

## Honoring community and resident volunteers

Waterford is celebrating National Volunteer Week this month by sharing some of the many volunteer highlights. “We are blessed with many generous people who donate countless hours to help others,” says Waterford Life Enrichment/Wellness Director Mary Tvedt.

### Thank you volunteers!

- Arla Strege leads baking groups.
- Master Gardeners Bill Pallasch and Kay Kundert share their garden wisdom with the Waterford community.
- Carolyn Keller and Keith Nelson have volunteered for more than nine years at Waterford. Each month, Carolyn creates beautiful birthday and anniversary cards for the Welcome/Sunshine Committee to give to residents. Keith began volunteering on the day Waterford opened in 1998. He now works in the Stop-n-Shop convenience store each week, calls bingo, and helps decorate and prepare for the monthly birthday parties.
- Duane Geffre started volunteering this past

November. He enjoys one-on-one visits with residents and helping weekly in the Stop-n-Shop store. Next, Duane plans to help people learn how to use the recently purchased Nintendo® Wii.

- Jenny Halvorson takes time to do one-on-one visits with residents.
- John Dabil reads Bible verses in Devonshire neighborhood each week.
- Linda Stoen plays the piano in Devonshire neighborhood each week.
- Tony Walter feeds the fish every day, keeping them happy.
- A group of local college students has taught computer skills to people wishing to learn more.
- Members of Key Club services groups from West Fargo High School and Fargo South High School call bingo for the residents on Saturdays.

Members of the Helping Hands group have contributed countless hours to local and national organizations. The group has helped Project Linus, Fargo’s *(cont.)*



Waterford’s Helping Hands Volunteer Group created lovely bears for children who are part of PATH, a local agency that provides a continuum of care for foster children and families.

(cont.) Birthright International, United Way, Toys for Area Children project by State Bank & Trust, PATH, and area churches. Some individuals also participate on the Resident Council and various committees that add vibrancy to the Waterford community.

“There are so many people who share their talents,” says Mary. “Thank you to everyone.” ■



**Both Carolyn Keller and Keith Nelson have volunteered more than nine years at Waterford.**



**“Marge and Ed Hoag always go above and beyond the call of good citizenship,” says Waterford Life Enrichment/Wellness Director Mary Tvedt. “Marge plays the piano five days a week and also plays organ for Ed, a Presbyterian minister, when he officiates worship for residents.”**



**Duane Geffre started volunteering this past November, and he helps weekly in the Stop-n-Shop store.**

## Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem like a small contribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous

The intergenerational programs at Waterford encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world (cont.)

(cont.) by the Center for Intergenerational Learning at Temple University. They include improvements in:

- Academic achievement, school behavior, and life skills of middle-school youth;
- Reading skills of young children;
- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”

—Patrick Cullinane, MS

If you're interested in sharing your talents and changing a young person's life while making a genuine difference in communities, contact Waterford Life Enrichment/Wellness Director Mary Tvedt. You'll find opportunities both on our campus and in the broader community. Program offerings include one-to-one, small groups, and large sessions with children and youth of all ages. ■

## Coming Events

**Monday, April 7 at 3:30 pm**

Spring Fling Style Show in Waterford Auditorium.

**Wednesday, April 9, 2 pm**

Beanbag Tournament at Riverview Place.

**Thursday, April 10, 4 pm**

Bill Pallasch presents slide show, the *Power of Flowers*.

**Saturdays, April 12, 18, and 26, 2 to 4 pm**

Communiversity Class: *Enduring Philosophical Questions*, taught by George Connell. Waterford Auditorium. Cost: \$15.

**Tuesday, April 15 7 pm**

Music by the Kringen Club Accordion Band. Waterford Auditorium. No charge.

**Sunday, April 20, 2 pm**

Fargo-Moorhead Symphony Orchestra performs at North Dakota State University Festival Hall. Cost: \$12.

**Monday, April 28, 1 pm**

Jazz band concert by the Pembina Trails High School from Winnipeg, Canada. Waterford Auditorium.

