

Remembering the moon mission

Residents celebrate 40th anniversary of Apollo 11 landing

Munching MoonPies and sampling astronaut food ... lunch with aliens and space trivia challenges are just some of the ways residents will be celebrating one of the defining events of their long lives.

Residents were in the prime of life in 1969 when Neil Armstrong and Buzz Aldrin took a giant leap for mankind. On July 21 and 22 they'll reminisce about one of our country's most incredible accomplishments and their own journeys since that "small step" took place.

Resident Sheila Robinson, 89,

remembers a quiet but meaningful gathering around the television on her family's homestead farm in North Dakota. Several generations and neighbors came together, including her son who had recently returned from Vietnam. "We didn't say too much; we were amazed. It was just so hard to believe."

Her sister, Jean Cambridge, on the other hand, had a more boisterous experience the next day. Visiting Europe with her husband, the couple walked into a banquet room for breakfast at an international event, where each nation represented had a

table. When the Americans arrived, those seated at all the other tables stood up and cheered for America's great accomplishment and proposed a toast to the men on the moon. ■



Sharing a smile

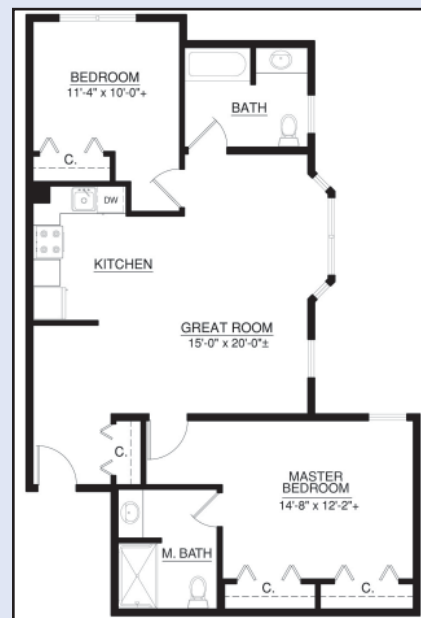


Kylie Helm wants to share a smile. The 2008 Miss Junior Teen North Dakota approached Waterford Life Enrichment/Wellness Director Autumn Edwards with the idea of starting a grandfriend program at the retirement community. "She explained that she wanted to bring a smile and share some happiness with residents by connecting younger and older generations," says Autumn. The grandfriend program started earlier this summer with five teenagers and five older adults meeting monthly. Each person has a buddy. They enjoy conversation and food and work together on an activity. "We're having a great time and both Kylie and the participants are looking forward to seeing the program grow," says Autumn. If you'd like to learn more about the grandfriend program, talk with Autumn.

The perfect place for your welcome mat



Experience the good life in this Avondale home. Two bedrooms, two bathrooms, a den, and 1,874 square feet of living space provide plenty of room for entertaining, storage, and even a hobby or two. Cozy up by the gas fireplace and relax in the spacious comfort of your new home. A great home, a great community, a great lifestyle—that's what Waterford is all about!



Take in the view of Bismarck from apartment 330. The soaring ceilings make the 1,048-square-foot, two-bedroom, two-bathroom home seem even more spacious. Call today and discover why, "It's a great day at Waterford!"

Receiving national award

Waterford's sister community, Touchmark at Mt. Bachelor Village, recently received national acclaim from the National Association of Home Builders. Touchmark's Cliff Lodge and Terrace Lodge were named Best Independent Living Community and received a Gold Award (the highest given) at the 2009 Best of 50+ Housing Awards. Learn more by visiting TouchmarkBend.com/news.

Authors in Residence Series

Throughout 2009, Touchmark is featuring stories about authors (and their published works) who reside at Touchmark communities in the United States and Canada. The year-long series is a new aspect of Touchmark's award-winning Let Your Spirit Soar—a component of the Life Enrichment/Wellness program.

Ken and Adele share a full life of natural wonder

Ken and Adele Johnson are as colorful as the birds they watch.

Ask them about their lives, and you are treated to a captivating tale of tree-splitting sub-zero temperatures, romantic courtship, combat zones, doctors and nurses, global trekkin—and, of course, birds. Lots and lots of “amazing, incredible” birds.

