

Resident reinforces close ties to ND Cowboy Hall of Fame with father's induction

Waterford resident Sheila Robinson returned to the North Dakota Cowboy Hall of Fame in Medora for the induction of her late father, Matt Crowley, into the Hall of Fame. Matt was nominated in the ranch category. Sheila grew up on the ranch he established in 1910 on Elm Creek in Mercer County.

Robinson's family history and ties to the hall of fame are deep. Not only did she donate more than 600 books from her collection to the library, her late husband's photo is exhibited in the building, and her mother-in-law's saddle is displayed there, as well. Sheila's mother, Pauline Shoemaker Crowley, was a female homesteader in the early 1900s, a story chronicled in *Land*

in Her Own Name, a book written about female homesteaders in North Dakota.

A lifelong rancher, 90-year-old Sheila has been deeply involved in preserving North Dakota history, as president of the McLean County Historical Society and worked with the state to reconstruct Fort Mandan. In addition, she has researched, written, and edited several books, including, *Along the Lewis & Clark Trail in North Dakota in 1993*, *The Story of Garrison Dam in 1997*, and two family histories. Read more about the hall of fame and Sheila's family at www.northdakotacowboy.com/. ■



The Crowley family. Sheila is in the front and on the right.

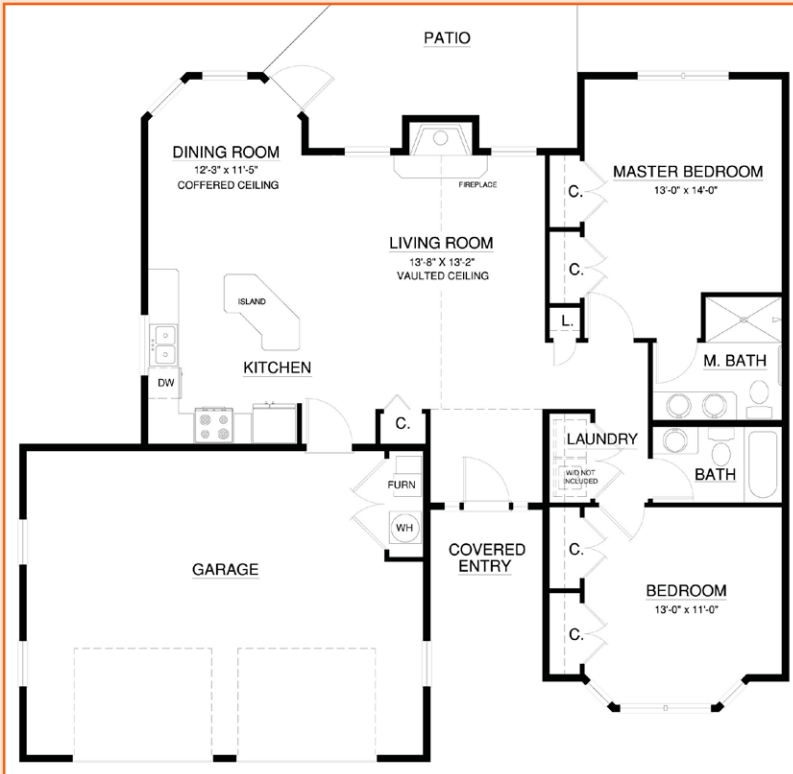


Resident Sheila Robinson attends the Hall of Fame induction of her late father, Matt Crowley, at the North Dakota Cowboy Hall of Fame in Medora. Matt was nominated in the ranch category. Jan Jenson, Sheila's daughter, captured this photo, which also shows Sheila's son, Matt Robinson.

Have fun in the sun at Touchmark



Cathedral ceilings add just the right touch of function and elegance to apartment 370. Offering one bedroom and one bathroom, this 642-square-foot home can be your base camp for exciting outdoor pursuits and enriching community activities. Call or stop by today for a personal presentation.



Everything you've been looking for in the ideal retirement lifestyle is waiting for you at Waterford. Located at 1015 Waterford Drive, this 1,268-square-foot cottage home offers two bedrooms, two bathrooms, and a community of friends and fun, rewarding pursuits. Hurry in and stake your claim on the Waterford lifestyle!

2010

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20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Meditate.
- Try a new recipe.
- Lift weights.
- Read a new book.
- Stretch.
- Do 10 minutes of yoga poses.
- Answer an e-mail.
- Walk for 10 minutes.
- Teach someone a certain dance.
- Say a prayer.

Just for laughs!



Add laughter to your life. Click the link below to watch a YouTube video of Brenda Edmonds demonstrating Laughter Yoga at an international training for Touchmark staff. Brenda is the Life Enrichment/Wellness director at the Touchmark community in Edmonton, Alberta, and is certified to lead Laughter Yoga. To learn more about Laughter Yoga, visit www.laughteryoga.org.

[Click here to watch the video.](#)

I remember when ...



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

“Learn from yesterday, live for today, and hope for tomorrow. The important thing is to never stop questioning.” — Albert Einstein

So many shared moments of pride and defining events associated with strong emotions start with the phrase, “I remember when ...” As we come to the season of patriotic pride for Americans and Canadians, there is value in remembering historic examples of our countries’ abilities to come together for the greater good of all.

