



A Touchmark® community



Planning for the future includes an apple tree



Message from
Deb Magnuson
—Executive Director

We have been so busy with plans for the new additions to our community. No detail is too small to consider! Four years ago, residents Bill and Florence Swanick were given an apple tree by their children, Bill and Mary Pat Collins. This was no ordinary apple tree. It was scientifically engineered at North Dakota State University. Each branch is a graft of a different type of apple. My count is 10 different varieties on one tree. The branches are tagged so you can see which is which.

It looks like the design of the new Health & Fitness Club will enable us to preserve the tree in the same spot since our planting ceremony. It's on the northeast side of the main building; stop and take a look!

Some trees and bushes will need to be transplanted. They've had time to become strong and healthy, so moving them should not be a problem. Each day brings a new idea, so stay tuned! We'll be planning a groundbreaking later this summer, and we'd love to have you join us to celebrate.

Connecting the generations

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

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have provided wisdom and life experience to all of us via the political process, cultural enrichment, and critical thinking. In today's society, however, it seems that we have forgotten the contributions of our elders through the ages.

**“One thing is certain,
and I have always
known it—the joys of
life have nothing to
do with age.”**

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—*May Sarton, poet*

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and boredom are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich

each other's lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Waterford to support ongoing relationships among residents and guests of all ages. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment Director Mary Tvedt.

Upcoming events

Tuesday, June 6, 6:15 pm—F/M Redhawks play against the Schaumburg Flyers. Meet at the game or take the Waterford bus. To sign up or for more information, please call 701-476-1200.

Wednesday, June 7, 10 am to 2 pm—Art & Hobby Show by Waterford residents and family members.

Wednesday, June 7, 1 to 3 pm—Ice-cream social and open house.

Wednesday, June 14, 3 pm—Fargo Depot Singers.

Tuesday, June 20, 6:30 pm—Prime Time Singers, presented by First Assembly Church.

Thursday, June 22, 3:30 pm—Antique music box display, presented by Pelican Rapids and retired school teacher Jim Johnson.

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

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 June is "I remember when ..."

The move to Waterford

by Marge Hoag
—Resident

The house was sold, pontoon attached.

The possessions auctioned, 60 years unlatched.

The old fishing boat was given to Jack.

The china with roses, Peg took back.

The Fostoria, the Gaviland, all went to Sue.

The textbooks, those written in Greek and Hebrew were tossed, none left to review.

The sermons written from 50 years back, were all dumped, too, for storage we'd lack.

The canoe was sold with its memories intact of floating the Snake many years back.

The piano was brokered, on the Internet sold, with dreams of Bach, Beethoven, and Handel foretold.

The house built by George for cleaning the fish, stands sentinel by the woods, clean as a dish.

The rock Danny brought from the old gravel pit, remains by the drive where it always will sit.

The birds left behind, they will stay and wait for a visit some other fine day.

The Oriole, bright orange, with whistle and song brought us great joy all summer long.

The Rose-breasted Grosbeak feeding at night, its large black-white-rose body a spectacular sight.

The Gold Finch, American, the bird books do say is olive in winter, but turns yellow in May.

The humming birds fought over food and space rights causing us watching to shout, "What a sight!"

The Loon, with its cries distinctive and clear, signals its flock when danger is near.

The Piliated Woodpecker drilled holes in our house, the trees, and all wood ... what a terrible louse.

The squirrels across treetops would gracefully leap and bury acorns in the window-box deep.

The raccoon, the garbage cans effectively tipped, bringing misery from all the stuff it had flipped.

The beaver swam round the shoreline at night seeking trees young and free, its special delight.

The sunsets in hues pink, purple, and red ended our day before going to bed.



Residents Ed and Marge Hoag.

The chickadee chatters from trees overhead,
 reminding us nightly how fast the day sped.
 The lake, we'll remember, with our one-acre spread;
 The fishing so loved, and the baking of bread.
 These memories to Waterford we surely will take.
 Life always moves on in spite of its ache.

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Mary Tvedt.

- Write your message.
- Click **Send**.

The message is sent to a designated staff member, usually in Social Services or Life Enrichment, who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden's father lives at Waterford at All Saints in Sioux Falls, South Dakota. "My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love."

If a resident wishes to reply to an e-mail, he or she can contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response.

Residents living in Touchmark communities also can take advantage of several computers located in Touchmark libraries or business club rooms. For more information, please contact the front desk.

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Enjoy an ice-cream social

by Molly Landecker
 —Administrative Assistant



Come tour this lovely home at Waterford's ice-cream social on June 7.

Join us for an ice-cream social and open house! We will be showing off our recently finished homes. Enjoy a tour of each home and come learn about resort-style living—and

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Touchmark's unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don't have e-mail, you can still communicate with them electronically by using Web e-mail. Here's how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you're on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message** to a Resident.

to see what great floor plans are available. Each home is different and has unique features. The homes range from 1,407 to 1,860 square feet. All homes are single level with attached garages and no steps.

Sit back and enjoy a nice cold ice cream sundae. We will have all the toppings! Mark your calendars for Wednesday, June 7 from 1 to 3 pm. If you cannot make it to the social, please call to set up a private tour of these lovely homes. Contact Serena or Molly at 701-476-1200.

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To the ballpark we go!

by **Molly Landecker**
—Administrative Assistant



Join us for an evening out at the park, and not just any park: the baseball park! Our favorite team, the F/M Redhawks, will be playing against the Schaumburg Flyers on Tuesday, June 6. Sit back and enjoy the sun,

Cracker Jacks in your hand, and the company of others singing at the seventh-inning stretch.

As you can see from the picture, we always have a good time! The game will start at 6:15 pm. You can meet us at the game or take the Waterford bus. If you would like to sign up or for more information about the game, please call 701-476-1200.



Residents Arline Hudson and Lucy Bachman enjoy an evening out at the ball game!

Waterford resident recognized for outstanding citizenship

by **Mary Tvedt**
—Life Enrichment Director



C. Warner Litten was recognized by students and staff of Horace Mann Elementary School for his outstanding citizenship.

C. Warner Litten was honored by the staff and students of Horace Mann Elementary School in April. A local television station was on hand at the school as Warner was recognized for his contribution to the city of Fargo. He talked to the staff and children about walking to the first day of school at Horace Mann Elementary holding his mother's hand 88 years ago. The auditorium was buzzing with excitement as he led them in the school cheer and school song.

The assembly addressed citizenship and Warner's contributions. Warner is a shining example to the students of a citizen dedicated to the growth of his community by becoming personally involved in many projects that better the whole community. Congratulations Warner. We are very proud of you!

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What others are saying

“We like Waterford because we can live independently, doing what we want to, but we have the security of help if we need it. After living here since the day it opened, we are still glad to be here.”

Carl and Bonnie Reed
—Residents

