



## Winter to spring



*Message from*  
**Deb Magnuson**  
—Executive Director

Roads and sidewalks in North Dakota are finally clear. I have never seen so much ice over the course of one winter. It made Jean, the bus driver, a very popular lady. Residents regularly tell me how much it means to them to travel right to the door, with no walking across parking lots. This year we valued the safety, not just the convenience.

As we bid farewell to winter, I do have to say that it was very beautiful from inside the building. The bright sun on the crisp, white snow was striking. Having so many things to do and lots of space made it really go quickly.

I hope you were able to get a little resting done, because the next months are going to be a whirlwind. We are already planning our “lake days” summer adventures. On the 4th of July my husband and I would like to invite residents to our lake place for a picnic. Before anyone panics, Joe has agreed to cook! In August, Jim and Vivian Garvey will again have us visit them for the day on Lake Melissa.

In late summer, we’ll begin the next phase of construction on the campus. Residents have followed the progress of each home, so I know they are ready to help supervise this new project. What an exciting year!

## Stewardship—it’s more than managing money

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

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals over 100 years of age represent the fastest-growing segment

**“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”**

—Norman Lear, *producer and playwright at age 65*

by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over 50. Social

Security resources and retirement benefits provided in the private sector do not look as promising as they did even a few years ago. Most of us are going to need more resources than we originally planned.

A second major concern is premature retirement. Although 62 might have been the right age to consider retiring when

the original Social Security system was enacted, most employers now are hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward. To participate in Waterford Life Enrichment planning and programming, contact Life Enrichment Director Mary Tvedt. Your energy, wisdom, and life experience are welcome and appreciated.

.....

### 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 April is a story with a photo.*

### Ode to the farm

by Sonia Orseth and Effie Stefanson  
—Residents

I was born on Easter Sunday  
I always thought it was a fun day!

Mom and Dad thought we were angels from above  
And they showered us with lots of love.

Rural life had its charm  
No need for entertainment on the farm.

Our fun was chickens, bunnies, and bees with honey  
With a life like that, who needs money?

### Ode to winter

by Sonia Orseth and Effie Stefanson  
—Residents

When I was a little child  
Our winters were not mild  
Mom would send me off to school  
Reminding me of the golden rule

Rain and wind were never nice  
Often they produced ice  
From the roofs came great big icicles,  
Which we kids thought were almost like popsicles

I leave you with one last thought  
Just remember what you were taught  
Regardless of what you hear from any fellow  
Never, never eat snow that is yellow!



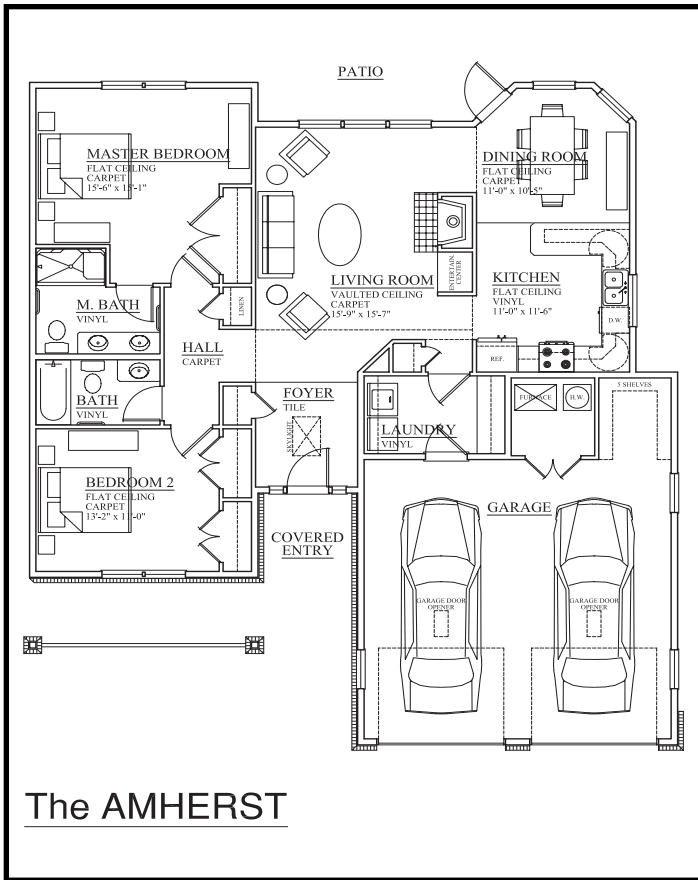
**Residents Effie Stefanson (left) and Sonia Orseth stop to play in the snow.**

