

## Four community volunteers making a difference

A common theme runs through the lives of Joan Morton, Dorie Liffrig, Joan Bentz, and Dianne Schaeffer—volunteering time and talents to enrich the lives of others. Each woman is a member of the Waterford Health & Fitness Club, and through friendships with other Club members, they learned about Waterford’s volunteer program, offering them a unique opportunity to share their talents.

**Joan Morton**, 57, joined the Waterford Health & Fitness Club in 2005 after hearing about the exceptional fitness offerings from a friend. “It’s a nice, family-kind of place, and everyone is so welcoming,” says Joan.

After retiring from teaching elementary physical education for 33 years, Joan knew she wanted to stay active. “I’ve never been one to sit.” She enjoyed animals and started looking into pet therapy. “I’ve always wanted to volunteer with my dogs,” says Joan. “I was working out at the Club and thought volunteering at Waterford would be a great idea.” Now, Joan and her Doberman pinscher Izzie frequently visit Waterford’s Devonshire neighborhood. Izzie has her American Kennel Club Canine Good Citizen® and Love on a Leash certifications, which reflect her relaxed, friendly, calm personality. Joan also has done pet therapy with her two horses. “It

was so rewarding, and last summer, we brought in the baby lambs, and everyone helped feed them.” (See photo on page four.)

**Dorie Liffrig**, 77, and her husband joined the Waterford Health & Fitness Club four years ago.

“It’s a beautiful facility, and I like the people.” Dorie had been playing accordion at two local nursing homes, and thought that it would be fun to play for people at Waterford, as well. “Waterford is so close, so I inquired about playing.” Dorie now brings patriotic and spiritual songs, polkas, and country western music



**These four women are committed to fitness—and helping others. Clockwise, from top left: Joan Morton, Dorie Liffrig, Dianne Schaeffer, and Joan Bentz.**

to people living in the Devonshire neighborhood. “I get so fired up about the people at the Waterford,” says Dorie. “The relationships are really what motivate me. I can see that what I’m doing is worth my time.”

**Joan Bentz**, 50, joined the Club after taking a tour of the Waterford community. “I was very impressed with the people who work there,” says Joan. Soon afterward, she started attending aquatic classes and soon learned about Waterford’s volunteer program.

“I’ve crafted all my life,” says Joan, who now shares her creative talents with residents. (See photo on page four.) The craft group meets weekly, creating snowmen, shamrock napkin rings, Easter trees, and other crafts. “It’s just fun,” shares Joan. “They come and have a good time, and I probably get as much or more out of it than them.”

**Dianne Schaeffer**, 66, joined the Club in November 2006 to help prevent the return of her tendinitis. Dianne’s husband also started coming to the Club. “Going as a husband-and-wife team is enjoyable,” says Dianne.

It was during her aquatic fitness classes that Dianne met Joan Bentz, who asked if she’d like to assist with an upcoming craft project. Dianne accepted the invitation and (*cont.*)

(cont.) helped the craft groups create snowmen. Having taught first grade for more than 25 years, Dianne shares that crafting is a necessity for any elementary school teacher. For Dianne, the reward of volunteering is seeing people achieve their goal with satisfaction.

“I’ve always enjoyed being with people and trying to make their life happier,” she says. “My reward is ... seeing them smile.” (See photo on page four.)

If you’d like to learn more about Waterford’s volunteer program, call the Life Enrichment team today or visit [Touchmark.com/Volunteer-Opportunity.htm](http://Touchmark.com/Volunteer-Opportunity.htm). ■

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## Changing lives—affecting communities



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

There is general consensus from researchers that older adults who consistently participate in activities with youth have very little awareness of the major contributions they are making to the culture of communities. That one-hour-per-week commitment helping an underachieving reader; teaching a child to knit or crochet; making and baking cookies, or tutoring the struggling math student may seem like a small con-

tribution in light of the many hours spent on other endeavors. But in the aggregate, the impact is enormous.

