



A Touchmark® community



Join us for June events and outings



Message from
Arlene Farnsworth
—Executive Director

For June we have many interesting events and outings planned. My favorite will be our Catch a Painted Pony excursion on June 23. If you are not familiar with these ponies, check out their Web site at catchapaintedpony.com.

We're also looking forward to our trip to the Dakota Zoo on June 16 and pontoon rides on the Missouri on June 19. Remember to look over the upcoming events section and come join us for these great activities.

If you'd like to know more about Waterford, come for a tour or sample our delicious meals by giving us a call today at 701-323-7000.

Connecting the generations

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

In the modern world—at least throughout much of North America today—the “wisdom of elders” is often overlooked and sometimes unattended. The lessons of the past have shown that the elder statesmen, scientists, businesswomen, poets, writers, homemakers, and philosophers have provided wisdom and life experience to all of us via the political process, cultural enrichment, and critical thinking. In today’s society, however, it seems that we have forgotten the contributions of our elders through the ages.

**“One thing is certain,
and I have always
known it—the joys of
life have nothing to
do with age.”**

.....
—*May Sarton, poet*

William Thomas, MD, is a researcher and practitioner who has studied the phenomenon of isolating older adults. He states that, “Loneliness, helplessness, and

boredom are impervious to the silver bullets of modern medicine.” As people age, what they need to offset the possible loss of family, neighbors, and friends are caring relationships provided by an environment of support and sustaining efforts of goodwill.

Children may or may not have access to the opportunity to share their dreams and stories with a grandparent or older adult who is not a member of their family. The intergenerational programming in Touchmark communities is designed to bring people of all ages together to enrich

each other's lives. In many program offerings, children are gaining knowledge and respect while developing genuine mutual friendships with residents in their seventh, eighth, and ninth decade of life; in fact, there are centenarians in some communities. Programs and events are held both inside and outside Waterford to support ongoing relationships among residents and guests of all ages. To contribute ideas or volunteer in the Full Life intergenerational programs we sponsor, contact Life Enrichment/Wellness Director Shawna Dschaak.

Touchmark's unique family e-mail helps bridge the digital divide!

Increasingly, people of all ages are turning to the Internet and e-mail to keep in touch and send photos. If you have family or friends living at a Touchmark community who don't have e-mail, you can still communicate with them electronically by using Web e-mail. Here's how:

- Go to **Touchmark.com** and locate the appropriate community.
- Once you're on the community page, click on the **Contact Us** on the left-hand side.
- A screen that lists several options will load; click on **Send a Message to a Resident**.
- Write your message.
- Click **Send**.

The message is sent to a designated staff member, usually in Social Services of Life Enrichment, who prints the e-mail and hand-delivers it to the recipient.

Beverly den Ouden's father lives at Waterford at All Saints in Sioux Falls, South Dakota. "My father is frequently in my thoughts, [and] the quick use of the e-mail is a convenient and meaningful way to connect those thoughts to the person I love."

If a resident wishes to reply to an e-mail, he or she can contact the staff member who hand-delivered the e-mail. The staff member will work with the resident to compose and send an e-mail response.

Residents living in Touchmark communities also can take advantage of several computers located in Touchmark libraries or business club rooms. For more information, please contact the front desk.

Imagine yourself here



Enjoy time with friends and leave the lawn and yard work to Waterford. Waterford has apartment openings now for you to walk through. Please call Reva at 701-323-7002 for your personal tour.

Hotline offers fast and efficient way to learn daily events

Waterford residents can discover the day's events on the new Today's Happenings Phone Line. This hotline is available 24 hours a day and is updated daily at 6 am with current events. The hotline is accessible to residents, staff, or family members within the building by picking up any phone and dialing 6. Have questions? Stop by the front desk.

National Senior Health & Fitness Day a big success

Nearly 200 people attended Waterford's National Senior Health & Fitness Day health and wellness fair last month. Waterford and exhibitors gave away great door prizes, several local companies and agencies offered demonstrations and discussed various wellness topics, and people learned the latest information on maintaining a healthy lifestyle while enjoying tasty, nutritious snacks.