Following the bombing of Pearl Harbor, U. S. President Franklin D. Roosevelt talked to Americans about the need for sacrifice—a sentiment echoed by England’s Prime Minister Winston Churchill and Canada’s Prime Minister William Lyon Mackenzie King.

Speaking to all of us—citizens of all ages—these leaders emphasized the need for sacrifice on behalf of the war effort. They talked about the unforeseen cost of defending liberty and freedom. They encouraged everyone to consume less, conserve more, and give up what might be considered “luxuries.” They stressed that we would need to cope with scarce resources of day-to-day staples and necessities.

In today’s world of economic turbulence and worldwide concerns regarding natural resources and conservation, it would serve us well to simplify, sacrifice, share, and serve. In lands of plenty, there are millions who do not have enough food, clothing, and shelter.

Touchmark’s Full Life Wellness & Life Enrichment Program encourages all residents and team members to conserve, recycle, share, and volunteer to enhance the well-being of ourselves and (*cont.*)

(cont.) others. To find out about opportunities at Waterford, contact Life Enrichment Director Amy Miller.

You *can* make a difference. ■

Renovation continues

Workers have painted the walls on the third floor and are working on the trim. Next on the docket: Painting the walls on the second floor and then the first floor, redoing the concrete patio by the Four Seasons Dining Room, and fixing the drainage by the Waterford Health & Fitness Club's entryway. ■

Planting in raised garden beds



Resident gardeners have applied their horticultural skills and gained new ones as they planted the last of three unusually high raised-bed community garden plots. The waist-high raised beds help these gardeners continue to pursue their passion. Participants used square-foot gardening techniques to plant fruits and vegetables. "One of the most important things we do is to ensure that residents can continue pursuing the things they love. Music, art, cards, fitness or, in this case, gardening. All are a part of leading a rich, full life," says Life Enrichment Director Amy Miller. KFYR-TV and KXMB-TV visited the community and ran news stories highlighting the garden beds.

Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

Friday, July 2, 2 pm

Independence Day Celebration.

Tuesday, July 6, 2:30 pm

July Birthday Celebration. Four Seasons Dining Room.

Friday, July 9, 10 am

Waterford Wellness Games.

Thursday, July 15, 11 am

Barbecue Buffet.

Friday, July 23, 2 pm

Ice Cream Social. Stir up some homemade ice cream and enjoy the frosty treat with friends and neighbors.

Wednesday, July 28, noon

Men's Luncheon. Architect Jim Dunwell with Touchmark Development & Construction will speak.

It's time for fun!

JULY EVENTS

Friday, July 2: Independence Day Celebration, 2 pm

Friday, July 9: Waterford Games, 10 am

Thursday, July 15: Fair Fun, 2 pm

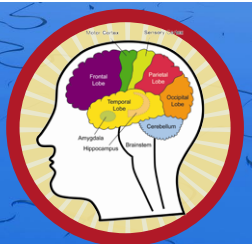
Friday, July 16: Fort Lincoln Trolley Ride, 1 pm

Thursday, July 22: Barbecue, 11 am - 1 pm

Please RSVP by calling 701-323-7000.



Brain Builders



Do these math problems as fast as you can.

- | | | |
|-----------------|-------------------|-------------------|
| 1. $8 - 5$ | 9. $32 + 36$ | 17. $11 - 2$ |
| 2. $9 + 26$ | 10. $7 - 2$ | 18. 1×4 |
| 3. $29 - 1$ | 11. 3×10 | 19. $33 + 9$ |
| 4. $9 + 9$ | 12. $12 + 30$ | 20. $22 - 6 + 1$ |
| 5. $27 - 20$ | 13. $18 - 9$ | 21. $16 + 13$ |
| 6. 2×7 | 14. 0×5 | 22. 25×1 |
| 7. 5×5 | 15. $1 + 6 - 2$ | 23. 2×3 |
| 8. $20 - 10$ | 16. $40 - 25$ | 24. $26 + 36$ |

- | | | | |
|--------|--------|--------|-------|
| 24. 62 | 18. 4 | 12. 42 | 6. 14 |
| 23. 6 | 17. 9 | 11. 30 | 5. 7 |
| 22. 25 | 16. 15 | 10. 5 | 4. 18 |
| 21. 29 | 15. 5 | 9. 68 | 3. 28 |
| 20. 17 | 14. 0 | 8. 10 | 2. 35 |
| 19. 42 | 13. 9 | 7. 25 | 1. 3 |

Answers:

Time to get personal—a personal trainer, that is

Waterford Health & Fitness Club's team of knowledgeable personal trainers can provide the motivation, guidance, and accountability to help you reach your fitness goals.

The club's trainers are experts in rehabilitative training after physical therapy treatment. If you have total joint replacement, shoulder pain, or any other injury or problem area, they have the expertise to safely and effectively train you as part of your physical rehabilitation.

The club's personal trainers also can provide nutritional guidance and help you evaluate and modify your diet.

July special for club members

The club is offering members an opportunity to experience the benefits of personal training. For the month of July, any interested club member can receive two complimentary sessions with one of the club's skilled and certified personal trainers. Stop by the club for details on this exciting offer. ■