



Create lasting memories this summer



Message from
Arlene Farnsworth
—Executive Director

In my younger years, we spent each Fourth of July having a picnic somewhere: at the swimming pool in Beach, North Dakota, Medora's Cottonwood Campgrounds, or, my favorite, a fish fry with my relatives in Litchville, North Dakota. Wherever it was, the memories are lasting! I love hearing the memories that residents share. Memories are our very own, unique to each of us, and they each tell a new story. Memories are shared everyday among those we mingle with. I hope you can join us in the many life-enriching events and celebrations we enjoy with our special friends. Come create special shared memories.

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We have not forgotten

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

Recently there was a compelling documentary where the remaining veterans of the "war to end all wars—World War 1" were recognized and interviewed. Those who are

still alive are scattered around the world, and there are only 28 at last count. The stories of these men and women were remarkable—a reminder of how a life can be shaped by the belief in the greater good for all and the sacrifices countries and individuals make to protect and defend their beliefs.

World War 1 veteran Emiliano Mercado del Toro of Puerto Rico (August 21, 1891 to January 24, 2007) died at 115 and is the oldest authenticated veteran from any conflict. How amazing that someone could survive through all the health epidemics, storms, disasters, and challenges the last 115 years have presented to the human species.

In today's world, everyone has a better chance for living a long, productive life than most of Emiliano's counterparts did in

his lifetime. Improved health and sanitation, immunization, access to better shelter, and more abundant food have increased the average adult's lifetime to the late seventies. The percentage of people over the age of 100 in North America is the fastest-growing segment of the population. What does this mean for mankind?

It means that by 2025 we will have the largest world population of citizens over the age of 65 ever. The importance of living long is being replaced by the imperative to live well. Each individual has a responsibility to make good health

"I've got too much energy, too much ambition, too much get-up-and-go. I have to do something."

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—Audrey Stubbart, quoted in the
1995 article in *U.S. News & World
Report's* feature on centenarians
still working

and lifestyle choices that will allow him/her to be independent and contributing to society for as long as possible.

One of the primary goals of the Life Enrichment/Wellness program at Waterford is to provide the healthy options and environments that do allow each individual to have access to good choices with appropriate support. To find out more about the programs and opportunities available, contact Life Enrichment Director Kaye Knudson. To celebrate and honor the sacrifices of the past, we are obligated to make the best use of the present.

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No more yard work

by Reva Kautz
—Community Relations Director

Are you tired of mowing your lawn and taking care of your yard? Waterford can do all the outside work for you when you live in this beautiful two-bedroom cottage home. For that matter, you can relax and play cards or take a swim in our warm swimming pool since you have more time. No more cleaning or cooking, because you have a meal plan and housekeeping included in your package of services as a Waterford cottage resident.

Call for your personal tour of a lovely two-bedroom home or join us for the next open house Saturday, July 28 from 2 to 4 pm.

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The meaning of Independence Day—a resident’s perspective

by Kaye Knudson
—Life Enrichment Director

When resident Karina Singer was asked, “What does Independence Day mean to you?” she responded, “I am a descendent of John Morton, one of the signers of the Declaration of Independence.” John Morton was a member of the Continental Congress in 1774, representing the state of Pennsylvania. He was part of the national assembly, which drafted the Declaration of Independence.

Patriotism for Karina means making informed decisions, executing her right to vote, and spending much time in prayer for our leaders to be enlightened in knowing what

is best for our country. “The Internet has brought all of us into the global world,” says Karina. “We need to pray that leaders will consider what is best for the world. It is essential to keep greed and self-interest rooted out, and it is what our founding fathers warned us about and wanted to keep from happening by drafting the Bill of Rights.” Karina feels she has a responsibility to keep track of what is happening at the local and state level and do in-depth thinking of how different legislation will affect others.

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July highlights



In June, Waterford held a Flag Day ceremony in the chapel. AMVETS Post members performed the ceremony and recognized veterans living at Waterford.



Evelyn Krein won a six-month membership to the Waterford Health & Fitness Club at the recent health fair.

Upcoming events

Tuesdays in July, 10 to 11 am—Children and residents activities. Hoyle Room.

Wednesday, July 11, 7:30 pm—Singer/songwriter Steve Harmon at the Mandan Bandshell.

Thursday, July 12, 11 am to 1 pm—Birthday Buffet. Four Seasons Dining Room.

Monday, July 16, 2:30 pm—Trip to Dakota Zoo.

Wednesday, July 18, 8:30 pm—Sleepy Hollow Summer Theatre presents *Joseph and the Amazing Technicolor Dreamcoat*. Sleepy Hollow Performing Arts Park.

Thursday, July 19, 4 pm—Wine social. Lobby.

Saturday, July 21, 2 pm—Serenity Valley Petting Zoo at Waterford.

Monday, July 23, 2 pm—North Dakota Senior Medicare Fraud Patrol Presentation. Chapel.

Saturday, July 28, 2 to 4 pm—Cottage Home Open House. Tour the newly constructed two-bedroom, two-bathroom home located at 919 Waterford Drive.

July monthly special

Buy a one-year membership and receive a complimentary locker rental for a year. That's a savings of \$96 dollars.

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 July is a poem featuring patriotism and community service.

Fourth of July to remember

by Dorothy Golden

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

Ninety years ago, my mother was expected to give birth. She insisted on having a doctor and a nurse present when she delivered. My parents lived on a farm near Vermillion, South Dakota. So when it was time, my father had to drive to town to pick up the doctor, as he didn't have a car. There was a problem though ... it was the Fourth of July, and the road into town was blocked by the race. After my father broke up the race, he finally made it to town to pick up the doctor. A couple hours later, I was born.

Because of this, the Fourth of July has always been special to me. My father and mother always saw to it that we went to a big Fourth of July celebration at a nearby town. We never took in the fireworks, though, because my father did not like driving in the dark. I was never too disappointed, as I never really liked fireworks anyway!

Sioux Falls celebrated its Sesquicentennial in 2006. As part of the celebration, they held a parade downtown, and they were in need of a grand marshall. After a suggestion and a little nudge, they talked me into it. It was indeed a Fourth of July to remember!

For August, please submit a recipe with a story. Deadline for this issue is July 13. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Kaye Knudson.

Limber up

by Shawna Dschaak

—Health & Fitness Club Director

Many of us forget how important it is to stretch. Stretching helps to improve our flexibility, which is defined as the range of motion around a joint. Maintaining good flexibility can help to reduce your chances of injury.

People should stretch on a daily basis for approximately 20 minutes. You should always warm up before you stretch. Slowly stretch the major muscles, including the shoulders, chest, back, arms, trunk, thighs, and calves. Perform each stretch in a controlled manner two to four times, holding for 15 to 30 seconds. Do not bounce as you stretch.

It is important to stretch after each workout. If you would like to learn more about stretching, contact the Health & Fitness Club staff at 701-355-1280 to schedule an appointment.

