



A Touchmark® community



Welcome fresh beginnings



Message from
Arlene Farnsworth
—Executive Director

April signals spring in the air and fresh beginnings. We see bouquets of flowers arriving often this time of the year with tulips, daffodils, hyacinth, etc. We anxiously await those red tulip bulbs planted four years ago by students of Centennial Grade School to start poking out of the ground on both sides of the front entrance. Then there are other bulbs of all sorts planted by the very special resident gardener, Bob Keim, who has already been looking over the grounds and getting ideas for new plantings.



Residents Ruth Ensign and Tom Kelley were wed on February 20 in the chapel.

Another fresh beginning we recently enjoyed was the marriage of a lovely couple. Ruth Ensign and Tom Kelley were wed on February 20 in the chapel—a very special time for them and all of us, indeed.

We offer several fresh beginnings for those wanting to get involved.

Whether it is starting a Sit To Be Fit class, enjoying water aerobics, volunteering in our general store, or joining our Red Hat ladies, the participation can be as much or as little as you have time for. You may have something special or someone special you'd like to see at the Waterford; let us know, we're always open to fresh beginnings.

Deadline looms to make cruise reservation

You don't have to pack your bags just yet, but if you're interested in sailing on Touchmark's Fall Foliage cruise, all deposits must be



made by April 10. This cruise is extremely popular and will sell out within weeks. To be sure you're on board for this colorful adventure, please call Edwards LaLone Travel at 800-288-3788 right away.

Touchmark's special group rate (based on availability) is per person and double occupancy in each cabin. Insurance, taxes, and round-trip transfers are included. The rates for this spectacular seven-night cruise are \$1,585 for an outside cabin or \$1,785 for an outside cabin with balcony. (Travel to and from New York is not included.) A \$250 deposit will hold your spot for this colorful cruise on the Star Princess that sets sail from New York October 21, 2006.

Visit Halifax, Nova Scotia; St. John, New Brunswick; Bar Harbor, Maine; Boston, Massachusetts; and Newport, Rhode Island.

Before April 10, call 800-288-3788 and schedule your fall colors now!

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Stewardship—it's more than managing money

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

The extended life span of the average American is well documented. On average, men now live 76.5 years and women about two years longer. A more interesting statistic is the growing number of centenarians. In fact, individuals

“The curtain is going down on the second act of my life, and it’s rising on the third act. It’s a Shakespearean play, five or six acts; this is clearly Act III, but I’m sure it’s not the last act.”

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—Norman Lear, producer and playwright at age 65

over 100 years of age represent the fastest-growing segment by percentage of the whole population. What are the implications of living to be 100 or older?

First of all, it is going to cost more than most people thought when they planned their retirement. Financial advisors now have a subset within their profession that focuses on just that issue and concern for their clients over 50. Social Security resources and retirement benefits provided in the private sector do not look as promising as they did even a few years ago. Most of us are going to need more resources than we originally planned.

A second major concern is premature retirement. Although 62 might have been the right age to consider retiring when the original Social Security system was enacted, most employers now are hoping to retain or gain the experience of the knowledgeable employee—with age not necessarily being the most important issue.

The idea of stewardship applies to more than just finances for retirement, however. It also applies to our “health” account and engagement in the world around us. Good stewards pay attention to physical activity, diet, socialization, and all the other markers of well-being for any individual of any age. We only have one body issued to us for the journey we are all engaged in, and it needs to last throughout our lifetime. Continuing good health practices and choices and spending time on the things that bring us fulfillment, contentment, and joy are as important to quality of life as having enough money to pay the bills.

Touchmark communities focus on the whole picture of having a life well lived—not just in the past but in the present and going forward. To participate in Waterford Life Enrichment planning and programming, contact Life Enrichment and Wellness Director Shawna Dschaak. Your energy, wisdom, and life experience are welcome and appreciated.

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Exercising outdoors

by Shawna Dschaak
—Life Enrichment and Wellness Director

With winter’s end and warmer weather approaching, many individuals are ready to incorporate outdoor activities into their exercise program. It’s important to prepare for exercising outdoors by following some simple tips:

1. Dress appropriately—It’s important to dress in layers with the ever-changing North Dakota weather. Check with your local weather station or newspaper to help determine what kind of clothing to wear. Always choose breathable fabrics that can keep you cool and dry.

2. Sun protection—Always protect your skin, even on a cloudy day. According to the Centers for Disease Control and Prevention, one should choose a sunscreen with at least an SPF 15. Follow the product’s direction on how often to reapply. It is also important to protect your eyes and skin from the damaging effects of the sun. Wear hats that provide protection for your ears and neck along with sunglasses to help protect against the UV rays.

3. Fluid replacement—It is important to stay adequately hydrated while exercising. According to the American College of Sports Medicine, an individual should consume two cups of fluids two hours prior to exercising

and should drink water during exercise at a rate that matches your sweat loss. To calculate how much fluid you would lose during exercise, weigh yourself before and after exercising and drink 16 ounces of fluid for every pound lost. Water is a suitable choice for rehydration, but those exercising for more than 60 minutes per session may want to consume a sports drink containing electrolytes.

