



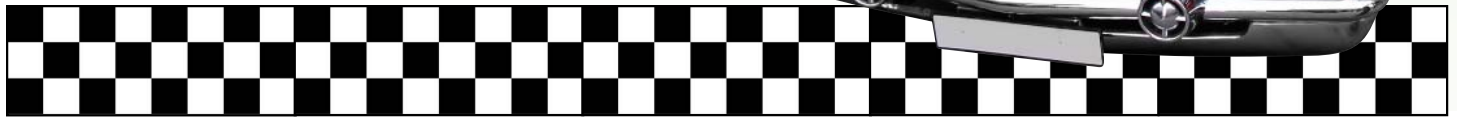
A Touchmark® community  
Est. 1980

# Let the good times roll!

You're invited to Waterford's summer Barbecue and Hobby & Car Show Thursday, June 26. The event is from 5 to 7 pm, with the barbecue running from 5 to 6:30 pm.

Members of the Roughrider Chevrolet Association will show off their cars at the event and be available to share insights about the cars. Waterford resident artists will showcase hobby pieces, including stamp collections, wood carvings, toy tractor collections, dolls, and artwork.

Call 701-323-7000 to RSVP by June 19. ■



## Choosing how you spend your time

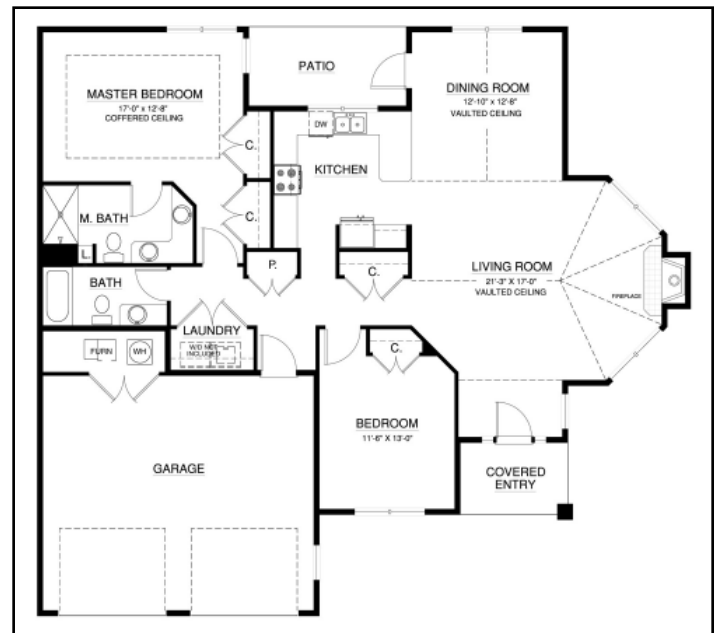
June ushers in the summer season, and for many, this month marks the beginning of a yard-work and home-maintenance marathon. This isn't the case for the men and women who have made Waterford their home.

Kendra West, a resident of Touchmark at Mt. Bachelor Village in Bend, Oregon, summarized her delight at choosing how she spends her days. "The thing that really has changed is I have more time to relax. I have more time to walk down to the river and fish. I have more time to read. And that's what I really enjoy at this point. I am still active, but I am giving myself more time to do other things instead of mowing the lawn, and working in the yard, and things like that."

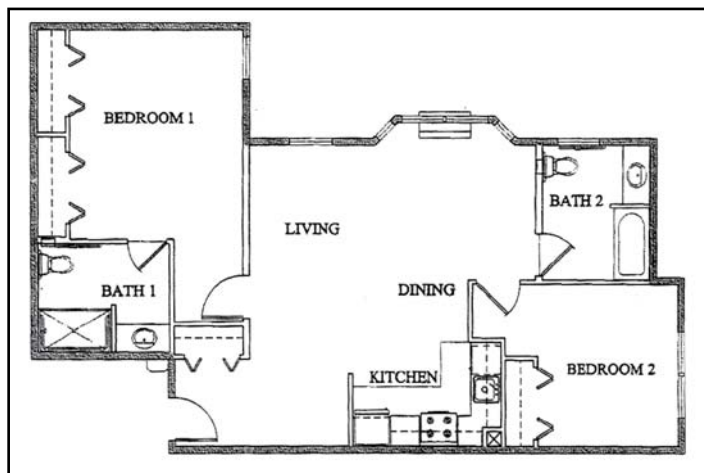
Instead of spending time maintaining the yard or house, consider a lifestyle that frees you to pursue your dreams, invest in hobbies, spend time with friends, volunteer and make a difference in others' lives, and travel. At Waterford, attentive staff take care of the

exterior and interior maintenance, so you can enjoy the pleasure of independence.

