



A Touchmark® community
Est. 1980



Something for everyone



Message from
Arlene Farnsworth
—Executive Director

This month, we're participating in happenings around town and planning some fun events. Bismarck is home to the historic town of Buckstop Junction, which features buildings from the turn of century to the 1930s. Residents and staff will visit this historic town on Friday, August 10.

We also will attend a variety of concerts at the Mandan Bandshell and brown-bag lunch concerts in Custer Park. The month will end with an informative week of culinary food presentations. Our Life Enrichment/Wellness team is organizing this Sampling of a Bountiful Harvest event from Monday, August 20 to Friday, August 24. The event will feature how to make jams, jellies, breads; how to use herbs in foods; and cooking demonstrations.

At Waterford, our Life Enrichment/Wellness program focuses on the strengths, skills, needs, and interests of each person living in the community. I encourage you to read the Life Enrichment article and review the upcoming events for more information—and stop by for a tour and see how the opportunities for enrichment are endless.

Leisure—it's more than a commodity

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

The marketing and providing of leisure services have grown to a multimillion-dollar industry, designed for the most part to capture what individuals consider their “disposable” income. To that end, the wheels of industry churn 24/7 to grab the consumer and his/her dollars before another provider of “fun and fulfillment” moves ahead in the queue. An outcome of this frenetic competition is that our mailboxes, newspapers, magazines, telephones, computers, and TV screens are filled with ads and invitations to find a better quality of life through spending our time, money, and passion on leisure products.

**“Leisure is a form of silence,
not noiselessness. It is the
silence of contemplation such as
occurs when we let our minds
rest on a rosebud, a child at play,
a Divine mystery, or a waterfall.”**

—Bishop Fulton A. Sheen

The list of the current top 10 most-viewed leisure companies on www.hoovers.com ranges from the McDonald's Corporation at the number one spot to Playboy Enterprises, Inc. coming in tenth, with Starbucks, Walt Disney, and a few other well-known entities in between. What this says

to me is that as a culture we link leisure primarily to eating (especially if it is fast food) and entertainment—participatory or not. Realizing that there is pleasure in time spent in both of those categories, it is interesting that the list doesn't reflect one representative of the contemplation Sheen mentions in his numerous writings and reflections on leisure.

As I interview adults over the age of 50, I find a fair number who engage in activities, events, and even causes that aren't on the list but that provide enormous pleasure and satisfaction. Some of these are referred to in Sheen's quote, and many others I observe in the Touchmark communities I visit: gardeners, artists, readers, poets, knitters, quilters, crafters, dancers, musicians, woodworkers, storytellers, mentors to young children and adults, travelers, cooks, and writers—a vast array of talent and engagement as individual as each person I meet.

At Waterford, the Life Enrichment/Wellness program focuses on bringing people together for activities and events that provide pleasure and fun. However, the individual need for personal engagement and contemplative leisure is an equally important emphasis of the program. Residents, family, and staff are encouraged to talk to Life Enrichment/Wellness Director Kaye Knudson about how they define leisure—both individually and collectively.

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Leave home maintenance behind

by Reva Kautz
—Community Relations Director

When you decide to become part of this community, you free yourself of home-maintenance headaches and cooking chores. Life gets a lot easier and much more comfortable. But that's only the beginning. You make yourself available for new opportunities, experiences, and most of all, friendships that bring greater fulfillment, purpose, and joy. You gain the kind of security you only can experience when you live the way we were all designed to live: within a close-knit community among a network of peers.

You don't just move into a new home, you begin living and participating in a healthy, happy community. There's only one Waterford on West Century, and if you're not a part of our close-knit, joyful community, call us today. We'll

talk about the easy steps you can take to start your new life in your new home. For more information, please call 701-323-7000.

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What others are saying

“The best thing about the Waterford is that it feels like home. My family knows that everything I need is available to me at the Waterford. The transportation to any appointment I may have helps me to still feel independent. Having the pool and exercise equipment available to me without going outside is so convenient. Everyone has been so helpful and friendly, which made the transition from Arizona to here very easy.”

by Bertha Anton
—Resident

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Walking—an ideal physical activity

by Shawna Dschaak
—Health & Fitness Club Director

Walking is one of the most inexpensive forms of exercise that most individuals can take part in. Everyone should try to get in at least 30 minutes of physical activity on most, if not all, days of the week. This can be broken down to into three 10-minute segments.

Walking is low impact and can be done almost anywhere. Take the family pet for a walk, join a walking group, head to the nearest mall, or explore one of the many trails in the Bismarck/Mandan community.

Walking has many benefits, such as aiding in maintaining your weight, lowering your risk for developing Type II diabetes and heart disease, and reducing your risk of a stroke. It may help to lower your blood pressure and cholesterol and help you to sleep better.