The intergenerational programs

**“The following principles have been put forward regarding the civic engagement movement in the second half of life: opportunities should reflect choice, not coercion; meaningful engagement, not exploitation; opportunity, not obligation; and the intergenerational benefit.”**

—Patrick Cullinane, MS

at Waterford encourage skill building, shared interests, adventure, and friendships. An obvious benefit is the relationships established among the residents and youth. Less obvious but nonetheless beneficial outcomes of intergenerational programming have been studied around the world by the Center for Intergenerational Learning at Temple University. They include improvements in:

- Academic achievement, school behavior, and life skills of middle-school youth;
- Reading skills of young

children;

- Attitudes of high school and college students toward community service and the elderly;
- Parenting skills;
- Caregiver stress;
- Well-being of older adults.

If you’re interested in sharing your talents and changing a young person’s life while making a genuine difference in communities, contact Waterford Life Enrichment Director Kaye Knudson. You’ll find opportunities both on our campus and in the broader community. Program offerings include one-to-one, small groups, and large sessions with children and youth of all ages. ■

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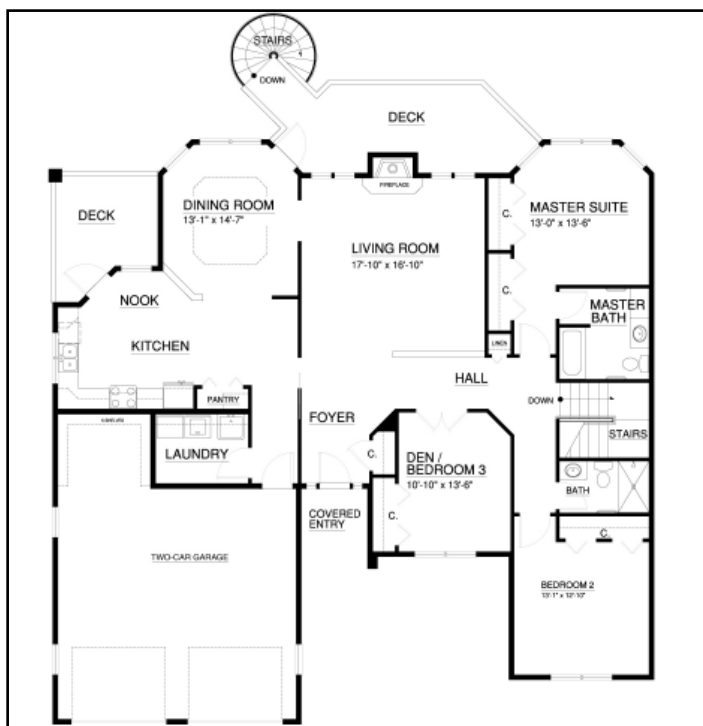
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## A lifestyle with heart

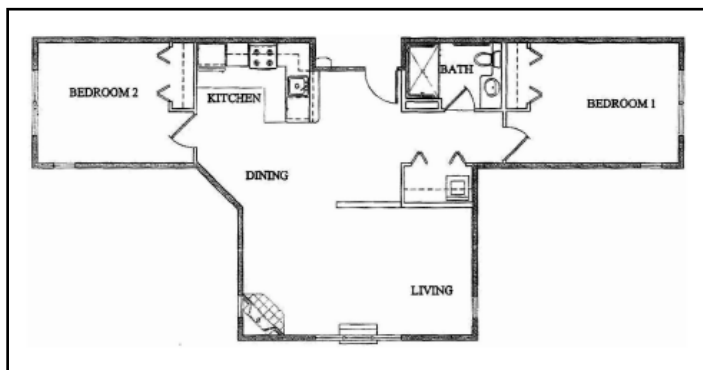
For more than 30 years, the country has celebrated National Volunteer Week in April. For residents, staff, and friends of Waterford, volunteerism is celebrated throughout the year.

Waterford on West Century welcomes volunteers and provides opportunities for people to assist with programs and services, such as resident committees, musical entertainment, social events, and more. People use their unique skills and rich backgrounds to help create a vibrant community. Read the story on page one to learn more about the many available volunteer opportunities. Call today to (cont.)