Ken has been a “birder” for well over 85 years now. “My parents got me interested in birds, early on,” says Ken. His mother also had a teacher friend who visited them every summer in St. Paul, Minnesota, and helped fuel Ken’s obsession with birds.

“After I married Ken,” says Adele, “I had to join all of his birding excursions. It was either that or get left behind!”

The couple has trekked to many exotic places around the world to observe and count birds, including some very isolated areas of Canada “that hadn’t been counted either before us or after,” says Ken.

In fact, over the years, Ken—often with Adele by his side—has participated in 82 Breeding Bird

Censuses sponsored by US Fish & Wildlife and Canadian federal agencies.

They continue to participate in nationally sponsored bird activities. Just recently, they hosted the National Winter Bird Count during Bismarck’s 20-degree-below-zero weather. The Johnsons didn’t venture out this time but coordinated a potluck at Waterford for the group afterward and shared stories.

Today, birding is a more popular sport than golfing. But it was not always that way.

“In the early days,” says Ken, “most people thought that it was only little old ladies in tennis shoes that were birders.” Not so. “Sturdy shoes, casual clothing, binoculars, bird field guide, and maybe bug repellent, are all that’s needed.”

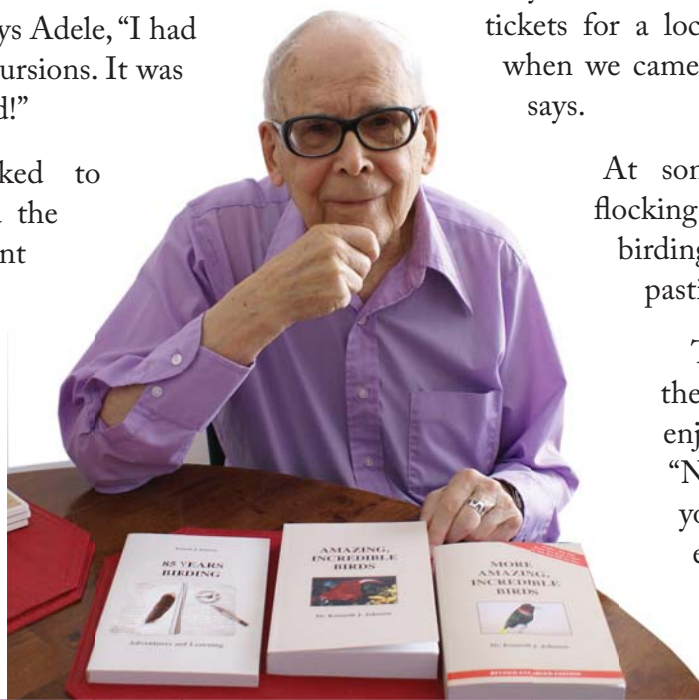
The Johnsons moved to Bismarck in the early 1950s so Ken could take a physician’s job in a small clinic. Adele says, “We kept our birding activities a secret, because it was such an odd hobby to have in those days.” She chuckles. “Ken didn’t want the other doctors to think he was a little nutty.”

Ken and Adele successfully kept their “odd” hobby a secret until they were asked to sell tickets for a local Audubon film. “That’s when we came out of the closet,” Adele says.

At some point, people began flocking to bird clubs, and birding became a more “normal” pastime.

Today, rather than hiding their hobby, Ken and Adele enjoy sharing it with others. “Now, when people find out you’re a birder, they get all excited and want to ask you questions.” Some of these questions strike

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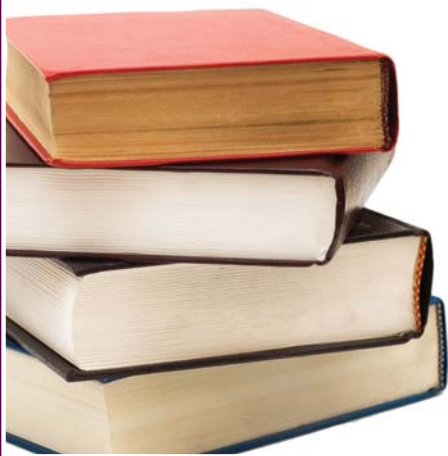
(cont.) Ken's funny bone. One person said to Ken, "I saw a black bird with a yellow head ... what could that be?" Ken responded with much authority, "It was probably a Yellow-Headed Blackbird."