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Meet Waterford's resident care manager

by **Bonnie Mehrer, LPN**
—Resident Care Manager



Bonnie Mehrer

I was born in Harvey, North Dakota. I attended school in Harvey and went on to college in Minot. My husband and I were married in 1971 and lived in Turtle Lake, North Dakota, for 24 years, where we owned and operated a grocery store and raised three wonderful daughters. I then went back to school for nursing in 1994—graduating in 1996. I have worked in long-term care, dialysis, orthopedics, and memory care.

Our daughters are all married, and we now have a total of six grandbabies, ages 4 months to 6 years. They are a joy to us but live too far away to spoil on a consistent basis.

We have lived in Bismarck for 10 years and enjoy gardening, walking, reading, watching sports, and being active in our local church in various music ministries. I am happy to be a part of the entire Touchmark-Waterford team.

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 April is a story with a photo.

Tequila!

by **Bob Keim**
—Resident

On a recent trip to Mexico my picture was taken by the bus company as we stopped for a tour. Later that day, as we were returning to our hotel, I was asked if I wanted to buy my picture that the bus company had taken. I decided to buy the photo for \$15 not knowing until later that my picture would be a personal label on a pint of Tequila.



Bob Keim's personalized Tequila bottle from Mexico.

For May, please submit a story about your fitness routine or sport passion and how this is supported by your friends or coach. Deadline for this issue is April 6. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment and Wellness Director Shawna Dschaak.

Upcoming events

Thursday April 20, 7 pm—*Investing Strategies for Women* presented by Financial Consultant Denise Bares of Wells Fargo Investments, LLC, and Trust Officer Annie Kling of Wells Fargo Bank. Dessert social to follow. Limited seating—please RSVP by April 13 by calling 323-7000.

Looking ahead ...

Wednesday, May 31, 9 am to noon—Second Annual Health Fair in honor of National Senior Health & Fitness Day. Enjoy local organizations' and businesses' exhibit booths, door prizes, and refreshments at the Waterford.

Tour this lovely model home



The Amherst single-level home is set up with Waterford furniture, so call to make an appointment to see this beautiful model home. Its location right across the street from the Health & Fitness Club is a great advantage for those who love to swim and stay active. Ask Reva for more details by calling 323-7000.

April Fools' Day is here. Some use this holiday to play tricks and to provoke laughter among friends. This holiday is not only fun, but the humor it brings can improve emotional and physical health. This article is intended to tickle your fancy and give you a smile. Here's to health and good laughs.

Grand adventures

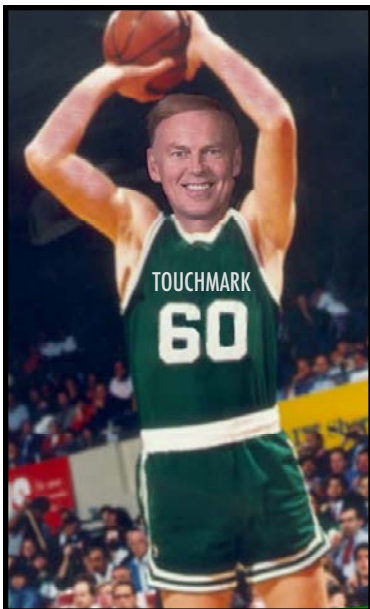
CEO honors the original adventurers

Touchmark CEO Werner G. Nistler has run dozens of marathons, flown planes through snow, sleet, and rain, and has blazed into the resort-retirement industry with fabulous success. To celebrate 25 great years and to honor the original adventurers, Lewis and Clark, Werner will retrace the Expedition's path.

"I plan to use the same equipment that Lewis and Clark used," says Werner. "No modern devices—candles, canoes, and sleeping under the stars." Werner will also wear the traditional garb of Lewis and Clark, including leather boots, a fur cap, and woven clothing. He is extending an invitation to others who would like to join him.

The 3,700-mile-trip will begin April 1, 2006 and will end at the Pacific Ocean on April 1, 2008. Werner will continue his duties as CEO via handwritten letters. He also plans to write about his experience in journals.

(This just in: Werner will postpone his trip until April 3, as he has been drafted by Touchmark University for an important game.)



Touchmark CEO shoots and scores at a recent Touchmark University game. Basketball is just one of this adventurer's interests.

Residents celebrate with skydiving

Residents Annie and Ralph Johnson will celebrate their 50th wedding anniversary this spring by jumping from a plane. "I've always wanted to fly—literally," says Ralph. "Our anniversary is a perfect time to take this leap of faith like we did 50 years ago." The Johnsons met and married while working as teachers in Nome, Alaska.

Annie plans to use a pink parachute for her jump. "I'm so excited," says Annie. "I too have always had the dream of flying, and I wouldn't want to jump with any other person than Ralph." The Johnson's son and daughter fully support the skydiving event and are even paying for lessons. The jump will take place April 1.

Around the world in 80 days

Resident Cathy Smith will celebrate her eightieth birthday by traveling around the world in 80 days. "My granddaughter and I read *Around the World in Eighty Days* by Jules Verne last year, and we both agreed an 80-day trip would be an amazing way to celebrate," says Cathy.

Cathy will leave April 1 by plane from New York City and will travel to Spain, Africa, and Australia. While in Spain, Cathy plans to participate in a traditional bullfighting contest. "I've been practicing," says Cathy. She will stop in Africa for a safari and will spend a few days living in the Australia outback with kangaroos.