Waterford welcomes new Health & Fitness Club team member

Yolanda Karas joins Waterford Health & Fitness Club and brings a broad range of experience and training. Yolanda's experience and credentials include: FiTOUR® certified Pilates MASTER practitioner, FiTOUR certified personal trainer, FiTOUR certified Group Exercise instructor, licensed massage therapist, American Red Cross CPR and First Aid Certified, an associate's degree of applied science in massage therapy from Williston State College in North Dakota in 2002, a bachelor's degree of University Studies from Dickinson State University in North Dakota in 2005, and adjunct instructor of human biology, anatomy, physiology, and fitness at Bismarck State College.

"I love the Bismarck community," says Yolanda. "I've been involved in the community as a volunteer fitness instructor for local churches, Habitat for Humanity, and the ONE Campaign." Yolanda grew up in Minot, North Dakota, and enjoys spending time with family and friends, hosting women's Bible study, traveling, hiking, biking, playing Frisbee, cooking, and spending time on the Missouri River.

Stop by the Health & Fitness Club and welcome Yolanda.

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 June is "I remember when ..."

Frontier medicine

by **Freida Park**

—Resident at Touchmark's retirement community in Helena, Montana

I remember the two bottles of medicine that stood side by side on our cupboard shelf. One was labeled liniment, and the other was castor oil. The liniment was commonly used for aches and sprains, sore muscles, and what all old-timers called rheumatic. I remember hearing about horse liniment, and I believe that which was in our small bottle came from a larger bottle stored in the barn.

More familiar to all of us was the large bottle holding a thick lovely, light-yellow, syrup-like liquid. The sight of this bottle was enough to bring forth retching and gagging sounds from us kids. It was, of course, the remedy for all childhood illnesses: colds, fever, chicken pox, measles, imagined constipation, diarrhea, and stomach upsets from eating green gooseberries. We were told that holding our nose while tipping our heads back, mouth wide open, eyes clamped shut, would help it go down. To mix it with anything else only ruined forever the taste of whatever it was mixed with. There was no malingering about being "too sick to go to school." We knew the consequences of that attempted deception. Yes, a double dose of castor oil.

My parents were firm believers in the "spring tonic" ritual. I don't know where they bought the sulfur, but the molasses was a staple in our pantry. This mix was usually fed us about the time of spring when we could change from winter underwear to spring underwear. It was believed that our blood had thinned down during the winter months and we needed a boost to get us ready for the active summer months. This may have also been the preventative for an imaginary attack of worms. The last time we had this obnoxious mixture was when my Aunt Fanny insisted that mother grind up pumpkin seeds to add to the effectiveness of this spring tonic. Mother misunderstood the directions, or forgot to remove the kernels from the outer hard shells, and the mix was very rough and hard to swallow. We got sick from this treatment, but Mother helped us through

this crisis with her other cure-all (besides castor oil): cinnamon toast in a bowl with rich warm milk.

A toothache was cured with a piece of wet cotton rolled in ground cloves and applied to the gums and on the aching tooth. A deeply embedded sliver was treated with a piece of salt pork and brown sugar worked into the pork. The salt drew the sliver out, but I don't know what the brown sugar accomplished.

Dad's snake bite medicine was kept in his office in an apricot-brandy bottle. I never got to taste that, never having been bitten by a snake. He suffered an occasional snake bite.

Mud dabbed on bee stings, mosquito bites, and stinging nettle rashes, sometimes worked. Also, if we had a really miserable itch, a paste of soda and water was applied. Usually time healed these minor problems.

I will have to do some research on other cures used during those early days when we lived so far from doctors or hospitals. Ah, life was good and simple then, and other than the enemas and castor oil, we stayed healthy and happy with our mother's home cures. (I think the use of castor oil would now be termed "child abuse," and who knows what category an enema would be considered.)

For July, please submit a poem featuring patriotism and community service. Deadline for this issue is June 12. For a list of the guidelines, monthly themes, and deadlines, please contact Life Enrichment and Wellness Director Shawna Dschaak.

Upcoming events

Thursday, June 15, 2 pm—Knee pain, presented by Chad Bergan, MPT, from Dakota Physical Therapy.

Friday, June 16, 2:30 pm—Dakota Zoo trip.

Monday, June 19, 2:30 pm—Bus leaves Waterford for pontoon rides on the Missouri River.

Friday, June 23, 2:30 pm—Catch a Painted Pony excursion.

