

## Western celebration

The dining room was filled with cowboy hats and bandanas as the Waterford community celebrated June birthdays in true western style. Some of the birthday “outlaws” tried their hands at lassoing all the necessities for a cowboy on a trail ride—soda pop, baked beans, and cans of coffee. Howard Paulson lassoed two items at once, amazing onlookers and simmering speculation that perhaps he’d spent some time out on the range.

Country singer Jim Doeden provided musical entertainment for the festivities. Waterford residents have enjoyed Jim’s crooning during his visits over the past 10 years. Many sang along, and several got up and danced to familiar tunes. ■



**The sheriff’s in town! Dick and Dedie VanderMeulen prepare to round up outlaws.**



**Life Enrichment/Wellness Assistant Katie Carlson and Resident Henry Weyers try their hand at some country dancing.**

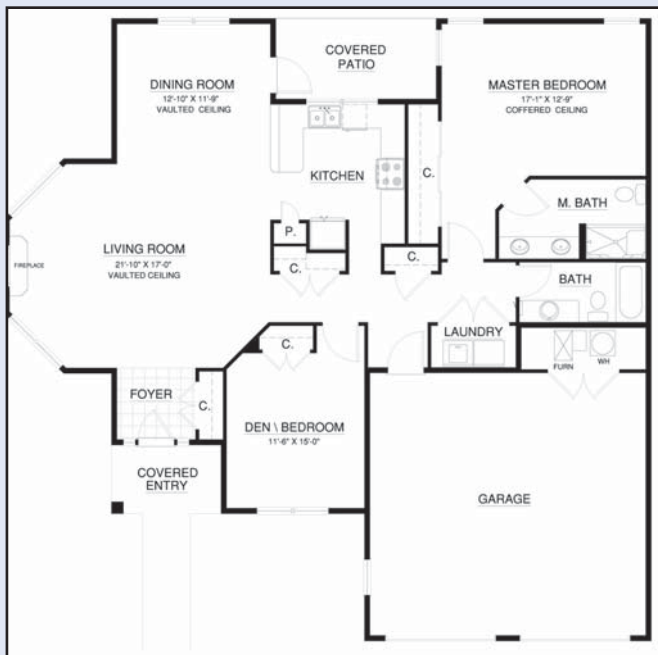


**Doris and Jim McAndrew display their inner cowgirl and cowboy for the festivities.**

## The perfect place for your welcome mat



You'll have plenty of elbow room in apartment 304. This spacious two-bedroom, two-bathroom home offers 1,324 square feet of living space. Call today and stake your claim on roomy, worry-free living at Waterford.



This Wakefield home at 3430 Waterford Drive offers two bedrooms and two bathrooms. Boasting vaulted ceilings, a covered patio, and a cozy gas fireplace, this 1,559-square-foot home is now available with a rental option.

# COWBOY POETRY

**Friday, July 24**

**3:30 pm ~ Root Beer in the Courtyard**  
**4 pm ~ Poetry in the Waterford Auditorium**

Round up your friends and join Waterford for an afternoon of cowboy poetry and root beer floats with poet and storyteller Jay Tescher. Mosey on down in your favorite western duds—we'll have bandanas and western hats to borrow.



## Coming Events

**Wednesday, July 22, 2 pm**  
Nintendo® Wii tournament. Auditorium.

**Thursday, July 23, 7 pm**  
Fargo-Moorhead RedHawks baseball game. Newman Outdoor Field.

**Friday, July 24, 3:30 pm**  
Cowboy Poetry and root beer floats.

## Why is stretching beneficial to my exercise routine?

- **Stretching increases flexibility.** Flexible muscles can improve daily activities, such as lifting, bending to put socks or shoes on, or getting dressed.
- **Stretching improves range of motion** in your joints. Good range of motion helps keep you in better balance, which can help keep you limber and less likely to fall.
- **Stretching improves circulation,** increasing blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.

- **Stretching can relieve stress,** relaxing tense muscles.

Focus on a pain-free stretch. If it hurts, you've gone too far. Relax and breathe. Don't hold your breath while stretching. Inhaling through your nose and exhaling out your mouth will help you relax.

You can stretch anytime, anywhere! If you have a chronic condition or injury, you may need to alter stretches to suit you. If you have any questions about what kind of stretches to incorporate into your routine, contact Mark Minette or Heather Muscha at 701-526-1055.

**New class schedule started July 13, but there's still time to join a class. ■**

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## Renew yourself with a massage

Select a 30- or 60-minute massage

- Swedish/relaxation
- Deep tissue
- Therapeutic

Call 701-526-1055 to schedule an appointment. Open to the public. Accepting new clients.

**Bring this coupon and receive \$5 off your massage ~ Expires Aug 31, 2009**

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## Receiving national award

Waterford's sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark's Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting [TouchmarkBend.com/news](http://TouchmarkBend.com/news).

## Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning *Let Your Spirit Soar*—a component of the Life Enrichment/Wellness program.

## Redefining retirement— Daniel Reitan

If you think that lifelong learning is defined by learning new crossword puzzle skills or taking up a hobby, you need to meet 87-year-old Daniel Reitan, retired professor, author, and learner extraordinaire.

“Shortly after retiring, I became interested in the new popular physics after reading the following statement by British author Nigel Calder: ‘An incoming spacecraft traveling at near light speed will appear to a stationary observer to be approaching him/her tail first.’”

Following a prestigious 31-year career at the University of Wisconsin as a professor emeritus of Electrical and Computer Engineering, Daniel dedicated himself to new learning and switched from his field of expertise (electric power engineering) to particle physics. Intrigued by the lack of explanation as to the “why” of Calder’s statement, he comments, “There was a dearth of detailed scientific information.

Thus, I wanted to publish; the literature needed expanding.”

### Curiosity leads to two books

According to the professor (as he is fondly known to Waterford residents and staff)

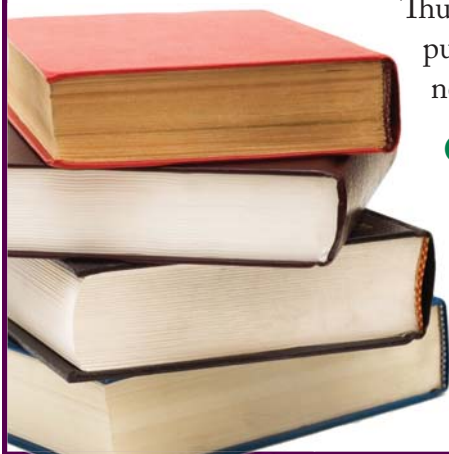


Professor and author Daniel Reitan poses with his books.

that one statement led to the publication of two books on Special Relativity. His scientific volumes, *Reflections on Interstellar Space Travel* (1995) and *The Visual Perception of Relativistically Moving Objects* (1999), are not for the casual reader. Both, though, reflect the ability to learn over the life span—even when the information is new, complex, and challenging. Daniel’s fascination with the unexplained phenomenon of why “the spaceship coming at you appears to be coming tail-end first” led to a whole new field of study for him and provided new and expanded information to his fellow scientists.

Daniel’s widespread interests and avocations are not limited to scientific study and publishing, however. Over the years, he has enjoyed flying single-engine private airplanes, shooting aerial photos, woodworking, and water-skiing, an activity in which his wife, Marian, also excelled.

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## Water-skiing a “personal passion”

“I have always enjoyed being physically active, and competing in slalom water-skiing was one of my personal passions.” In addition to competing, he taught water-skiing to students of all ages. “I enjoyed water-skiing until I was 82 years old, he admits, “and I really miss it.”

During the war, Daniel served in Europe in the First Allied Airborne Army as a radar expert. He and Marian married in 1946 following their five-year war-time engagement and romance. Both were active in university life and shared many interests over the years, including their retirement home at Pelican Lake near Pelican Rapids, Minnesota. There, together with their children and grandchildren, they enjoyed many summers of boating, sailing, water-skiing, and fishing.

They moved to Waterford at Harwood Groves in 2003 after a change in Marian’s health made maintaining the lake home too challenging. “We had friends who brought us here.” he remembers. Daniel was Marian’s primary caregiver for the last years of her life. She died earlier this year.

## “Never too old to learn”

Daniel is an avid computer user, who continues to hone his intellectual interests and knowledge online with fellow

correspondents. Over the years, he has mentored graduate students and fellow learners alike.

He also has an active interest in knowing more about the life stories and careers of other Waterford residents. “I would like to have each resident write a summary of his/her life and career. These summaries could be collected in a three-ring binder for perusal by various residents.”

Like his story, he expects there is a world of experience and expertise just waiting to be shared and discussed.

Daniel’s philosophy of life can be summed up best in this statement: “You are never too old to learn new information. I believe that in one’s career, professionalism and perseverance are key factors in success. In one’s personal life, the family should be the center, but not the circumference, about which all activities revolve.” ■

## You said it!

*“I like working at the Waterford because of the great staff and residents. The work environment is very nice, and it is wonderful to be part of the ‘best of the best!’”*

**DiAnn Owen-Hunter**

—Team member

## Citizenship—a call to action



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

*“Be the change you want to see in the world.” —Mahatma Gandhi*

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

- Do the right thing, even when no one is looking.

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(cont.) • Do the right thing, even when it is difficult.

- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Touchmark, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Mary Tvedt, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

## Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

beet	_____	one	_____
hoarse	_____	heal	_____
prince	_____	they're	_____
plain	_____	bored	_____
foul	_____	you	_____
pale	_____	for	_____
nose	_____	cruise	_____
sent	_____	hi	_____
whale	_____		

### Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.