness ... something we all strive for and sometimes take for granted. It is proven that we all can benefit from consistent exercise and activity regardless of our age. Exercise doesn’t have to be a solitary activity. We can do it together! As the director of Waterford Health & Fitness Club, I will be right there with you for support and motivation.

My educational background is Corporate and Community Fitness from North Dakota State University. I was the Aquatic director at the Grand Forks YMCA for over seven years before I accepted an executive director position within the YMCA. I have taught swimming lessons and led aquatic fitness classes since I was 17 years old. I have a wonderful wife, Jill, and two great girls, Morgan (9) and Elli (14).

You may have wondered ... “How can the Health & Fitness Club benefit me?” Your new health and fitness club can help improve all aspects of your life. Not only can it benefit you physically, by increasing flexibility, strength, and endurance, but it can benefit you mentally, as well. Our goal will be to work with each member to establish a plan that emphasizes health and wellness for the mind, body, and spirit.



The warm-water pool at Waterford Health & Fitness Club measures approximately 25 x 50 feet and ranges from about three-and-a-half to six feet in depth and includes two lanes for lap swimming.

“What can I expect at the Fitness Club?” Members and guests can expect a warm, welcoming environment designed for active adults. Personal assistance will always be available to each member. Qualified aquatic personnel will be available during pool sessions for safety and assistance.

“What does the Health & Fitness Club offer?” The club will offer full-body strength-training equipment; group fitness classes; equipment designed to increase cardiovascular endurance; an area for stretching to increase flexibility; a swimming pool for lap swimming, aquatic classes, and enjoyment; a warm-water spa; showers and locker-room facilities; and a lounge area to enjoy the atmosphere and socialize with other members and guests. Towel service also will be available. Classes and other options will be added as membership needs increase.

Regardless of age, our bodies have amazing potential to increase strength, flexibility, and endurance. Regular exercise and activity can positively affect conditions related to aging, such as arthritis, cancer, heart disease, stroke, osteoporosis, diabetes, hypertension, and depression. Together, we can set health-related goals and plans to help improve all aspects of your life, whether it is physical, spiritual, or mental.

The Health & Fitness Club will be opening soon, and I look forward to serving and supporting all of your needs. Please feel free to contact me with any questions or comments.

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WDAY Honor Flight sends WWII veterans to Washington, DC

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

Waterford resident Tony Walter calls his trip to Washington, DC, a “beautiful opportunity.” Tony traveled in May with about 100 other veterans, and he shared that the trip was well organized and smooth running, and the volunteers and organizers were courteous and helpful. Tony first heard about the opportunity offered to World War II veterans to visit The National World War II Memorial around the first of the year. He was among 620 veterans who applied for the limited seating on the initial flight. Another flight is planned for fall 2007 with other Waterford veterans anxiously anticipating their turn.



Resident Tony Walter shows off his gear from the WDAY Honor Flight trip to Washington, DC.

The National World War II Memorial was completed in 2004. The goal of the WDAY Honor Flight is to help as many World War II veterans as possible see the memorial that was built as a symbol of their bravery and patriotism. The trip is completely free to veterans. I recently read statistics that we are losing our World War II heroes at

a rate of 1,200 per day. This astounding number is what makes the WDAY Honor Flight such a significant project. It’s been referred to as a race against time to honor the veterans who sacrificed so much and waited 60 years for a memorial dedicated to their service.

The trip included a reception with state representatives; a tour of the monuments on the Capital Mall; a viewing of a wreath-laying ceremony at Arlington National Cemetery; a choice of touring the Smithsonian Museum, Lincoln, Vietnam, and Korean War memorials or the Marine Corp Museum; and, of course, the grand finale, the viewing of The National World War II Memorial.

It was a fast-paced three days. Tony shares, “The World War II Memorial was well done and very impressive. I also enjoyed the Smithsonian, and my favorite exhibit was the robotic exploration of Mars.” Tony’s daughter, Marilyn, accompanied him on the trip. He was thrilled to have the opportunity to share this inspiring experience with her.

