



A Touchmark® community
Est. 1980

Celebrating 10 and 30 years

It's been a year of celebration and growth. Residents practiced and performed a theatrical production in honor of Touchmark's 30th anniversary, and recently, we held a holiday social and open house for Waterford 10-year anniversary (see page three for photos of the event). The social gave residents, families, and members of the Bismarck community an opportunity to see our completed renovation. The common areas now have updated carpeting and flooring and new paint and furnishings. We also did several exterior maintenance projects.

This past year also marked my 10th anniversary at Waterford. It has been such a pleasure to work with

the dedicated team at Waterford and serve the many residents and families. I enjoy being part of the growing Waterford community, and I'm looking forward to the continued growth as we step into 2011.

I hope your new year is full of healthy growth and wellness, too!



Arlene Farnsworth
Executive Director

Helping those in need



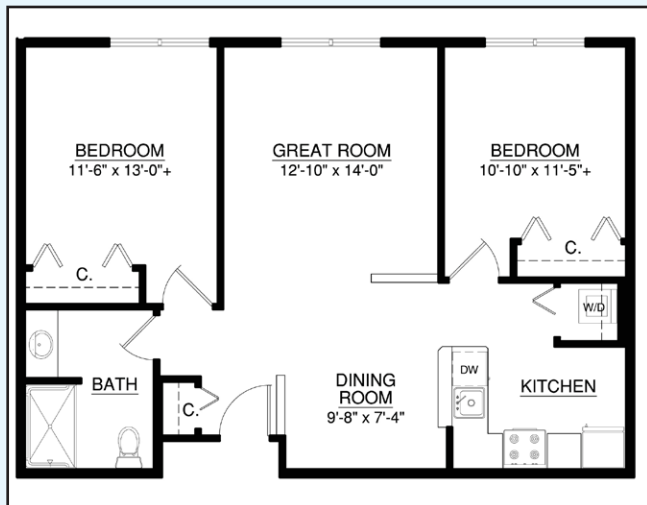
Resident Council President Catherine Seidler stands next to the boxes of food donated by Waterford residents.



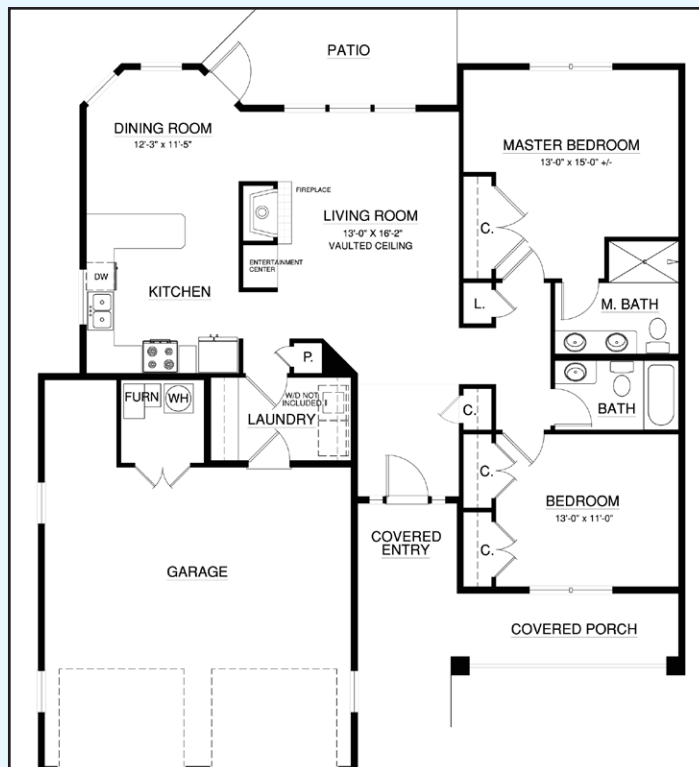
Resident Edith Ripplinger (left) and Jenny Gronowski, administrative assistant at the Abused Adult Resource Center, stand by the food donated to the Center. They served over 14,000 adult clients in 2009 and have served over 24,000

meals and provided over 11,000 nights of shelter to families in need.

Ring in the new year in a new home



Leave behind worries about frozen pipes and shoveling snow as you live the good life at Waterford. Cathedral ceilings in apartment 304 add a sense of roominess and sophistication to the 932-square-foot home. The apartment also offers two bedrooms and one bathroom. Call today for a personal presentation.



Pull into the driveway at 919 Waterford Drive, and you'll know you've arrived home. This 1,326-square-foot Amherst cottage home offers two bedrooms and two bathrooms. And that driveway? The Waterford team will keep it free from snow, so you can come and go as you please. Call or stop by today.

Just for laughs!

Hilarious Newspaper Headlines

1. Police Begin Campaign to Run Down Jaywalkers
2. Stolen Painting Found by Tree
3. Two Sisters Reunited after 18 Years in Checkout Counter
4. If Strike Isn't Settled Quickly, It May Last a While
5. Man Struck by Lightning Faces Battery Charge

From www.basicjokes.com

You said it!

