

# NEWS Release

The logo for Waterford is an oval with a dark green background and a gold border. The word "Waterford" is written in a gold, cursive font inside the oval.

## Waterford on West Century

FOR IMMEDIATE RELEASE

February 28, 2005

For further information:

Reva Kautz, 323-7000

### **LEARN HOW TO AGE—WITH HUMOR**

(BISMARCK, N.D.)—The public is invited to participate in the special presentation “Keeping Our Sense of Humor As We Grow Older.” Presented by noted speaker Rodger Wetzel, the free session will be held at the Waterford on March 18 at 2 pm. Refreshments will be served, and those attending can register for door prizes. The Waterford is located at 1000 West Century Avenue in Bismarck. Space is limited; please call 323-7000 to reserve a seat.

Wetzel serves as the director of the Eldercare, Community Health and Foundation Programs at St. Alexius Medical Center. Prior to this position, he was the assistant director for North Dakota Aging Services in the Department of Human Services. He is recognized for helping address aging issues in programs such as the Bis-Man Transit System, the Burleigh-Morton Community Elder Service Network, and the annual Geriatric Healthcare and Alzheimer’s Conference.

The Life Enrichment and Wellness program at Waterford includes numerous ongoing activities. Waterford on West Century is part of Touchmark®—a company that has been serving the needs of older adults and their families for 25 years. Waterford began providing resort-style living to people in and around Bismarck in 2000 and is currently home to more than 120 people. Designed for adults 55+, the community offers single-level homes as well as a wide range of floor plans for those preferring an apartment. Memory Care, independent and assisted living options are available. An on-site Health & Fitness Club is open to the public for those 40+.