In 2005, Kenneth wrote and published his first bird book, entitled *85 Years of Birding, Adventures, and Learning*.

Since then, he also has published *Amazing, Incredible Birds* and *More Amazing, Incredible Birds*.

"These are not bird guides but very different," says Ken. "They describe various species of birds and all the amazing things that are characteristic of them."

Adele usually reads Ken's draft chapters and offers her opinions. Says Ken, "She also wrote her own chapter for one of my books on the subject of SOB's." He quickly explains that an SOB is a "Spouse of a Birder." Although, after more than 60 years of going on outings with Ken, Adele is surely more than a spouse, and is a birder in her own right.



Several years ago, Ken also became a regular contributor to the local newspaper. Sponsored by the Bismarck-Mandan Bird Club, Ken's bird articles are published monthly (over 80 of them so far) in *The Bismarck Tribune*. Like his books, each article is packed with fascinating, little-known facts about common and exotic birds. You needn't be an official "birder" to enjoy them.

One of Ken's books was read by a community volunteer to a group of Waterford residents who are visually impaired. Ken says, "The volunteer told me they could hardly put the book down when the reading hour was over." He loves sharing his passion with others.

Both Kenneth and Adele grew up in Minnesota

Ken was born in St. Paul "the day after Halloween in my parents' bedroom" in 1916. He earned his Bachelor of Arts from Macalester State College in St. Paul, his Master of Science and Doctor of Medicine from the University of Minnesota. Then, war broke out.

After graduating from medical school, Ken enlisted in the Army Medical Corps. He was in the service for two years as a lieutenant and then was promoted to captain during combat in Okinawa.

Adele was raised in a small town outside Minneapolis, called Waconia. After graduating from high school there, she went to

Minneapolis to become a registered nurse. She met Kenneth J. Johnson in 1944 on the day of her graduation from University of Minnesota and St. Barnabas School of Nursing.

"I met this handsome young soldier," Adele recalls fondly. "He was in uniform about to go off to training. We married three months later. It was very shocking to my parents!"

After the war was over, Ken's unit came back to Honolulu, where Adele joined him in 1945. Because there were so many medical doctors looking for work after the war, it wasn't easy for Ken to find a place to practice.

Eventually, they left balmy Hawaii to spend a couple years in the cold of northern Minnesota. In 1951, during the first oil boom, Ken found a small clinic (now a thriving medical center) in Bismarck, North Dakota, and brought his family with him.

Initially an internist, Ken decided to specialize in immunology and bacteriology. Later, he became one of the first physicians to specialize in allergies, and wrote over 20 articles in medical journals. He finally retired in 1985 after a long, rewarding career.

Adele and Ken raised three boys and a girl. It's not surprising that the children inherited their parents' love for traveling and the natural wonders. "With four kids and a tent, we camped in all 50 (cont.)"

(cont.) states and all 10 Canadian providences,” says Ken. “It was a great education for them, and a great life for a family of birders.”

Watching and writing about birds isn't their only passion. Adele and Ken have discovered more interests since they've moved into their Waterford home. “More activities are available here than we could possibly participate in,” she says.

Adele volunteers at the community store for a few hours each week, plays the piano for chapel, and participates in dinner duets on Wednesdays. She and Ken both lead the daily devotions two mornings each week.

For Ken and Adele Johnson, life is filled with natural wonder, and every day is another amazing, incredible journey.

To read Ken's monthly bird column, visit www.BismarckTribune.com.

