



A Touchmark® community



Community continues to grow



Message from
Arlene Farnsworth
—Executive Director

Our July calendar is filled with life-enriching events that are sure to appeal to most everyone. We have a ride on the Fort Lincoln Trolley, a tour of the former Governor’s Mansion, hay rides at the Neuens Ranch—just to mention a few. On July 20, we are holding a volunteer recognition garden party for all those from the Bismarck-Mandan community who have volunteered over the course of the year.

Last month we enjoyed pontoon rides, a trip to the zoo, and all the local “catch a painted pony” displays.

Bonnie Mehrer, Devonshire resident care manager, recently traveled to Sioux Falls for “person-centered life enrichment” training specifically for residents living in the Devonshire. She returned with many ideas, which she began to put in place immediately. The courtyard of the Devonshire is filled with color and life ... bird feeders, several of which the residents made themselves, bird baths, chimes, tomato plants, and hanging flower baskets. She is soon to have installed a flag pole and will be planting vines to grow on the fence.

If you know of anyone who would benefit from or enjoy the many life-enriching experiences here at Waterford, please stop in or call us today.

Patriotism: yesterday, today, and tomorrow

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

There are so many things that may have been forgotten over the years. One of those is the flag ceremony—the very specific way to raise, lower, and fold the American flag. This is a ceremony steeped in tradition and filled with reverence, memories, and honor. Over the Memorial Day weekend a reminder of how to do this very important observance was shared with a group of young people by a respected group of veterans in a Touchmark community.

“The wisdom of the elders has built a life worth living for us all.”

—William Thomas, MD

Can there ever be a better way to teach the next generations than by personal role models? As the wrinkled hands reverentially folded the flag for the audience, the young scouts were provided an

opportunity to learn and to participate in an important tradition. Beyond the relevance of that ceremony is the opportunity to bring the generations together to learn and experience shared respect and commitment. There is no better way to learn than from the mentoring of elders.

As Independence Day 2006 is observed across the United States, families and friends will gather and celebrate the holiday, watch the parades, enjoy the barbecues, and listen to the national anthem. As a country at war, we will pause to honor the lives and commitment of all the service men and women who are stationed in troubled lands—their sacrifices and duty the clarion call of the day—and we

will also remember all of the patriots who have served in days gone by.

To participate in the Waterford celebrations and observances, contact Life Enrichment and Wellness Director Shawna Dschaak—and support and honor the birthday of our country.

.....

Imagine yourself living here

Are you looking for a beautiful and spacious home with no steps? Then we are looking for you! Waterford is planning to build more single-level homes at our community soon. Now is the chance for you to pick your floor plan and choice of flooring and countertop for a brand new home built just for you. All homeowners have full access to Waterford amenities, such as the Heath & Fitness Club, Life Enrichment/Wellness activities and programs, Waterford scheduled transportation, general store, chapel, and much more. Contact Reva today to find out more at 701-323-7002.



Waterford's Amherst offers 1,324 square feet and was completed in 2005. Enjoy your new home at Waterford.

Waterford gives student real-life experience

by Reva Kautz
—Community Relations Director

Joshua Martinetti, a student from Century High School, interned under Waterford Food Services Manager Doreen Koppang for nine weeks. Joshua, who wants to become a pastry chef, is planning to attend The Culinary Institute of America in Hyde Park, New York, in August 2006. Josh received a variety of experiences learning from the great cooks at Waterford.

“I really enjoyed working with them,” Joshua says about the Waterford staff. Joshua had some experiences elsewhere. He learned how to cook from scratch, how to bake bread, make desserts, and use his creativity. Thanks Josh for sharing your time and talents with residents!



Joshua Martinetti, a student from Century High School, interned at Waterford under Food Services Manager Doreen Koppang.

Upcoming events

Friday, July 14, 2 to 3 pm—Wakefield Home Open House located at 1001 Waterford Drive.

Thursday, July 20, 2 pm—Dakota Physical Therapy seminar on neck pain.

Tuesday, July 25, 1 to 3 pm—Waterford Open House. The day's events include tours of model apartments, door prizes, and refreshments.

Tuesday, July 25, 2:15 pm—Chapel. *Birding fun & adventures* by residents Ken and Adele Johnson.

Tuesday, July 25, 7 pm—Ragtime piano music and history behind the music, presented by Mark Learn.

Horses bring back fond memories

Devonshire residents enjoyed a visit from two horses and shared their horse stories. One resident reminisced of the horse that took him and his siblings to school every day. It would drop them off and walk home by itself, and then his parents would send it back to school in the afternoon to pick up the kids.

Residents interacted with and touched the horses, told stories, and wrote their names and drew pictures on the



Residents enjoyed a visit from two horses and the chance to share horse memories.

sides of the horses in chalk. This interactive and fun experience gave residents the opportunity to recall and enjoy fond memories.

Join Folks on Spokes this summer

by **Shawna Dschaak**
—Life Enrichment and Wellness Director



The Health & Fitness Club has started a biking club to explore the Bismarck-Mandan area trails. If you are a leisure biker, this club is for you. Folks on Spokes meets every Tuesday at 7:30 pm. In order to bike safely, you will need to bring a helmet, water bottle, identification, reflective gear, and a bike. This club is open to members only.

Participants will learn about biking etiquette and how to use their bikes more efficiently. To find out more about the biking club or to sign up, please call 701-355-1280 and ask for Deb. Meeting destinations will be available at the Health & Fitness Club front desk. Be prepared to have fun!

