



Summer excitement



Message from
Deb Magnuson
—Executive Director

The Fourth of July has arrived! Earl and I are hoping for a large turnout at our lake place again this year. Remember that Executive Chef Jayson Powers will cook; so we know it will be a great meal. We had lots of fun with Norwegian Golf last year, and I think we'll try it again. Sign up for the bus at the front desk.

We now have construction going on everywhere. Every place you turn there is a piece of equipment, a workman, or a newly remodeled space. By fall, we'll be done with the landscaping and all the changes. We all need to remind ourselves that this will come to an end soon. I'm even starting to think of how we are going to celebrate all the improvements.

Another exciting thing is the number of people coming to tour our new homes. We expect to have the homes addition ready for people to move in by early September, and we are very busy with tours. Serena and Molly are as busy as they can be.

If you have a friend you want to be your neighbor at Waterford, encourage them to come quickly and get a look!

We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the “war to end all wars—World War 1” were recognized and interviewed. Those who are still alive are scattered around the world, and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War 1 veteran Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007) died at 115 and is the oldest authenticated veteran from any conflict. How amazing that someone could survive through all the health epidemics, storms, disasters, and challenges the last 115 years have presented to the human species.

“I’ve got too much energy, too much ambition, too much get-up-and-go. I have to do something.”

—Audrey Stubbart, quoted in the 1995 article in *U.S. News & World Report’s* feature on centenarians still working

In today’s world, everyone has a better chance for living a long, productive life than most of Emiliano’s counterparts did in

his lifetime. Improved health and sanitation, immunization, access to better shelter, and more abundant food have increased the average adult’s lifetime to the late seventies. The percentage of people over the age of 100 in North

America is the fastest-growing segment of the population. What does this mean for mankind?

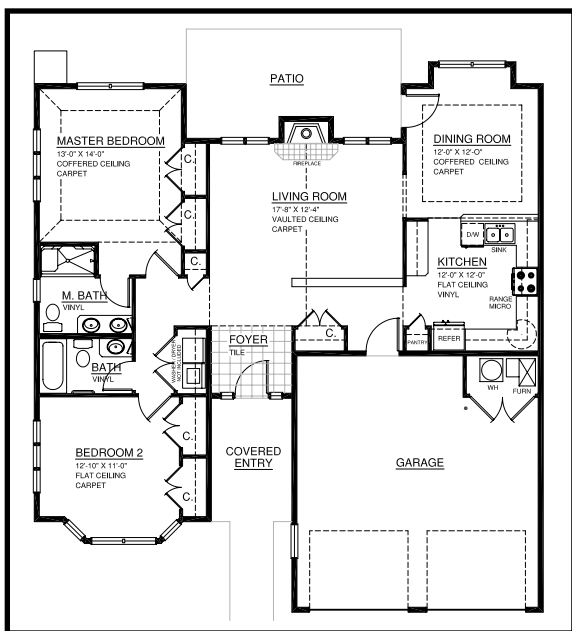
It means that by 2025 we will have the largest world population of citizens over the age of 65 ever. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Waterford is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment/Wellness Director Mary Tvedt. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

Be part of Waterford's community

by **Serena Jiskra**
—Community Relations Manager

Be part of Waterford's community in this brand new Chelsea cottage home. The finishing touches are under way,



Call today about this new, spacious Chelsea cottage home.

and soon this home will be ready for people to move-in. Why wait to enjoy all of the benefits of living at Waterford? This one-level home is 1,382 square feet and includes two bedrooms and two bathrooms.

In the summer, enjoy a book on the patio, and in the winter, read next to the fireplace. Swim in the pool year round—just across the street at the Waterford Health & Fitness Club. Meet your friends in the Prairie Rose Dining Room for a delectable dinner, prepared by our chef. Best of all, you will have time to enjoy all of the wonderful amenities, because Waterford takes care of your housekeeping, maintenance, lawn care, and snow removal. Join Molly or me (Serena) for a tour today and find out how you can be part of Waterford's neighborhood of friends!

