

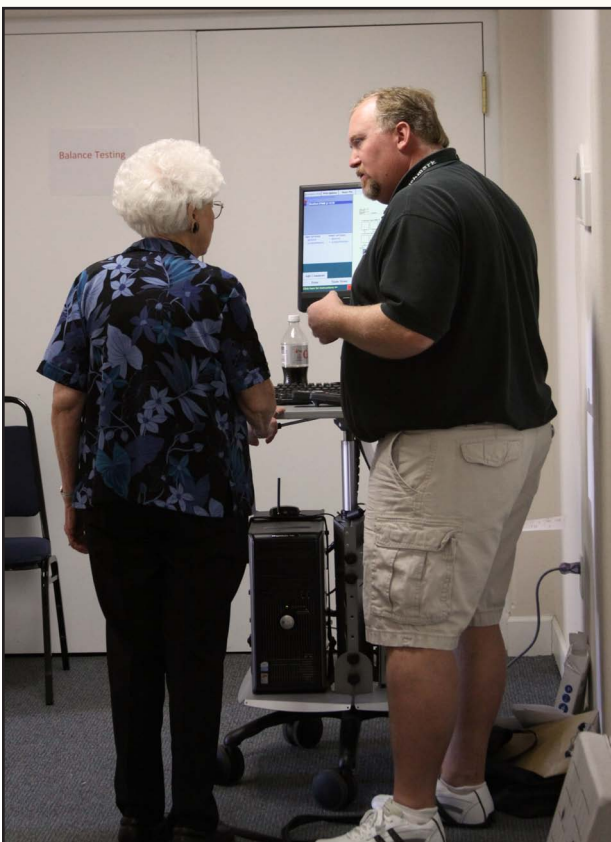


A Touchmark® community
Est. 1980

Waterford | on West Century

October 2011

Community celebrates active aging



The Waterford community joined the international Active Aging Week celebration. The day included a health fair, a variety of wellness presentations, foot and ankle screenings, memory testing, balance testing, senior fitness testing, and more.

Summer highlights



Under beautiful blue skies, residents traveled the Enchanted Highway in Southwestern North Dakota, where large metal sculptures stand by the road. The Waterford bus stopped several times for residents to admire the sculptures and take photos.



Crafters Corner participants get a head start on fall decorating. From left: Lillian Welder, Volunteer Jaci Neuberger, Edith Ripplinger, and Freda Leno put together scarecrow centerpieces.

(cont.)

(cont.)



Gwen Bradley displays two of her paintings at the First Presbyterian Church annual Creation on the Prairie Arts and Crafts Show. Several of Gwen's neighbors came to the show to see her work and that of the other artisans.



Volunteers and Waterford residents Edith Ripplinger (left) and Pat King make popcorn for an afternoon movie matinee in the chapel.

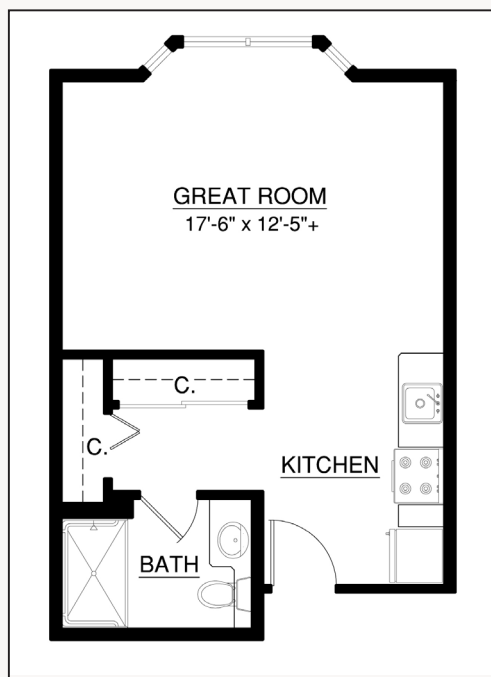


Residents husk corn for the Harvest Buffet.

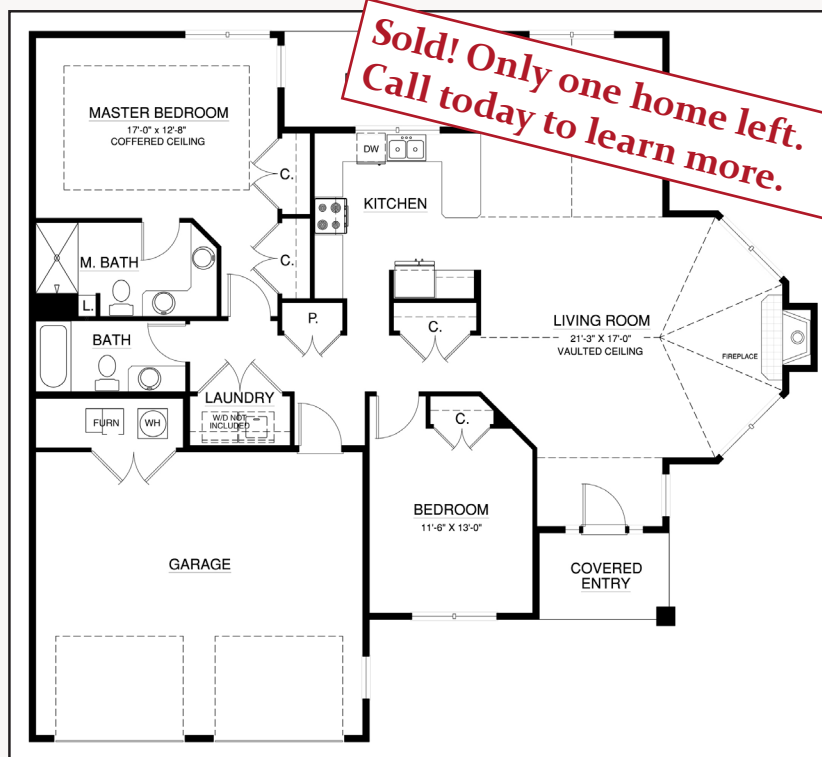


Cottage residents and friends gather on a beautiful evening for a block party and barbecue. Food Services Manager Doreen Koppang grilled brats and hamburgers for the gathering.

