



A Touchmark® community
Est. 1980



Do you like gardening? Then you'd enjoy Waterford.



Message from
Arlene Farnsworth
—Executive Director

Well, summer has come after all, and our gardens are flourishing! The annuals have been planted, the fuchsias are doing well on the patio, and the hanging baskets look beautiful. The striking tulips outside my window seem to last longer this year than in the past.

Waterford resident gardener Bob Keim has been busy with the many flower beds he cares for. Other residents and the Life Enrichment team have had their hands in this, as well.



Flowers painted the Waterford campus with color this spring. Residents and staff enjoyed the warm weather for gardening. Learn about gardening and other enriching activities at Waterford—call today.

Gardening is such a peaceful pastime, a quiet retreat from the world, and an activity we all enjoy. Here at Waterford, we have lots of space to add flowers, and we welcome fresh ideas and extra efforts.

If you or someone you know is interested in finding out more about Waterford and all we have to offer, please ask them to stop in or call us any day of the week. We are on site daily until 6 pm, evenings by appointment as well as Saturday and Sundays from noon to 4 pm.

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Building intentional community

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

When people come together to form community, it is done with intention. Each person who lives in a Touchmark community has made the decision to move to a new home, live with others he/she has not met before (in most cases), and share many community spaces, such as a dining room, library, and fitness area.

“... People will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

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—*Maya Angelou, poet*

During my travels as vice president of Wellness & Programs, I visit all of Touchmark’s communities in the US and Canada and talk with the residents who live there and the

staff who work with them. Occasionally, I also talk with family members and guests. The stories of how each person chose to live in that community and the circumstances that led to the decision are as individual as each person. There are some things in common, however, that I would like to share.

- **There is a lot of loss people experience when relocating from their previous home. The new neighborhood, backyard, and home features are all different. For some, it is a change from a home they have lived in for 40 years or more. It may even be a different time zone and climate.**
- **Even when the individual makes the decision to move, the change is hard to adjust to, and it takes a while to feel part of the community.**
- **People consider themselves to be fortunate to live in an environment where there are well-trained, compassionate staff on duty throughout the 24-hour day, seven days a week.**
- **The most important element for a successful transition is the people who live and work in the community. One resident commented, “They are all so interesting. The diversity, experience, and wisdom in our community are more than I could have ever imagined.”**

The building of intentional community is done by the people who choose to move in and those who welcome them. Although each resident’s skills, strengths, hobbies, and interests may be very different, the greater good of all is held in common. Programs and services are designed with these interests and preferences in mind. An important component of the Life Enrichment/Wellness program is the resident committee that works with the staff to connect with new residents. To be part of the program that welcomes, nurtures, and honors newcomers, contact Life Enrichment Director Kaye Knudson. You are invited to be an architect of this intentional community.

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Enriching lives through art

by Kaye Knudson
—Life Enrichment Director

Art comes in many forms: music, drama, quilting—the

list is endless. In May, residents enjoyed supporting the arts in our community.

There were outings to see the Church of Corpus Christi Quilt Show; Bismarck State College Jazz Fest; Big Al’s Big Band; *The Sound of Music*, performed by area high school kids; and *Arsenic and Old Lace* by the Dakota Stage Playhouse.

Piano recitals by area students were held at Waterford along with an entertainer who specializes in the art of magic and comedy. Residents expressed their creativity, celebrating May Day and making baskets filled with candy. Each resident made a basket for Devonshire residents, who were delighted with the beautiful baskets and May Day treats.



A group gathered to create May Day baskets. Grace Miller (from left), Betty Miller, and Stella Lund work together.

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Discover a new home—and lifestyle

by Reva Kautz
—Community Relations Director

Are you tired of cooking and cleaning your home? Then let Waterford handle the work—so you can play cards, enjoy Waterford’s entertainment and outings, and be near friendly neighbors.

Independent Living at Waterford means you manage your own personal cares, but our staff are available for emergencies anytime, day or night. Come see our lovely two-bedroom home available now. Call one of our Sales team members today at 701-323-7000.

Upcoming events

Monday, June 11 and Tuesday, June 12, 1 to 5 pm—AARP Driver Safety Program.

Friday, June 15, 2 to 4 pm—Chelsea Cottage Open House.

Friday, June 15, 2:30 pm—TGIF for Men. *Ties, Giggles and Ice Cream Floats*. Bring your favorite tie and tell a story or joke.

Saturday, June 16, 2 pm—Sons of Norway Norwegian Dancers.

Monday, June 18, 2 pm—High Tea at the Historical Governors' Mansion.

Tuesday, June 19, 2 pm—*Maintain Your Brain: How to Maintain a Brain Healthy Lifestyle*, presented by Kristi Pfliger-Keller, director Western ND Center, from Alzheimer's Association of Minnesota-North Dakota.

Wednesday, June 20, 7 pm—Capitol City Cloggers.

Friday, June 22, 2 pm—Summer Open House and Fashion Show. View summer fashions from Herberger's, listen to live piano music, and take tours of model homes. Four Seasons Dining Room.

Tuesday, June 26, 7:30 pm—Something Nu (light classic rock group) at the Mandan Bandshell.

Thursday, June 28, 6:30 pm—Old Hat Strings, playing old-time gospel and bluegrass.

Friday, June 29, 9 am—Men's Breakfast with power expert Dave Farnsworth from Coal Creek Station. Dave will present *Great River Energy and The Future of Energy in North Dakota*.

Waterford is committed to reducing falls!

by Shawna Dschaak
—Health & Fitness Club Director

At Waterford, we are committed to reducing the risk factors associated with falls. Some of the symptoms associated with falls are dizziness, blurred vision, past or recent fall history, fear of falling, and disorientation.

As part of our initial move-in process, each resident will be provided with an opportunity to have a home environment survey. During the survey, we will help you determine if there is anything that might be changed to support greater independence, freedom of movement, and reduction of fall risks in your new home.

During the month of June, Waterford Health & Fitness Club will be implementing our Fall Reduction Group Personal Training class. This eight-week program consists of six weeks of small-group training, pretesting and post-testing, and exercise homework assignments. The class is offered one time per quarter. Group size is limited to four participants. The Waterford Health & Fitness Club team has previously offered this program as a pilot study to four residents. We saw an average of 72-percent improvement among those who participated.

To find out more about this program, pricing, or to sign up, please call me or Deb at 701-355-1280.

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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 an "I remember when ..." nostalgic story.

What others are saying

"We will soon be celebrating our first anniversary here at Waterford and are very glad still that we made the move. We are kept very busy and are impressed with the very positive, upbeat spirit here at Waterford."

by Adele and Kenneth Johnson, MD
—Residents

Grandfather

by Harlene Lee
—Resident at a Touchmark community in Sioux Falls, South Dakota

When I was small
He took my hand
And held it firm and tight
I seemed to see

In his old face, a soft and tender light
He was a tall
And silent man
A man of great sweet love
And in his great sweet tenderness
I too learned how to love
It wasn't long a time, I guess,
'Till I was grown and gone away
But I shall not forget the man
Who made me smile every day
And taught me how to pray

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Kaye Knudson.

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And the winners are ...



Darleen and Elmer Hauff won the half-hour massage door prize at the recent Chelsea model cottage open house.

