



A Touchmark® community  
Est. 1980



## Giving and sharing

by Marge Coalman, EdD

Vice President of Wellness & Programs, Touchmark

Most people have sacrificed their own desires to help or support those in need. This was an international phenomenon following the tsunami in Indonesia and Katrina crisis in New Orleans. Churches, towns, nonprofit and for-profit organizations, groups, and individuals sent funds. Physicians and nurses left their communities to volunteer. The awareness of how fortunate most of us are to have a home, bed, electricity, food, and shelter rekindled our gratitude for the things we so often take for granted.

**“Sharing is sometimes more demanding than giving.”**

—Mary Catherine Bateson

The experience of sharing takes on a more personal definition when the donation is time and talent that results in creating relationships. Hardworking, dedicated volunteers are the core of needed—sometimes invisible—services that make life work for millions of people with limited support from family, friends, or neighbors. These volunteers deliver meals to older adults isolated in their homes, visit schools weekly to read with a challenged learner, and serve meals regularly to people living in homeless shelters. Unlike writing a check, this kind of gift takes a consistent, personal commitment to prioritize the needs of others over our own.

As we approach the season of giving with a heightened

awareness of the vast needs around us, both local and national, it is an ideal time to take a personal inventory of the talents, skills, knowledge, and love we can make available to others. Sharing on an ongoing basis is more demanding and challenging than the one-time annual gift or the weekly donation to our place of worship.

Waterford offers many opportunities for residents, staff, and families to participate in volunteer programs and services within our community as well as with our neighbors and organizations. There are also opportunities for volunteers from the area to participate in programs and services planned and scheduled in the Life Enrichment/Wellness program. To become a volunteer, visit our Web site ([Touchmark.com/volunteer-opportunity.htm](http://Touchmark.com/volunteer-opportunity.htm)) or give us a call to find out what opportunities are available that make a difference in the quality of life—for both the givers and receivers.

### Upcoming events

**Wednesday, November 14, 10 am**—Visit to The Quilt Haus in Bismarck.

**Tuesday, November 20, 9 to 11:30 am**—Waterford Bake Sale.

**Tuesday, November 27, 7 pm**—Strikepoint Handbell Choir from Good Sheppard Lutheran Church performs. Chapel.

**Friday, November 30, 11 am**—Trip to The Dickens Festival in Garrison, North Dakota.

## Celebrate the holiday season in your new home

Find more time for loved ones and important activities as Waterford staff provide you with exceptional service. Waterford offers a variety of amenities and services to fit your needs, such as caring for your home's indoor and outdoor maintenance.

You can take advantage of the scheduled transportation and avoid winter driving or use the private dining room to host a holiday meal. Avoid the holiday stress, and instead spend your time making memories with friends and family.

This month, Waterford is showcasing two lovely homes:

### *The Amherst home*

Come see Waterford's new cottage home at 919 Waterford Drive. This home includes two bedrooms and two bathrooms with 1,326 square feet. A fireplace, high ceilings, and a built-in entertainment center add extra class to this home.

With Waterford staff caring for the home's indoor and outdoor maintenance, snow removal, and housekeeping, you can use the extra time to exercise at the Waterford Health & Fitness Club, take part in Life Enrichment/Wellness events, and enjoy delicious food in the Four Seasons Dining Room.



**Tour this newly constructed home today.**

### *The private studio*

Currently available is a 364-square-foot private studio that is located in the Devonshire, which offers memory care

services for those who need extra support.

Located near the suite are three family rooms for guests to use while visiting and a private outside courtyard. Residents enjoy family-style dining, life-enriching events, and the support of nearby staff. Call to schedule a personal presentation today.

## Residents make a difference

*by Kaye Knudson*

—Life Enrichment Director

This following quote by children and family advocate Marian Wright Edelman is my favorite saying about volunteer service: "Service is the rent we pay to be living. It is the very purpose of life and not something you do in your spare time."

Make a Difference Day, created by *USA Weekend Magazine*, happens every fall and is promoted as "a celebration of neighbors helping neighbors."



**Gloria Fuhrer (front left) and Dagny Ellingson work on a blanket for the Make a Difference Day Project. Twenty people gathered to create fleece blankets, which were given to local children in need.**

Last year, residents joined this special day by donating money to buy fleece material for making 100 blankets that were given to homeless children in the Bismarck/Mandan area.

The tradition continued this year as people joined forces with the Retired Senior Volunteer Program (RSVP) in making fleece blankets for children who are without homes. Twenty residents donated \$206 to purchase the fleece, and 20 residents made 10 fleece blankets. The completed blankets were delivered to the RSVP office and distributed.

.....

## Residents share their thoughts on thankfulness

*“We are thankful that we are still together after 60 years of marriage.”*

—Wilmer and Rosina Stiegelmeier

=====  
*“There are such wonderful friendships and fellowship here at the Waterford, which is why I am so thankful. We all need friends.”*

—Janet Snyder

=====  
*“Why do people complain? You are as happy as you make up your mind to be!”*

—Sheila Robinson

=====  
*“I am thankful for my lovely daughter and my pleasant life here.”*

—Shirley Martz

=====  
*“I am thankful for my family and friends who encouraged me to move to the Waterford.”*

—Florence Lenhardt

.....

## Join the new Silversplash® class!

Waterford Health & Fitness Club is adding the new aquatic class Silversplash®, which is the newest SilverSneakers® older adult group fitness class, targeting the benefits of exercise

through an aqua-based program.

The class is appropriate for all skill levels and includes light to moderately intense strength training and static range of movement. Participants will work on progressive muscular endurance and balance and agility conditioning.

This class will take the place of the current Makin’ Waves class and will be offered Monday, Wednesday, and Friday at 9 am. Call the Club at 701-355-1280 to learn more.



The H2O Fitness group recently dressed up for their class. Jackie Schmeichel (left) wore a bright wig, and Ruth Woodrow dressed as Spiderman. Come join the lively fitness and aquatic programs at Waterford Health & Fitness Club.

.....

## Be the next winner



At the recent open house, Loretta Bjornholt of Bismarck won the door prize, a half-hour massage from Waterford. Call today for a personal presentation or to learn more about the next open house event.