Kenneth's three books may be found at the Waterford library. They're also available online through Amazon.com, Barnes & Noble, and other book stores. In addition, his books are available in pharmacies and supermarkets throughout North Dakota. ■

Discover your prescription for wellness

Waterford Health & Fitness Club caters to the needs of active adults—40 and older—to encourage lifelong health and wellness. Members enjoy a wide range of programs and classes that can positively affect age-related conditions, such as arthritis, cancer, heart disease, stroke, osteoporosis, diabetes, hypertension, and depression. Exercise and physical activity are a vital part in the prevention and treatment of diseases.

Waterford's fitness and aquatic programs and classes are designed to help improve strength, flexibility, balance, coordination, cardiovascular fitness, emotional health, and mental acuity.

Add a class (or two) to your fitness plan:

If you're an early bird, try **Deep Stretch** or **Sweat & Sculpt**. **Deep Stretch** uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. **Sweat & Sculpt** is a strength class designed to sculpt and tone muscles.

- **Mature & Motivated (M&M)** starts with a warmup, followed by lively low-impact exercise. The last part of the class includes muscular strengthening using hand weights, tubing, bands, and balls. This hour class combines fun movements to boost energy and improve cardiovascular endurance.
- **Have fun in the sun! Outdoor Circuit** is a moderately paced walk that combines interval strength training

and calisthenics, using the surrounding environment.

- **Pilates & Sculpt** combines basic Pilates movements with sculpting exercises using weights and stability balls.



Qigong is a combination of deep breathing and easy, fluid, circular movements. Qigong can help lower stress, improve balance and concentration, and improve circulation.

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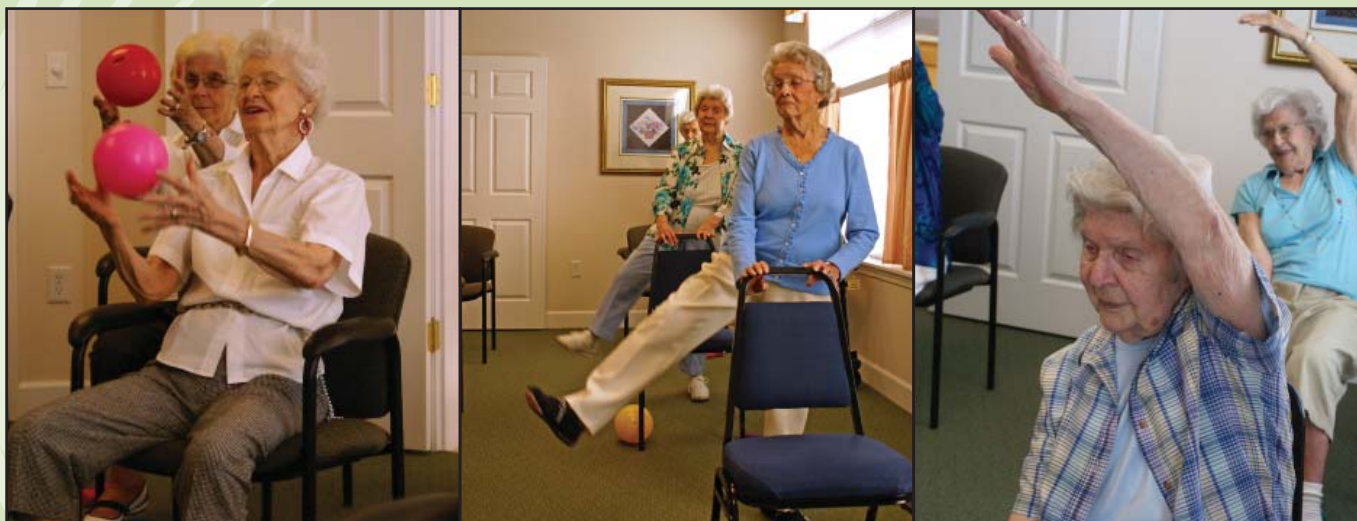
Pilates strengthens and lengthens muscles as it increases flexibility, balance, and coordination.

