



A Touchmark® community  
Est. 1980



## Stop by to see us this spring



*Message from*  
**Arlene Farnsworth**  
—Executive Director

I'm looking forward to opening my window to the smell of freshly mowed grass, the many sounds of birds singing, and the sight of the red tulips right outside Waterford's door. These tulips were planted several years ago by the students of Centennial Grade School across the street; I anticipate seeing them each spring.

In March, Miller Elementary School sixth graders came to demonstrate their winning science experiment on nanotechnology using LEGOs®. They will be traveling to Georgia to compete against other students from the U.S. and other countries; we wish them the best from Bismarck!

We're all loving these days of longer daylight. Once again this spring, we are available to give tours practically any time, and now that the days are longer, you may want to give us a call and stop by during the day or in the early evening. We're available for tours on the weekend, too. Enjoy all the delights of spring and stop on over to see us.

## The changing days of our lives

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

According to research by Penn State Associate Professor Matt Kaplan, PhD, and others, the activity level of the grandparent generation has gone up, due in part to improved health, increased fitness over the life span, and a worldwide emphasis on supporting lifelong learning. Grandparenting itself has changed significantly. Shared interests now may include mountain biking, martial arts,

**“Effective intergenerational programs provide time as well as space to build relationships between children and older adults.”**

—*High/Scope Educational Research Foundation*

photography, or skiing. Today, there are grandparent university programs that offer courses and workshops for grandparents and their grandchildren, and several entrepreneurs specialize in “grandtravel,” planning vacations for the two generations who want to explore new horizons together.

There are some losses associated with this cultural shift. The days of Sunday dinners at grandmother's house may be gone altogether or occur primarily during holidays and specially planned reunions. Children go to school year-round in many places, with summer vacations limited or lost. Extended families may correspond primarily by e-mail, cell phone, and webcasting. The net effect is less time for

connecting generations and building relationship-based, real-time personal encounters within the community.

The intergenerational programs at Touchmark communities emphasize enhancing opportunities for connectivity among the generations. Whether the family is near or far, there are occasions to connect with children and young adults. Programs and events are planned and held to support ongoing relationships between residents and guests of all ages. There are scheduled program offerings that provide intergenerational activities both within Waterford and beyond. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment Director Kaye Knudson.



**Waterford has been constructing new homes—like this beautiful cottage. Most of them have already been reserved. There is one left. Call today!**

shoveling, no lawn care, and no maintenance! Enjoy meals in the Four Seasons Dining Room, exercise in the Health & Fitness Club, and take part in the Life Enrichment/Wellness opportunities at Waterford. Spring is here, and these homes will be completed in early summer. Come investigate Waterford today!

## Upcoming events

**Tuesday, April 3, 2:30 pm**—“Eggtravaganza.”

**Thursday, April 26, 11 am to 1 pm**—Downsizing seminar and lunch. Please RSVP since seating is limited.

**Wednesday, May 30, 9 am to noon**—Health fair and National Senior Health & Fitness Day.



**Save the date!**  
**National Senior Health & Fitness Day**  
**Wednesday, May 30**

## Construction is happening at Waterford!

*by* **Reva Kautz**  
—Community Relations Director

We currently are building four more cottage homes, and most are spoken for even before they are completed. We have one home left. So please call me at 701-323-7000 to get a personal tour of a lovely two-bedroom, two-bath home with no steps.

Come to know what true convenient living is—no snow

## Meet Life Enrichment Director Kaye Knudson

Kaye recently joined the Waterford family. She has worked with older adults at the Dacotah Foundation as the Foster Grandparent director, was a crisis response coordinator at Medcenter One Health Systems, and was an education coordinator at a local Head Start.

“I’m excited to get to know all the residents,” says Kaye. “And I look forward to working with other team members to provide interesting events and programs.”

Volunteering has been one way for Kaye to encourage others and help them live richer lives. She has volunteered with the Mandan Optimist Club, Christmas in April, United Way, and girl’s volleyball and basketball boosters.

Please stop by the Life Enrichment/Wellness Department and welcome Kaye to the Waterford community.

## 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 an intergenerational story.*

## My granddaughter

**by Becky Thompson**

—Resident at a Touchmark community in Fargo, North Dakota

I have a very special grandchild in my life. Her name is Hannah, and she is 8 years old. Hannah is a spunky, energetic second grader who has cerebral palsy. During her early years, I helped out in their home. My late husband and I actually moved into a house across the street from Hannah and her family.

Hannah is amazing! She loves the computer and especially Nancy Drew mysteries; she has gone to summer camp and Spanish camp and even goes to a Spanish immersion school! Hannah speaks wiser than her years and is truly a remarkable girl.

One afternoon Hannah and her mother came to visit me at Waterford. I was in the exercise room, and we were in the middle of exercise class. Hannah came in with her wheelchair and started doing the arm exercises with us, never thinking twice about it. If I am sitting on the floor playing toys with Hannah or watching her sing a solo on a big stage all alone, I am reminded how lucky I am to have this special little girl in my life.

*For May, please submit an article about active living—sports/fitness theme. Deadline for this issue is April 10. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Kaye Knudson.*

## Ever consider a personal trainer?

**by Shawna Dschaak**

—Health & Fitness Club Director

Spring is finally here, and that means now is the time to tune up your fitness routine. When you work with a personal trainer, you'll see results faster! Personal trainers help you achieve your individual goals. Whether you wish to lose a few pounds, increase flexibility and strength, or focus on total body conditioning, the time is yours. Sign up in April for five one-hour personal training sessions and receive the sixth one at no charge. For more information, contact Deb or me at 701-355-1280. We look forward to working with you on your personal fitness goals.

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## Eggs, color dye, refreshments, and fun!

**by Kaye Knudson**

—Life Enrichment Director

This month, the Life Enrichment/Wellness theme is Connecting the Generations. To celebrate, children from YMCA Childcare will join us for an "Eggtravaganza" on Tuesday, April 3.

Being the first time we've held this intergenerational event, I'm excited to see it come together. We'll color eggs, snack on scrumptious cookies, and sing and dance to festive guitar music. The event starts at 2:30 pm.