Expand your time



Studio 242 offers 463 square feet and one bathroom. Call today for a personal presentation.



This 1,587-square-foot home is located at 1017 Waterford Drive and features two bedrooms, two bathrooms, and vaulted ceilings.

Coming events

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

Friday, Oct. 21, 2 pm

Armchair Traveler: Germans from Russia. Presentation by August Schaefer.

Monday, Oct. 31, 2:30 pm

Halloween Party. Come as you are or wear a costume. Fun and games for all! Treats provided by the Waterford Kitchen Fun Group.

Monday, Oct. 31, 6:30 to 7:30 pm

Children ages 12 and under are invited to trick-or-treat. See page five for more information. Touchmark lobby.

Club news

Silver Sneakers potlucks coming soon!

Silver Sneakers members regularly lace up their walking shoes for their walks together. Now they can look forward to sharing a monthly meal at the Silver Sneakers Potluck on the third Tuesday of every month. The second potluck will be Tuesday, Nov. 15 at 11:30 am.

Please call the club at 701-355-1280 to RSVP and to sign up for an item to share. The monthly gatherings will meet in the club at 11:30 am and move into the Creative Arts room at 11:45 for the meal. To attend, bring food to share and your Silver Sneakers identification.

Come and trick-or-treat

Parents and their children ages 12 and under are invited to a trick-or-treat event Monday, Oct. 31 at Waterford on West Century. Trick-or-treating is between 6:30 and 7:30 pm. There is no charge for this annual tradition.

“This is always a treat for residents, who enjoy seeing children in their various costumes,” says Life Enrichment Director Amy Miller. She adds that parents appreciate the warm, safe venue, and many parents make it a point to come each year. For more information, people can call 701-323-7000. ■

Just for laughs!

*Enjoy a sample from AFI's top 100
movie quotes.*

**“Toto, I’ve got a feeling we’re not
in Kansas anymore.”**
The Wizard of Oz

“Here’s looking at you, kid.”
Casablanca

“Bond. James Bond.”
Dr. No

“You’re gonna need a bigger boat.”
Jaws

“It’s alive! It’s alive!”
Frankenstein

*from [http://www.afi.com/100years/
quotes.aspx](http://www.afi.com/100years/quotes.aspx)*

New name. Same community.

Waterford has always been part of the Touchmark family. For decades, Touchmark has supported two brand names: Waterford and Touchmark. By the end of this year, all Waterford communities will change their name to Touchmark. The Touchmark ownership, management, and outstanding service remain the same—just as it has for 30-plus years. ■

October highlights well-being



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

It is interesting to note that October has two significant wellness days that complement each other: World Mental Health Day (October 10) and Make A Difference Day (October 22). These make a good pairing, as both are forces for self-empowerment. Recognizing the importance of mental health in a person’s well-being as well as the positive impact of volunteering—both mentally and physically—can be important keys to your overall health.

Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior. The relationship between volunteering and overall health benefits has been well-studied. In one of the larger, most recent studies done by United Healthcare and Volunteer Match (2/2010), the following data were gathered from more than 4,500 American adult volunteers:

- 68 percent agree that “volunteering has made me feel physically healthier.”

(cont.)

(cont.) • 89 percent agree that “volunteering has improved my sense of well-being.”

- 92 percent agree that “volunteering enriches my sense of purpose in life.”

Complete results of the survey can be viewed at www.DoGoodLiveWell.org/OurCommitment.html

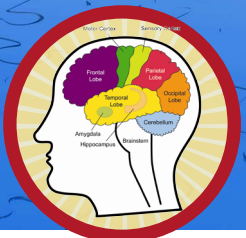
“Volunteerism may have more of an impact on mental health and well-being than any other self-initiated behavior.”

The most compelling data for Touchmark is to talk with those who have personal experiences with volunteering. Across Touchmark communities, there are hundreds of residents, team members, family members, and community partners who volunteer their time, talents, and

resources to a variety of causes that improve the quality of life for others—both on the campus and in the community at large. They experience enhanced well-being through their chosen volunteer opportunities. They also report feeling they receive even more benefits than the recipients.

Opportunities for giving back are not limited to one Saturday in October. The Touchmark Full Life program is diverse and invites each of you to participate in altruistic endeavors that enrich people’s lives. To find out about existing opportunities or bring suggestions and ideas for outreach experiences, talk to a member our Full Life team. Your perspective, recommendations, and participation are important. ■

Brain Builders



Fill in the blank to read the whole quote.

- W__ t__rn __ot o__der __ith
y__ __rs, b__ __ ne__er e__ery d__ __.
~ Emily Dickinson
- Gi__ __ a m__ n a __ish a__d y__u
f__ __d h__ __ fo__ a d__ __.
T__ __ch a __an to fi__ __ an__
y__ __ fe__ __ h__ __ f__ r a life__
__me. ~ Chinese Proverb

~ Chinese Proverb
Teach a man to fish and you feed him for a lifetime.
2. Give a man a fish and you feed him for a day.
day. ~ Emily Dickinson
1. We turn not older with years, but newer every

Answers: