



A Touchmark® community  
Est. 1980

## Beautiful at 103 — Resident featured in book, exhibit celebrating *Beautiful Women of North Dakota*

Tollie Schaumberg, a Waterford resident, is one of 50 women featured in the *Beautiful Women of North Dakota* project that was displayed in April at the Bismarck Art and Galleries Association (BAGA). Tollie, at 103 years old, is the oldest of the 50 women from across the state whose stories are conveyed in the traveling exhibit and book by the same name. Tollie, who represents *The Beauty of Poise* in the book, also attended the exhibit opening at BAGA.

Created by husband/wife team Billy Black and Chris Linnare of Fargo, *Beautiful Women of North Dakota* “reveals the hidden beauty of remarkable women.” Nominated by friends and family, the stories of the women are documented along with black and white photographs showing how “ordinary women create extraordinary lives.”

More about *Beautiful Women of North Dakota* can be found at [www.beautifulwomenofamerica.com](http://www.beautifulwomenofamerica.com).



Tollie Schaumberg

## Amy Miller joins Life Enrichment/Wellness team

Amy started as a Sales team member earlier this year. She is now taking on the role of Life Enrichment/Wellness director.

Prior to joining Waterford, Amy owned and operated Preserved Petals, offering gifts and freeze-dried flowers. Before that, she worked at Thompson Larson Funeral Home for more than 10 years as a licensed funeral director.

Amy has participated in various community activities. She has been the president and secretary for the Plum Valley Lions, served as founding member on the citizens' group Greater Expectations for Minot, and participated in the 2004 Mayor's Steering Committee. In 2001, Amy received a nomination for the YWCA Woman of Distinction Award. ■



## Unexpected consequences



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

*“Some kids are so busy they have no time to play. Others have no place to play and no one to play with. Some kids spend so much time front of TV and computer screens that they forget how to play.”*

*— Anonymous, wall mounting in children’s art exhibit area, Museum of Glass, Tacoma, Washington*

School budgets continue to be cut. Physical education and recess already are long gone in many elementary schools in North America, and art and music services are being trimmed. It seems that test scores are the only measure many school districts are paying attention to in the quest for high-tech geniuses.

Imagine having the opportunity to nurture relationships and physical activity, creativity, communication, and learning in today’s children.

Touchmark understands the need to address childhood obesity; to nurture communication (without the aid of computers and text messaging) in children and young adults; and to foster caring relationships with trusted older adults. The intergenerational programming at each Touchmark community is designed to influence all of these areas and provide lasting moments of pride and fun for participants.

As research results continue to be shared, we realize that we are raising a generation of individuals who have not benefited from the wisdom of the elders. Plans currently are under way for additional offerings for children and their “grand friends” at all Touchmark communities.

If you would like to be part of the planning or implementation of Brain Aerobics across the generations, art in the park, or any of the events or activities being considered, contact Life Enrichment/Wellness Director Amy Miller. Touchmark wants to be part of the solution to the growing concern about the lack of opportunities for “play” for children and their older adult friends. ■

### Did you know?

#### Facts about children’s brain power

- The brain is the most unfinished organ at birth.
- The brain grows to 90 percent in the first 3 years.
- 700 new synapses (neural connections) are made every second in the first year.
- By age three, a child’s brain is twice as active as an adult’s.
- By age six, “linguistically rich” children have 20,000 words.
- When children feel secure, serotonin production helps their brain cells connect.
- When children are stressed, cortisol production activates the fight or flight part of their brains.

—The above information is drawn from research done by Harvard University’s Center for the Developing Child. For more information about children’s brain development, visit: <http://developingchild.harvard.edu/>



## News from the Waterford Health & Fitness Club

### New faces

The club welcomes the following team members:

~ Pool attendants Karen Helgeson and Sonny Schulz

~ Personal trainers Anita Hellman and Pam Redline. Pam has unique expertise in Clinical Exercise, specializing in post-injury and post-surgical rehabilitative training.

### New services

Personal Trainer Nick Henkelman is offering nutrition coaching and fitness testing. Ask a club team member for details.

### Physical and aquatics therapy

Dakota Physical Therapy is conveniently located adjacent to club. For more information, call 701-355-1295.

### Bismarck Tribune features club

In a feature article, the *Tribune* explored the spiritual aspect of wellness and fitness and highlighted a wellness forum presented by Good Shepherd Lutheran Church.

Waterford Health & Fitness Club Director Steve Metzger and Waterford Personal Trainer Nick Henkelman were invited to lead the event with Joan Knoll, a licensed registered dietitian and the new caring ministries coordinator at Good Shepherd. The event focused on living an enriched life with attention to fitness and good nutrition.

### Want to line dance?



The club is offering line dancing classes, which are hugely popular. Want to join? Call the club to learn more.

## Coming Events

Contact a Life Enrichment/Wellness team member for additional details, including registration and transportation information.

**Friday, May 14, 2:30 pm**

Gospel Tunes in the Chapel.

**Saturday, May 15, 7:30 pm**

The Central Dakota Children's Choir performs in their Spring Concert. Belle Mehus Auditorium. Tickets: \$9 for seniors.

**Monday, May 17, 10 am to 4 pm**

Trip to Prairie Knights Casino.

**Thursday, May 20, 11 am to 1 pm**

Mexican Lunch Buffet. Four Seasons Dining Room.

**Friday, May 28, 2 pm**

Memorial tour to local cemeteries.

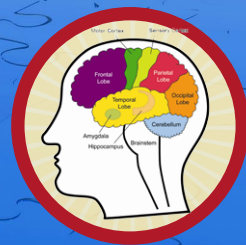
# 2010 in

## 20 Tips to Wellness You Can Do in 10 Minutes™

Team members and residents are gathering and sharing wellness tips for moments of engagement that can be done in 10 minutes or less. These tips cover all six dimensions of wellness (physical, social, intellectual, emotional, spiritual, and vocational) that are needed to nurture the whole person.

- Write a poem.
- Count your blessings.
- Make a cup of tea.
- Take a picture.
- Take a bubble bath.
- Brush your teeth for at least two full minutes.
- Let someone cut in front of you in a line.
- Clean out your refrigerator.
- Park at the far side of the lot and walk to the store.
- Write a note to someone special.

# Brain Builders



List possible uses for old cereal boxes. Be as creative as possible.

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## Just for laughs!

### Technical Terminology

In a software design meeting, we were using typical technical jargon to discuss a data exchange interface with a vendor.

One co-worker said the programming we had ordered was delayed, because the vendor was suffering from a “severe nonlinear waterfowl issue.”

Curious, the team leader raised his eyebrows and asked, “What exactly is that?”

The programmer replied, “They don’t have all their ducks in a row.”

*This month’s feature is from MyCleanHumor.org.*

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