Waterford celebrates National Senior Health & Fitness Day

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

We could feel the excitement in the building on National Senior Health & Fitness Day. The events schedule for the day had been a major topic for discussion among residents for weeks beforehand. The sneak-peek event at the new Health & Fitness Club was on the top of everyone's to-do list for the day. Added to that was a water aerobics demonstration in the new fitness club pool, a swimsuit and loungewear style show, and a Stepping Out walk led



People gather around the new Health & Fitness Club pool to watch a water aerobics demonstration at the National Senior Health & Fitness Day event in May. The club will officially open this fall.

by Fargo Mayor Dennis Walaker. All of this adds up to a fun, invigorating day.

I wish that each of you could have seen the stylish swimwear and loungewear provided by Scheels and Catherine's Plus Sizes. Seven Waterford residents and four members of the Red Hat Mamas dazzled us with their moves as they walked our modified runway in the new exercise room. Each had fun pretending to be at the beach, golfing, or preparing to take a swim in the pool. We were so pleased to be able to display some the wonderful, comfortable clothing available to older active adults interested in using the Health & Fitness Club.

Immediately after the style show, we moved into the pool area for a water aerobics demonstration led by Health & Fitness Club Director Mark Minette. The participants of the class were also models, and they had a ball exercising to music in a warm pool of 86 degrees. The temperature outside the pool was also 86 degrees—very comfortable for those exercising and from the side viewing.

It was exhilarating to hear all the positive comments from the public and residents about the Health & Fitness Club. The dressing rooms are beautiful, easily accessible, and roomy. We are very excited to see the finishing touches that will complete the club, such as the arrival of beautiful furniture, exercise equipment, and landscaping. Now that the public and residents have enjoyed this "sneak peek" at the new Health & Fitness Club, we are gearing up for the grand opening in early September.

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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 July is a poem featuring patriotism and community service.

A Look Back: How My Military Service Affected Me Then and Now

by Ray Volk

—World War II veteran and Waterford resident

I grew up in a small town, where I lived on a farm until I turned 18. Growing up in the '30s was hard. Nobody



Ray Volk, a World War II veteran, sits near his Navy photos and medals.

had anything. I always knew that I didn't want to be a farmer, but it didn't seem like there were any other options. With the start of World War II, everything changed, and I decided to volunteer for the Navy. I saw the Navy as an opportunity, and as a way for me to do something with my life.

During my service in the Pacific, I was part of the invasions of Iwo Jima as well as Okinawa. I witnessed so many things that to this day are still hard to talk about. When I think about everything that I went through, I still do not understand why I survived. The military forced me to grow up fast and make some really tough decisions. Up until that point in my life, I doubt I had to ever make such difficult decisions.

Even with all of the terrible things that go along with military service, I still think that the military has its benefits; at least it did for me. Before my service, I didn't really have much confidence in myself. I just felt really small, but when I joined the Navy, I had to come out and face the world. I also learned how to try and cooperate with anyone. You have to learn to get your ideas across as well as listen to others.

After my service, I returned home and then had to decide what to do. I was very thankful that my country supported me. I took advantage of the GI Bill and decided to attend college. When I enrolled, I wasn't sure what I wanted to take. I told my advisor that I wanted to take the hardest classes possible. During my schooling, whenever anything got tough, I would always tell myself, "I can handle it. I did before." I really credit the military for giving me the

confidence to do anything. After fighting in a war, you are willing to give anything a try. Without my service, I would have never been able to do that. My newfound confidence not only helped me in school, but also when I got out into the job force. I eventually realized that I would like to start my own business, which grew very successfully over the years.

Earlier in my life, the military provided opportunity. It allowed me to make a good life for me and my family. Now when I look back, the military is all about memories and lessons. After looking back on my life, I really see my military service as a blessing, which may be hard for some people to understand. It helped a small-town kid develop the confidence to try and succeed at anything brought my way. It provided me with an opportunity to get an education and to lead a successful life. The military really was a good thing for me, even with all of the parts that I would rather forget. I still know that I would not have led the life that I did without the valuable lessons that I learned serving my country.