(cont.) learn more about Waterford's active lifestyle and spacious homes. ■



The Avondale home at 1021 Waterford Drive offers a 4,056-square-foot floor plan with two fireplaces, large kitchen, and formal dining room. There is a large laundry room/mud room near the garage entrance. The living room and bedrooms on the main floor feature cathedral ceilings. There's also a basement patio, two balconies on main floor, a large office, and den. Come tour this recently updated, two-story home today.



This 1,037-square-foot apartment includes scenic views, a fully equipped kitchen, and fireplace.

## Australian performers visit Bismarck



Martin (left) and Aubrey Beggs, brothers from Australia, performed an “Australian kaleidoscope” of music, dance, and history for residents and guests. The special Folk Art performance was part of the artist-in-residence program sponsored by the North Dakota Council on the Arts and the Bismarck Public Schools. “Everyone was so delighted, and Martin and Aubrey were very entertaining,” says Life Enrichment Director Kaye Knudson, who worked with the Bismarck Public Schools to set up the performance at Waterford. “I was so excited that Waterford was asked to be a part of this multicultural and intergenerational program.” The Beggs brothers say their presentation weaves together tales from “the only continent that is also a country” and highlights settlers, including miners, farmers, shearers, and explorers, as well as the Aboriginal people, who have lived there for approximately 40,000 years.

## You said it!

*“Thank you so much to the Life Enrichment Team for bringing in the Australian Artists. They were so interesting, and their music was so upbeat.”*

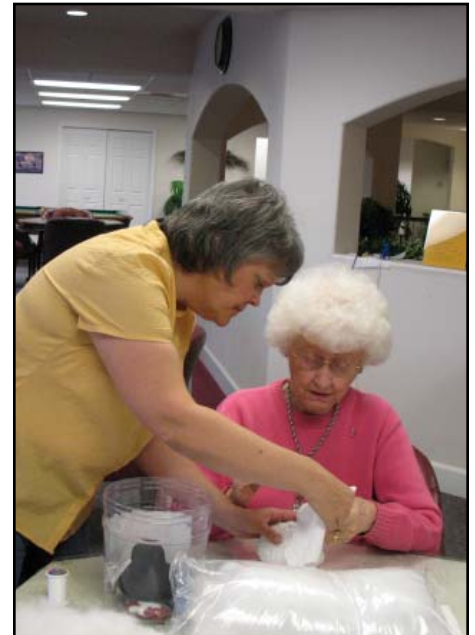
**Adele Johnson**

—Resident

## Recent events



The craft group colors eggs for an Easter project.



Volunteer Joan Bentz (left) and Gloria Fuhrer work on a craft project.



Volunteer Dianne Schaeffer reads a fun story for residents.



Front row, from left: Paulie Ressler, Jacob Zetocha, and Waterford Health & Fitness Club Director Shawna Dschaak feed the baby lambs during a pet-therapy visit. Volunteer Joan Morton (background) regularly brings her pets to visit.



Mabel Hanson won a half-hour massage at the recent open house.

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## Coming Events

**Saturday, April 12, 2:30 pm**

Just for Kicks Dance Team will perform. Chapel.

**Saturday, April 26, 2 pm**

Windwood Trio from University of Mary will perform. Chapel.

### Save the date!

**Saturday, May 10, 1 to 3 pm**

Family Swim Day. Residents, Waterford Health & Fitness Club members, guests, and staff are invited to bring their children and grandchildren for a fun family swim event. Please bring your own towels. Children must be accompanied by an adult. RSVP by calling 701-355-1280 by May 7. Cost: \$5 per family.

**Thursday, May 15, 1:30 to 3:30 pm**

Garden Party. Enjoy an exciting afternoon with guest speaker Ginny LaFave from Plantperfect. Ginny will share some useful gardening ideas and tips. Enjoy refreshments and sign up for door prizes. Four Seasons Dining Room.