Call 701-323-7000 today to learn more. ■



**This 1,587-square-foot home features an inviting fireplace, cathedral ceiling in living room, a kitchen, and formal dining room. A patio sits right off of the dining room. Join us today for a personal tour of this home.** (cont.)

*(cont.)*

With more than 1,000 square feet, this apartment offers a spacious master bedroom with a lovely view from the window that faces north.

## Defining leisure



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

It may be hard to realize the importance of leisure as one of the personal drivers that defines whole-person wellness for an individual, but the value of this key component is distinct. Both in the research and in the lives of people who are dedicating time and attention to the pursuit of their “personal” definition of leisure, there is a life satisfaction benefit that is unlike any other.

**“He enjoys true leisure who has time to improve his soul’s estate.”**

—Henry David Thoreau, journal entry, February 11, 1840

While people describe their individual pursuits of leisure differently, all events and interests hold one attribute in common. Comments collected from

interviews with colleagues, friends, and others include:

- “Uninterrupted time to read a book/newspaper/magazine in the comfort of my favorite chair.”
- “Rising early to stand in the meadow and bird-watch with other devoted birders.”
- “Going on a cruise.”
- “Writing [my prose/poetry/journal].”
- “Traveling to a destination that I have longed to see or revisit.”
- “Baking with my grandchildren and their friends.”

The one attribute in common? All of the responses reflect a personal journey to pleasure, memories, and fulfillment. These are the moments we all remember and revisit when the pressures and challenges of the normal routine crowd in on well-being and create tension and fatigue.

To find out more about the pursuit of leisure through life enrichment and wellness program offerings and events at Waterford, contact Kaye Knudson, director of Life Enrichment/Wellness. We invite you to spend time “to improve [your] soul’s estate.” ■

## Recent events



**Waterford and Plantperfect Garden Center put on a fun Garden Party, where people learned gardening techniques, took tours of Waterford, and enjoyed refreshments and healthy snacks. Bernice and Allen Scherer talk with Jan Biel (in pink shirt) about the different herbs on display.**

*(cont.)*

June 2008

*(cont.)*

**Kathy Eckert won a \$50 gift certificate for use at Plantperfect.**



**Plantperfect's Ginny LaFave (left) joined the party as a guest speaker. Resident Dorothy Foster writes down Ginny's gardening tips.**



**Members of the Bismarck High School Jazz Combo (from left: Matt Fornshell, Andre' Desautel, Evan Morgenson, Nick Monroe, Brittany Bisnett, and Grayson Lorenz) perform at the Volunteer Social. Waterford honored volunteers for sharing their time and talents with the community. The social included a presentation by Kristy Pfliger-Keller, who shared how volunteering can help maintain a healthy brain.**

## Exercising outdoors

With spring's end and warmer weather approaching, many are ready to incorporate outdoor activities into their fitness programs. Prepare for outdoor exercising by following these simple tips:

1. Dress appropriately—Considering North Dakota's ever-changing weather, dress in layers. 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. Remember to protect your eyes as well as your 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 *(cont.)*

(cont.) 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.

For more fitness ideas, stop by the Waterford Health & Fitness Club.

## Coming Events

### Evening Concert Series

A group from Waterford is planning to attend some of the community concerts at the Mandan Band Shell. The bus will leave at 7 pm for this no-charge, community event. Bring a lawn chair. Shows start at 7:30 pm. Friends and family are welcome to join the group and can reserve a seat on the Waterford bus by calling 701-323-7000.

- **Tuesday, June 10** – Missouri River Boys
- **Tuesday, June 17** – Steve Harmon
- **Monday, June 23** – West River Winds

### Tuesday, June 10, 2 to 3 pm

Cottage Open House at 919 Waterford Drive. Tour the Amherst model home, taste Waterford's summer "breeze" drink, and learn more about the Waterford lifestyle.

### Thursday, June 26, 5 to 7 pm

Let the Good Times Roll Barbecue and Hobby & Car Show. RSVP by June 19 by calling 701-323-7000.