*For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.*

# Make Waterford your home

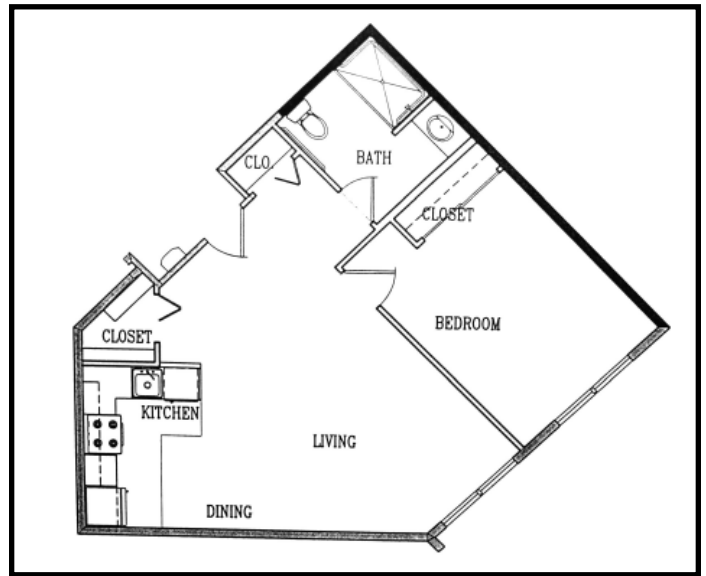
## Homes available

The time is getting near, and homes are under construction and near completion. This month's featured home, the Amherst, is a beautiful single-level home with 1,407 square feet and a double-stall garage with no steps. This home has a superb layout with two bedrooms and great closet space in both the master and guest rooms. You can slip into a hot bath or enjoy the walk-in shower. Laundry is easy with the room located right off the garage. You can sit on the patio right off the dining room in the summer and cozy up your evenings by the fireplace in the winter. The home comes with miniblinds, sewer, water, garbage, exterior maintenance, lawn care and snow removal, insurance for the building structure, cable, sprinkler system, annual window cleaning, and much more. Since this home is close to completion, you would be able to customize your interior colors, cabinets, flooring, and any changes you may want. To schedule a tour of this home or to visit our community, contact Serena Jiskra at 701-476-1200 or 800-715-3460.



## Unique one-bedroom available

Currently at Waterford at Harwood Groves we have a very unique one-bedroom apartment available. This apartment is 708 square feet and has a very spacious bedroom. You'll discover roomy closets in the entryway and the bedroom. Enjoy the luxury of a walk-in-shower along with access to first floor. This home is close to laundry facilities and to the main-level activities. With rent you receive a continental breakfast and 30 meals a month. Come for lunch one day and dinner the next. Also, you'll receive housekeeping once a week, and all utilities and cable are included. The only thing you need to worry about is your phone bill. Waterford at Harwood Groves offers 55+ resort-style living. For further questions about this apartment, contact Serena Jiskra at 701-866-6895 or 800-715-3460.



Discover your new home, and come tour this charming apartment.

## What others are saying

“Don't be possessed by your possessions; get out and have some fun!”

**Frances Hackleman**  
—Resident

Tour the Amherst at Waterford.

## These seats won't be empty long—join us for Sunday brunch



What better way to spend your Sunday than to enjoy an outstanding brunch at Waterford! On April 16, Waterford will host a brunch from 11 am to 2 pm in the Prairie Rose Dining Room. Enjoy a great array of foods and service. Family members join their loved ones for the afternoon and share in the good times and good food. If you would like to join us for brunch, call 701-476-1200. Even if you don't have family who live here, we also extend an invitation to you. It's a great way to see what Waterford has to offer you!

### Upcoming events

**Monday, April 10, 1 pm**—Shaftesbury High School Jazz Band from Winnipeg, Manitoba.

**Wednesday, April 12, 3:30 pm**—*The Beauty of China* presentation by Rev. Roger Domyahn. Enjoy this discussion and slideshow about the religions and demographics of China.

**Sunday, April 16, 2 pm**—Fargo-Moorhead Symphony at F/M Symphony Hall at NDSU.

**Thursday, April 20, 1:30 pm**—Red Hat Style Show by Bee Hatitudes.

Call 701-476-1200 for more information or to register.

*April Fools' Day is here. Some use this holiday to play tricks and to provoke laughter among friends. This holiday is not only fun, but the humor it brings can improve emotional and physical health. This article is intended to tickle your fancy and give you a smile. Here's to health and good laughs.*

## Grand adventures

### CEO honors the original adventurers

Touchmark CEO Werner G. Nistler has run dozens of marathons, flown planes through snow, sleet, and rain, and has blazed into the resort-retirement industry with fabulous success. To celebrate 25 great years and to honor the original adventurers, Lewis and Clark, Werner will retrace the Expedition's path.

"I plan to use the same equipment that Lewis and Clark used," says Werner. "No modern devices—candles, canoes, and sleeping under the stars." Werner will also wear the traditional garb of Lewis and Clark, including leather boots, a fur cap, and woven clothing. He is extending an invitation to others who would like to join him.

The 3,700-mile-trip will begin April 1, 2006 and will end at the Pacific Ocean on April 1, 2008. Werner will continue his duties as CEO via handwritten letters. He also plans to write about his experience in journals.

(This just in: Werner will postpone his trip until April 3, as he has been drafted by Touchmark University for an important game.)



**Touchmark CEO shoots and scores at a recent Touchmark University game. Basketball is just one of this adventurer's interests.**

### Residents celebrate with skydiving

Residents Annie and Ralph Johnson will celebrate their 50th wedding anniversary this spring by jumping from a plane. "I've always wanted to fly—literally," says Ralph. "Our anniversary is a perfect time to take this leap of faith like we did 50 years ago." The Johnsons met and married while working as teachers in Nome, Alaska.

Annie plans to use a pink parachute for her jump. "I'm so excited," says Annie. "I too have always had the dream of flying, and I wouldn't want to jump with any other person than Ralph." The Johnson's son and daughter fully support the skydiving event and are even paying for lessons. The jump will take place April 1.

### Around the world in 80 days

Resident Cathy Smith will celebrate her eightieth birthday by traveling around the world in 80 days. "My granddaughter and I read *Around the World in Eighty Days* by Jules Verne last year, and we both agreed an 80-day trip would be an amazing way to celebrate," says Cathy.

Cathy will leave April 1 by plane from New York City and will travel to Spain, Africa, and Australia. While in Spain, Cathy plans to participate in a traditional bullfighting contest. "I've been practicing," says Cathy. She will stop in Africa for a safari and will spend a few days living in the Australia outback with kangaroos.

