



A Touchmark community
Est. 1980



Discover the “new” Waterford



Message from
Deb Magnuson
—Executive Director

August is my new favorite month. After 10 months of construction, we will be wrapping up the new additions and the inside remodeling of our community. All the wishing and planning are taking shape right in front of our eyes. Everywhere you look, there is exciting change.

The Waterford Health & Fitness Club is phenomenal. I love spending time in the pool, and I’m doing much better with the strength-training equipment. Using a trainer is the key to getting a good program started. People from the Fargo area are beginning to join, and now is the time to become a member. Make sure you get to know Mark Minette, the club director. He’s a great water-aerobics instructor!

I want to thank Dining Services Manager Jayson Powers for the wonderful picnics we enjoyed in July. He came to the lake to prepare our Fourth of July barbecue, and we had a great picnic in the park, as well. Jayson is willing to try any new plan, and we really appreciate his enthusiasm.

The new homes addition is almost ready for residents, too. There are 60 new condo-style homes with great floor-plan options. We’ll have several people moving in during August, September, and October. If there is someone you

know who has been thinking of Waterford, this is the time to select the perfect home and get settled before winter.

Watch for news about our grand opening. We are excited to show the community the new and expanded Waterford!

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Leisure—it’s more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our

**“Leisure is a form of silence,
not noiselessness. It is the
silence of contemplation such as
occurs when we let our minds
rest on a rosebud, a child at play,
a Divine mystery, or a waterfall.”**

—Bishop Fulton A. Sheen

mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money,

and passion on leisure products.

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald's Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Waterford, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Mary Tvedt about how they define leisure—both individually and collectively.

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Leave home maintenance behind

by Serena Jiskra
—Community Relations Manager

Are you tired of the constant upkeep a home requires? Worrying about how the repairs will get done as well as the cost can be stressful and cause a lot of headaches.

Now think about how nice it would be never to have to worry about home repairs again. At Waterford, you enjoy the home, and we take care of it! Whether you choose a

cottage or a condo-style home, Waterford takes care of it.

Waterford's friendly maintenance staff are available by calling the front desk. For routine requests, residents let the receptionist know their need, and a maintenance order is submitted immediately. For emergency needs, maintenance staff are on call 24 hours a day.

If you would like to leave home maintenance behind, contact Molly or me (Serena Jiskra) at 701-476-1200 for a tour of Waterford today!

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Howdy partner!

by Mary Tvedt
—Life Enrichment/Wellness Director

The monthly birthday party in June had a Western flair. For that one day, everyone was a cowboy or a cowgirl. Western hats and bandanas were handed out, the dining room and foyer were decorated to fit the theme, and we took a step back into the Old West. Residents took this opportunity to dust off the blue jeans and boots that they hadn't worn for a while. In our midst, we even had a self-proclaimed "Rhinestone Cowgirl," who dazzled us with her colorful costume.

Our evening began with Rick Stern, son of resident Ed Stern (pictured to left), who related stories of how he became interested in horses and Westerns at a very young age. He talked about old-time TV favorites Roy Rogers and



These cowboys came well-prepared in their Western attire for the birthday party.

Dale Evans. Rick even met Dale and heard her sing in person. This presentation brought back memories of their famous TV show and their signature song, *Happy Trails to You*.

Next, we enjoyed some "Western grub," including barbecued ribs, baked beans, and pecan pie. The

highlight of the evening was the live Western music that had all in attendance tapping their toes and clapping their hands. As you can see by the pictures, we weren't afraid to get up and do a little Boot Scoot'n Boogie to the music.

Residents help select the different monthly themes for our birthday parties, and we all enjoy this creative collaborative process. In July, we celebrated with a casino party, and in August, we'll have a beach-bash party. Won't you join us?



This dancing duo—Life Enrichment/Wellness Assistant Katie Carlson and Lennie Miller—lit up the room with laughter and smiles.



The ladies show off their cowgirl outfits at the Western-themed party.

What others are saying

“I was thrilled when an apartment opened up. I have been happy here and found staff always having a smile and hello. They work hard to make everyone happy. They are wonderful!”

by Becky Thompson

—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 August is a recipe with a story.

Culinary Arts

by Marcy Fellbaum

—Resident

This is a family favorite, which also has been enjoyed at the YMCA for 32 years. I hope you, your family, and friends will enjoy it as much as we have!

Barbecue:

- 5 lbs. ground beef
- 1 tsp. salt
- 1/2 c. minced onion
- 3 1/2 c. ketchup
- 1 tsp. mustard
- 2 tsp. chili powder

Brown meat, drain well. Add onion, ketchup, mustard, and chili powder. Put in pan; cover and heat in oven at 200 degrees for about an hour. Enjoy!

For September, please submit a book review of your favorite book. Deadline for this issue is August 16. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment/Wellness Director Mary Tvedt.

Come see what the Health & Fitness Club has to offer

by Mark Minette

—Health & Fitness Club Director

With fall approaching, the Waterford Health & Fitness Club is gearing up for our fall and winter program cycle. As membership is growing, our programs and services will be increased and enhanced.

To better serve you, the Waterford Health & Fitness Club is offering personal-training sessions, massage therapy, and balance testing. Through personal training, you will have a one-on-one assistant to help guide you through a workout that meets your needs and desires. Massage therapy offers numerous benefits, such as increased flexibility, better circulation, stress management, and relaxation. Through our new balance testing program, we are able to help people assess their balance and provide useful feedback for balance improvements. Members also can participate in training exercises. For more information on these programs, please contact me at 701-476-1200.

Bring a friend!

Bring a friend to come and enjoy all we have to offer in the Health & Fitness Club. Whether it's a dip in the pool, a soak in the hot tub, a fitness class, or using the fitness equipment, you and your friend can enjoy the club together.

Upcoming events

Thursday, August 16, 4:45 pm—Monthly birthday party with beach theme. Music starts at 6:30 pm.

Monday, August 20, 9 am—Bus leaves for day trip to Bergeson Gardens in Fertile, Minnesota.

Wednesday, August 22, 11 am—Lunch at Saffron (East Indian Cuisine).

Tuesday, August 28, 6:16 pm—Bus leaves for Fargo-Moorhead RedHawks baseball game. Game starts at 7:05 pm.

August highlights



Children from ABC Kids and residents play games during a recent visit.



For the recent Coffee with a Cop event, Waterford residents and staff learned about the Red River Valley SWAT Team. A group gathered in the SWAT vehicle to hear team member Jesse Jahner (pictured) talk about the gear used by this specialized police unit.

August highlights (con't.)



Residents take part in the Sit & Be Fit fitness class.



Residents cool off with treats from Pat's ice-cream truck.