With fall just around the corner, take some time for yourself and enjoy all the benefits that walking can bring to your life. The Health & Fitness Club staff can help people design a personalized walking program. Residents, staff, friends, and family also can participate in Waterford's

Stepping Out walking program, where they can enjoy a supportive atmosphere while participating in group walks around Waterford and the Bismarck area.

If you would like more information, contact one of the Waterford personal trainers at 701-355-1280.

Upcoming events

Tuesday, August 7, 7:30 pm—Schillings Accordions at the Mandan Bandshell.

Wednesday, August 8, noon—Jamie & Ian, playing guitar and drums. Brown bag lunch in Custer Park.

Thursday, August 9, Monday, August 13, and Thursday, August 16, 2 pm—Writing Club with Cindy Anderson.

Friday, August 10, 2 pm—Buckstop Junction tour.

Monday, August 13, 10 pm—Prairie Nights Casino.

Wednesday, August 15, noon—Northern Plains Dance. Brown bag in Custer Park.

Thursday, August 16, 8 am to 3:30 pm—Senior Wellness Sensation. Ramkota Hotel.

Thursday, August 16, 7:30 pm—Big Al's Big Band at the Mandan Bandshell.

Monday, August 20 to Friday, August 24—Sampling of a Bountiful Harvest week.

Tuesday, August 21, 3 pm—Trip to the city of Medora to see musical.

Wednesday, August 22, noon—Let's Dance Studio. Brown bag in Custer Park.

Tuesday, August 28, 10 am to 2 pm—Health & Fitness Club Open House. At this event, people can purchase a six-month membership, and the Club will waive the \$40 sign-up fee.

Wednesday, August 29, noon—Bismarck-Mandan Symphony. Brown bag in Custer Park.

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 August is a recipe with a story.

Culinary Arts

by Marcy Fellbaum

—Resident at a Touchmark community in Fargo, North Dakota

This is a family favorite, which also has been enjoyed at the YMCA for 32 years. I hope you, your family, and friends will enjoy it as much as we have!

Barbecue:

- 5 lbs. ground beef
- 1 tsp. salt
- 1/2 c. minced onion
- 3 1/2 c. ketchup
- 1 tsp. mustard
- 2 tsp. chili powder

Brown meat, drain well. Add onion, ketchup, mustard, and chili powder. Put in pan; cover and heat in oven at 200 degrees for about an hour. Enjoy!

For September, please submit a book review of your favorite book. Deadline for this issue is August 15. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment Director Kaye Knudson.

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Sample the bountiful harvest

by Kaye Knudson

—Life Enrichment Director

August will be a time for residents and guests to celebrate at the Sampling of a Bountiful Harvest event by tasting delicious cuisine. We have been blessed with much rain in our area, and as a result, farmers' gardens and crops are flourishing.

During the week of Monday, August 20 through Friday, August 24, we'll have exciting cooking and sampling activities. Char McLaughlin, food guru and adjunct professor from Bismarck State College, will be here Monday and

Tuesday to share about herbs and breads. Participants will explore many different herbs; discover how to grow, use, and store them; and learn their nutritional value. Char will make herb butter and basil tea for all to taste.

Wednesday will feature Dana Ostwald, produce purchaser for the SUPERVALU grocery stores. Dana will prepare several different types of vegetable and fruit salsas.

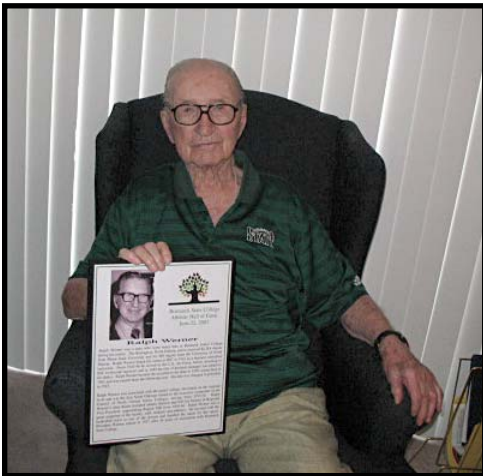
On Thursday, August 23, June Kraft from North Dakota State University Extension Service will prepare freezer jellies and jams, and on Friday, Char McLaughlin will be back to prepare a Greek main dish and soup. Not only will this excite your taste buds, but it will inspire some great new ideas for preparing meals. If you are interested in participating in one or more of the activities or for more information, call Waterford to register by Wednesday, August 15 at 701-323-7000.



Jean Wulf models an Alfred Dunner outfit from Herberger's for 85 residents and guests at the Waterford Style Show held in June.

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August highlights



Resident Ralph Werner was recently honored at a reception for being inducted into the Bismarck State College (BSC) Athletic Hall of Fame, and here he holds the induction award. Ralph was at BSC for 36 years, starting in 1941 as a Business Education instructor. He retired as BSC president in 1977.