- **Hydro AeroFlex** is a unique type of class combining low-impact aerobic and flexibility training in the water.
- Try **Water Aerobics** or **White Water!** Water Aerobics is a fun water fitness class for a total-body workout. This class includes moderate-to-high-intensity cardio combined with strength training and flexibility. White Water is a high-intensity class in which participants wear webbed gloves to maximize their workouts.
- **Swimming** is great exercise. Learn how to use it to your best ability! Try a session of private, semi-private, or small-group swim lessons available for an additional cost.



JAWS is an entry-level low-impact aquatic class designed to increase range of motion and decrease pain due to arthritis or arthritis-like conditions. Water resistance is used for muscle strengthening and conditioning.

Call the club at 701-355-1280 and discover your prescription for wellness! ■



The Posture & Balance class helps participants with basic balance, flexibility, posture, strength, and coordination. The class is part of the award-winning Waterford Fall Reduction and Awareness Program.

You said it!

“We would like this e-mail to go to the CEO at the Waterford on West Century in Bismarck. We are so very pleased with the staff and [Waterford]. Everyone is always willing to please and always greets us no matter what time of the day or night we arrive. There are two staff members that stand out in our minds; they are top of the line. Carol Meier is outstanding; she was so helpful and is still helpful and so pleasant and willing to make Helen Pfaff’s stay great. The evening receptionist, Joselyn, is great. She greets everyone and makes you glad that you came to visit I know that you have excellent staff throughout the building, but these two ladies are wonderful! Thank you for having such a great place—secure and beautiful—and offering the best care available. Our whole family is very pleased with everything. Thank you! Thank you!!!”

Terry and Elaine Pfaff, family of resident

Citizenship—a call to action



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

Each July, cities and towns of all sizes in Canada and the USA display flags, hold neighborhood barbecues, sing anthems, and watch parades. Families, friends, and dignitaries gather to celebrate freedom and independence. This is an ideal time to review and renew individual commitments to citizenship.

Good citizens understand and accept the fact that they have a responsibility to their neighbors, the community, the environment, and the world. They realize it takes commitment—and actions:

“Be the change you want to see in the world.” —Mahatma Gandhi

- Do the right thing, even when no one is looking.
- Do the right thing, even when it is difficult.
- Share your time and skills with the community to make it better, cleaner, safer, and more accessible.
- Conserve resources—re-use and recycle.
- Reflect on how your actions affect the welfare of others.
- Lend a hand when you can.
- Stay informed on issues, and voice your opinion by voting.
- Be a citizen of the world and contribute to global well-being.

Being a good citizen requires each of us to resolve to work together to overcome the differences that isolate and separate us from each other and our shared future. Applying life lessons while looking toward the future is a skill that many older adults have developed. The unparalleled changes that have occurred in the last 100 years have provided a testing ground for change. The lessons are available to all of us who ask and listen.

At Waterford, we welcome and nurture diverse opinions and practical solutions to complex challenges. To participate in intellectual and stimulating discussions, contact Autumn Edwards, Life Enrichment/Wellness director. Your opinions and perspective are welcome! ■

Marge joins ICAA committee

Vice President of Wellness & Programs Marge Coalman, EdD, recently received the honor of being appointed to the ICAA Advisory Board. As a board member, Marge will continue supporting the goals of the ICAA, which connect professionals who, in turn, help older adults.

Homonyms ... words that sound the same but are spelled differently.

For example, *flower* and *flour*. Using this list, write a homonym for each word.

- | | |
|--------------|---------------|
| beet _____ | one _____ |
| hoarse _____ | heal _____ |
| prince _____ | they're _____ |
| plain _____ | bored _____ |
| foul _____ | you _____ |
| pale _____ | for _____ |
| nose _____ | cruise _____ |
| sent _____ | hi _____ |
| whale _____ | |

Coming Events

Tuesday, July 21 and Wednesday, July 22

Anniversary of Man Walking on the Moon. Activities include moon and space trivia challenge, lunch at Space Aliens, munching MoonPies, and more.

Wednesday, July 22, 10 am

Super Kids Jr Academy singers.

Thursday, July 23, 2 pm

Outing to Urban Harvest Farmer's Market.

Thursday, July 23, 7 pm

Capital City Cloggers.

Monday, July 27, 7:30 pm

Mandan Band Shell Concert.