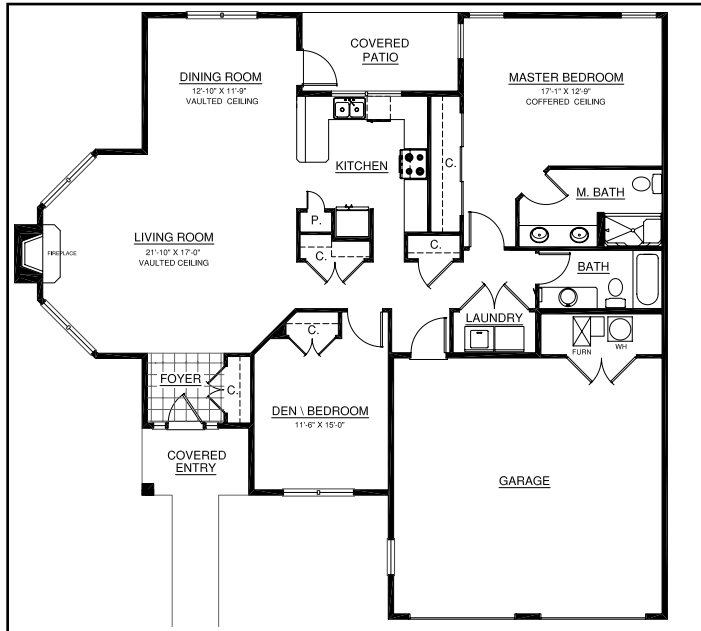
## A lifestyle with heart

For more than 30 years, the country has celebrated National Volunteer Week in April. For residents, staff, and friends of Waterford, volunteerism is celebrated throughout the year.

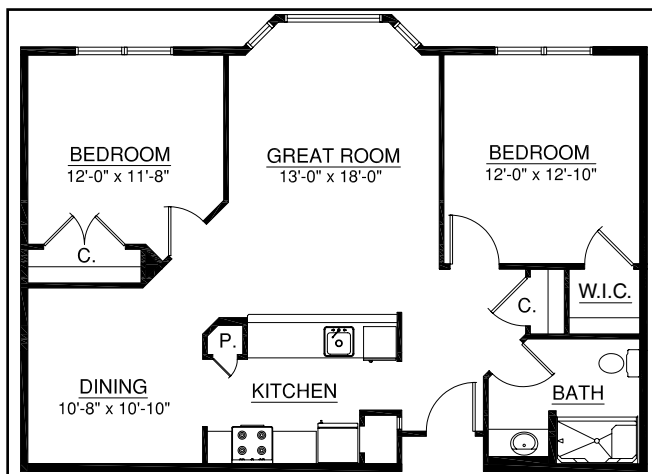
Waterford at Harwood Groves welcomes volunteers and provides opportunities for people to assist with programs and services, such as resident committees, musical entertainment, social events, and more. People use (cont.)

(cont.) their unique skills and rich backgrounds to help create a vibrant community. Read the story on page one to learn more about the many available volunteer opportunities.

Call today to learn more about Waterford's active lifestyle and well-appointed homes. ■



The Wakefield home (3430 Waterford Drive) offers 1,559 square feet, a vaulted ceiling, covered patio, master bathroom, and a gas fireplace. The home also includes a double-stall attached garage and central air.



This apartment features the Plan B floor plan, which includes 995 square feet. The open plan includes a private dining room and central air. Pick from different Plan B apartments, which come with patios and unique views.

## Waterford Health & Fitness Club

Take advantage of these new classes:

**Yoga:** Based on traditional yoga principles, these classes emphasizes fitness and exercise. The Club will offer different levels. For times and dates, please contact the Club.

**Adult Swimming Lessons:** Swimming lessons will help you feel comfortable and confident in the water. *Level 1 - Learn to swim* is for people who have little or no swim training. The five-week class costs \$15 and is every Tuesday at 11 am. *Level 2 - Stroke Development* is designed to sharpen basic stroke technique and endurance. This class is \$15 for five weeks and is on Tuesdays at 6:15 pm.

People also can take one-on-one, private lessons, where an instructor offers personalized aquatic instruction. A private lesson costs \$15 for 30 minutes. To set up a private lesson, please contact Waterford Health & Fitness Club Director Mark Minette at 701-526-1055.

**Water Tai Chi:** Enjoy a no-impact workout that focuses on controlled movements, breathing, and range of motion. Water Tai Chi is based on the principles of the Waterford's tai chi class, which is offered Thursdays at 5:30 pm. For class times and dates, please contact the Club at 701-526-1055.

Call for information about these great services:

- Balance evaluations with the Balance Master®
- Personal Training to add more motivation to your workouts
- Massage Therapy for relaxation and many benefits

Waterford | at Harwood Groves

1200 Harwood Drive | Fargo, ND 58104 | 701-476-1200 | 800-715-3460 | WaterfordFargo.com

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