"For us it was the perfect move!"

Arlene Laskowski

—Resident

Celebrating 10 years

Residents, staff, and families gathered for the Holiday Social & 10-Year Anniversary Celebration Open House. The community recently completed its renovation, which was launched in the spring. Bismarck Mayor John Warford (right) helped the community celebrate the completed renovation by sharing a few words. Santa Claus also visited to take photos with residents and guests.



Recent events



Harvey Sand (left) and Harold Lutz enjoy a friendly game of pool during the Pool, Pretzels, and Beer event.



Jonnica Landeis, a music therapist and granddaughter of residents Anton and Rose Landeis, shares her musical talents and profession with residents. Jonnica is a 2010 graduate of Maryville University in St. Louis, Missouri, where she completed her Bachelor of Science in music therapy.



Betty Leingang shows off one of 10 table toppers that she lovingly embroidered for each of her daughters and daughters-in-law.

Coming Events

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

Tuesday, Jan. 4, 10:30 am

Decoding Vitamin D. Megan Myrdal, extension agent with the NDSU Burleigh County Extension Office, discusses the benefits of vitamin D, especially during darker winter months. All are welcome. Chapel.

Tuesday, Jan. 4, 2:30 pm

January Birthday Celebration. All are welcome. Four Seasons Dining Room.

Thursday, Jan. 6, 2 pm

Think it's cold in Bismarck? Try wintering in Antarctica, the

coldest, windiest, driest continent. Betty Morgan will share her travel stories and photos. All are welcome. Chapel.

Tuesday, Jan. 11, 7:30 pm

Waterford is off to see the wizard! Residents are going to the Broadway production of *The Wizard Of Oz* at the Bismarck Civic Center. Ask for ticket prices and sign up by Jan. 7 at the front desk.

Friday, Jan. 14, 10:15 am

Men's Club. Creative Arts Room.

Wednesday, Jan. 26, 3 pm

New resident meet-and-greet coffee time. Hoyle Room.

Friday, Jan. 28, 2 pm

Popcorn and movie on the big screen. Chapel.

Club news

Balance for Life

Waterford Health & Fitness Club is pleased to introduce Balance for Life. Most people can benefit from improved balance, and the components of this class have a proven track record. The class is held in the warm club pool.

A new face at the club



Jessica Eastgate joins the club as the new membership coordinator. Jessica grew up in Beulah, North Dakota, where her family managed the local Dairy Queen. She brings high energy and enthusiasm to the club, and it is exciting to have

her join the team. Please join us in welcoming Jessica to Waterford.

Parking reminder

There is plenty of close parking in the rear of the building (west side). Please take advantage of these spots during peak hours.

Happy New Year from the Waterford Health & Fitness Club! ■

Imagine—and Live—the Possibilities!



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

“We all have possibilities we don’t know about. We can do things we don’t even dream we can do.” — Dale Carnegie

The theme for 2011 in all Touchmark/Waterford communities is Imagine—and Live—the Possibilities! The intent of this yearlong focus is to nurture and support the unique talents, skills, hopes, wishes, and dreams of people who live and work in Touchmark communities.

Over the years, it has been a thrilling journey to help residents and team members discover amazing possibilities. They have planned and realized rafting trips, cruises, contests and competitions, physical activity challenges, talent shows, performing arts productions, and many more adventures.

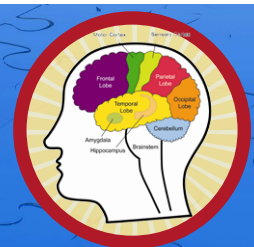
To help meet the needs of people less fortunate, residents partner with agencies and individuals. They sew, knit, and crochet garments and blankets for children and adults. They gather food, socks, cookies, and books to distribute near and far. They generously give their time and talents as well as their resources to students who need extra help, hospitals, organizations serving meals, and other charitable causes.

There are countless stories of individual residents pursuing lifelong learning as they pick up a paintbrush or digital camera to explore a new hobby. Residents have shared their creative writing, poetry, and recipes. They welcome newcomers and encourage them to participate in classes and opportunities to pursue their own learning goals. Activities as diverse as computer skills and new dance trends have been introduced to

willing learners. All of these came from imagining—and living—the possibilities.

This is not a new concept for Touchmark. The focus in 2011 will be to develop even more of the possibilities. If you would like to help plan and promote the Imagine—and Live—the Possibilities! theme, contact Life Enrichment Director Amy Miller. The talents, time, energy, enthusiasm, and support of each resident and team member will cultivate the yearlong emphasis on personal and community possibilities. ■

Brain Builders



Change one letter in each word to name a food.

1. mill: _____
2. batter: _____
3. heat: _____
4. meet: _____
5. born: _____
6. demon: _____
7. fork: _____
8. reef: _____
9. soul: _____
10. ego: _____
11. baton: _____
12. hat: _____
13. ride: _____
14. steal: _____

Answers: milk, butter, beat, meat, corn, lemon, pork, beef, soup, egg, bacon, ham, rice, and steak