Molly Dick, Life Enrichment/Wellness intern, interviewed Ray Volk for this article.

For August, please submit a recipe with a story. Deadline for this issue is July 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.



A fitness club for you

by Mark Minette
—Health & Fitness Club Director

Health and fitness are everyone’s business. We can all be healthier and happier. With a healthy diet, exercise, and lifelong learning, we can all live with a healthy mind, body, and spirit. It will be our goal at Waterford Health & Fitness Club to provide the guidance and support for all residents, members, and guests to achieve an optimal level of health and wellness.

Everyone can benefit from participation in the programs and activities at the Health & Fitness Club—regardless of age and current health conditions. Whether you are taking a class, swimming or walking in the pool, enjoying the soothing water of the hot tub, or using the exercise

equipment, you will see and feel the benefits in all areas of your life.

As the membership of the Waterford Health & Fitness Club grows, new programs and activities will be added to meet the emerging needs. Basic fitness and aquatic programs and classes will be available to all members. Classes in tai chi and yoga are being pursued as well as classes in ballroom dancing, deep-water exercise, circuit strength training, and water walking.

This is an exciting time for Waterford at Harwood Groves. The addition of the Health & Fitness Club this fall will provide a venue for enhancing the wellness of all residents and guests. Through classes, activities, and open time for everyone to use the Health & Fitness Club, we will all achieve our optimal health and wellness.

For more information on current and future programs, please call me (Mark Minette) at 701-476-1200. We look forward to providing the support and motivation to help you achieve success in your health and wellness-related goals.



What others are saying

“My decision to move to Waterford was certainly a wise one! The family-like atmosphere, the caring attitude, the offering of chapel services each week, the fun projects we work on, the games we play, and the wonderful entertainment that is provided have added a new dimension to my life. Life can still be interesting.”

Arline Hudson
—Resident



It’s a red hat kind of day!

by Molly Landecker
—Community Relations Associate

Ever have one of those days when you just want to get out of the house and have some fun? Well, all the ladies at Waterford were getting tired of all the rain, so we got on the bus and went to the Ramada for a tasty lunch. We had

such a wonderful time. All the great food, conversation, and, oh, you should have heard all the laughing!

It sure does lift your spirits when you can take the time to socialize. How often do you go out and socialize with the ladies or men? It truly does make a difference in a person's life to get out and have a little fun!

Watch the Waterford calendar for upcoming events. A group of ladies goes out to Red Hat events, and there's a men's group called "ROMEO" (Retired Old Men Eating Out). We have regularly scheduled events, and we would love to have you come along with us. I think you would greatly enjoy the afternoon!

Having a ball at the baseball game



Tom and Phyllis Dowdell and Hawkeye the mascot at a Red Hawks baseball game.



Emery and Corinne Roy take a time-out with Hawkeye.



The ROMEO men and Life Enrichment/Wellness Director Mary Tvedt out to lunch at Famous Dave's.



The Red Hat ladies and Life Enrichment/Wellness staff at the Raddison Hotel for lunch.

Pop, pop, pop. I smell popcorn!



Recently, several residents made popcorn balls. Here (from left) Marcy Fellbaum, Richard Wolf, Nona Runestrand, and Bud Medley show off their sticky fingers.



Vivian Garvey guards her freshly made popcorn balls.

Upcoming events

Wednesday, July 4, 10 am to 3 pm—Fourth of July Lake Day. Deb's Lake Cabin.

Monday, July 9, 3:30 pm—Fargo Depot Singers. Foyer.

Wednesday, July 11, 1 pm—Legacy of the Family Cabin. Foyer.

Thursday, July 19, 4 pm—Casino Party. Foyer.

Wednesday, July 25, 2 pm—Ladies Tea Party.

Friday July 27, 4 pm—S.S. Ruby Pontoon Ride. Red River.

Tuesday, July 31, 7 pm—Red Hawks Baseball Game. Newman Outdoor Field.