We would like to express a huge thank you to all of the World War II veterans for their service. Thank you WDAY for organizing and all who donated to this worthwhile project.

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 June is an “I remember when ...” nostalgic story.

I remember when ...



by **Evelyn Gilmore**
—Resident

I have very fond memories of growing up in Willow City, North Dakota. I was born in 1905, so times were a little different then than they are today—to say the least! I came from a family of nine. My mother and father were wonderful parents who not

only taught us how to work hard but also how to have fun. I had four sisters and two brothers.

We were all expected to help mother and father, and we were each assigned certain jobs. My oldest sister, Margaret, helped father in our confectionary store in town. Grace was in charge of ironing, and she was wonderful at it! I worked in the kitchen and helped with the cooking and baking. My mother would always ask, “Evelyn, what will we be having for supper tonight?” My younger sisters, Blanch and Florence, were what we called “flunkies.” They did what they were told. They didn’t always like this! My brothers, Alfred and Victor, made sure we always had chopped wood for the stove. They were great buddies. Alfred could get Victor to do anything for him, and Victor loved it.

Our house was right off of Main Street. We had a nice big house on three acres of land. On one acre was a grove of trees. We spent many hours climbing in those trees. We used to see who could climb the highest. Mother, of course, did not like to see this, because she would worry we would fall. On another acre of our yard, we raised a large garden. We had lots of potatoes and almost any vegetable that you could think of. We needed a large garden to feed our large family. Father would get some horses to plow the garden, and we would walk behind the horses and drop in the potatoes.

We spent a lot of time outside in the yard. We played one game we called Anti-I-Over. One of us would throw a ball over the shed, and the rest of us would run around it and

see who could catch the ball. It seems like such a simple game now, but we sure played hard then. We also played a game we called Knife. Each turn we had to hold the knife a certain way on our hand, and if we dropped it and it stuck in the ground, we would get another turn. Each turn we had to do a different trick. Looking back, that seems like a dangerous game, but we had to use our imagination to keep busy. In the winter, we would go to Albright’s Hill and sled. We also went ice-skating on the pond near our house. Ice skates were a bit different then than they are today. We had to use a screwdriver and tighten the screws on the skates in order for them to stay on our feet!

I remember we did not have electricity growing up. One of my friends and I were in charge of heating the church every Sunday. We would walk to the church and make sure the fire was going. Sometimes we had to start it multiple times! Saturday nights were bath night. We had to pump water by hand, heat it, and take our baths in the kitchen. We did not have indoor bathrooms, so we had to throw a coat on and run outside to use the outhouse! I remember we never had a car, so when my uncle came over with his car, it was exciting to get to ride in it! Times are so much different now. I will always cherish the memories of growing up in Willow City.

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

Upcoming events

Wednesday, June 13, 1:30 pm—Beanbag Games at Hawley Manor.

Thursday, June 14, 5 pm—Dining with Deb at Timber Lodge Steakhouse.

Tuesday, June 19, 6:15 pm—Red Hawk Baseball Game.

Thursday, June 21, 6:30 pm—Monthly birthday party. Western theme with rockin’ ’60s music. Foyer.

Monday, June 25, 4 pm—Men and Women Pool Tournament. Second-floor Cue Room.

Summer-like weather invites us outdoors

by Ashley Hartung
—Administrative Assistant

Spring has sprung here in Fargo, and we deserve it! Today is a picture-perfect day with clear blue sky, minimal wind, and the fragrance of flowering crab apple trees all around us. Many residents took it upon themselves to get out and enjoy the weather. This is a wonderful time of the year. We are definitely going to enjoy it while it lasts!



Abner Selvig (left) and Ed Stern take in the warm afternoon sun and spend some time visiting on a bench in front of Waterford.



What others are saying

“The best part of living here is that I feel safe. There is good dining and smiles and even hugs from many of the ones in charge!”

by Vi Stenehjem
—Resident



Marcy Fellbaum (left) and Arline Hudson take a break from their walk to pose for a quick picture.



Beth Ann Smith prepares to plant flowers.

